



**RISE  
ABOVE**

Be the person you want them to be  
Be the one they look up to  
If you lead, they will follow

**R** Remain calm.  
Pause and take  
a breath.

**I** Identify and  
make positive  
choices.

**S** Stay confident  
in your decision.

**E** Express yourself  
to someone  
you trust.

Find support and inspiration at [bit.ly/riseaboveyork](https://bit.ly/riseaboveyork)