



You are **SMART**
You are **STRONG**
You are **BRAVE**

Whatever life throws at you today, you can choose to



RISE ABOVE
YORK

Take a breath. Stand tall. Now go conquer!

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