

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