



Every day
is a choice
— to —

RISE ABOVE



Rise Above

**BAD
HABITS**



Rise Above

**PEER
PRESSURE**



Rise Above

**FEAR &
ANXIETY**

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