

Minister Destiny Testimony Schools

Adult: Abuse in Families and Relationships: Domestic Violence, Coercive Control, Protecting Children, and Finding Safety and Help

Adult — Class Book · Section 3

Minister Destiny Marie Morgan
Minister & Founder

A Prayer Before You Begin

In the name of God, the Most Gracious, the Most Merciful.

Lord, bless this reader on their journey. Guard their health in body, mind, and spirit as they study. Open their heart to knowledge and their mind to understanding, and let what they learn here become light in their hands. Guide them to the places where they are needed — to help others, and to save lives, safely. Bless their steps, their work, and every life their learning will one day protect.

Amen.

— Minister Destiny Marie Morgan

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Minister Destiny Testimony Schools — Adult: Abuse in Families and Relationships: Domestic Violence, Coercive Control, Protecting Children, and Finding Safety and Help.

Published by Minister Destiny Marie Morgan, Minister & Founder.

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The lessons in this book are educational information, Massachusetts-first, and are not legal advice. If you have a real case, talk to a lawyer. Help lines: National Domestic Violence Hotline 1-800-799-7233 · 988 Suicide & Crisis Lifeline (call/text 988) · Childhelp 1-800-422-4453.

How This Book Works

This book is one class of Minister Destiny Testimony Schools — Adult: Section 3 — Abuse in Families and Relationships: Domestic Violence, Coercive Control, Protecting Children, and Finding Safety and Help. It is the study book for this class's test. Everything the test asks is taught in this book, in plain language: the full lesson, Words to know, the stories to think through, the Try-this activity, and Resources to keep.

Minister Destiny Testimony Schools is a free school. The classes, the tests, and the certificates are free online at destinymorganbooks.com — nothing about this class costs money. This book is the print edition, for people who want the class in their hands. You never need to buy a book to take a class or a test.

How to use this book: read the lesson, learn the Words to know, think through the stories, and do the activity. Try the word search for fun. Then take the Chapter Test at the back of the lesson — printed without answers marked. Score 80% or higher to complete the class and earn its certificate (the certificate page is in this book; write your name on it after you pass). The Answer Key is at the back of the book, for parents, teachers, and self-checking after you finish. Go at your own pace.

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Before You Start

This lesson is educational information, Massachusetts-first, and is not legal advice. Protective orders, custody, and criminal law vary by state and by case. If you are in danger right now, call 911. For confidential help planning your safety, call the National Domestic Violence Hotline at 1-800-799-7233 or text START to 88788.

Before you start

- **This school never asks your name.** Your progress and quiz answers stay on your own device. If you pass this section's quiz (80% or higher, retakes allowed), you earn a downloadable certificate with a blank line — you write your own name on it after you save it. Quiz answers are not shown; if you miss a question, re-read the lesson and try again.
- Read this section at your own pace, and only where and when it is safe for you to do so. If someone monitors your phone or computer, consider reading on a device they cannot check, and use the help lines by a method that leaves no trace you need to worry about. There is no shame in anything this lesson describes — not in living it, not in staying longer than outsiders think you should, and not in needing many tries to get safe. **The only person responsible for abuse is the person who chooses it.** Everyone else's job — yours included, if you are supporting someone — is safety, truth, and steady help.

Section 3 — Abuse in Families and Relationships: Domestic Violence, Coercive Control, Protecting Children, and Finding Safety and Help

Minister Destiny Testimony Schools — Adult

The lesson

1. What domestic violence is — and what it is not

Domestic violence (also called intimate partner violence or family abuse) is a pattern of behavior by one person in a family or intimate relationship to control another person. The pattern can include:

- **Physical abuse** — hitting, slapping, pushing, choking or strangling, restraining, or hurting with objects. Strangulation is especially dangerous: it is a strong predictor of future lethal violence and can cause injury that is not visible.
- **Sexual abuse** — any sexual act without freely given consent, including within marriage or a long relationship. A relationship is never standing consent.
- **Emotional and psychological abuse** — constant put-downs, humiliation, threats, intimidation, and making a person feel they are losing their grip on reality by denying things that plainly happened.
- **Economic abuse** — controlling all money, preventing a partner from working or studying, running up debt in the partner's name, or making a partner ask for money for basics.
- **Using children as leverage** — threatening to take the children, to report the other parent, or to harm them; interrogating children after visits; undermining the other parent's bond with them.
- **Threats involving status or survival** — threatening to report a partner's immigration situation, to out them, to harm pets, or to destroy the documents, medication, or equipment a person needs.

What domestic violence is **not**: it is not a bad temper, because the same person often controls that "temper" perfectly at work or with friends. It is not caused by alcohol, stress, or the victim's behavior — those may be present, but millions of stressed people never abuse anyone. And it is not a "relationship problem" shared equally between two people: ordinary conflict is two people who can both say no safely. Abuse is one person removing the other's freedom to say no. That distinction matters, because couples counseling during active coercive abuse can increase danger, while specialized help aimed at safety and accountability addresses the real problem.

2. Coercive control — the abuse that leaves no bruises

Much abuse never becomes physical, or physical violence is only the occasional enforcement behind a daily system of control. **Coercive control** is that system: a pattern of rules and surveillance that shrinks a person's world.

Common elements include monitoring a phone, messages, email, mail, and location; controlling a smart lock, thermostat, car, or camera system and using it to watch or punish; isolating a partner from family, friends, work, worship, and any independent money; setting rules about clothing, food, sleep, or movement, enforced by sulking, rages, or silent punishment; demanding constant check-ins and instant replies; and alternating cruelty with tenderness so the victim stays off-balance and hopeful.

Notice two things. First, any single element can be made to sound small — "he just likes to know where I am." It is the **accumulation and the fear behind compliance** that define it: ask not "is this act violent?" but "what happens if she disobeys?" Second, technology has made control portable and invisible. Being watched through devices you live with can feel like being trapped inside your own home, and it can continue after separation through shared accounts, children's devices, and location features. Any serious safety plan today includes a digital part (subsection 5).

Coercive control also explains why "just leave" is such poor advice. Leaving is the most dangerous period in an abusive relationship, because control is being lost. Leaving also requires money, documents, housing, transport, and often legal protection — all things control has been systematically removing. People stay for rational reasons inside an irrational situation, and they leave successfully when planning, support, and timing come together — not when shame finally piles high enough.

3. Warning signs — early, and in an established pattern

Early in a relationship, watch for: intensity that moves too fast; jealousy dressed as devotion; wanting to know your whereabouts constantly; criticizing your friends and family so you see them less; anger at small disloyalties; a history of blaming every past partner; and rules that appear one at a time, each "reasonable," until your day runs on someone else's permissions.

In an established pattern, watch for: walking on eggshells and rehearsing how to raise ordinary topics; apologizing to keep the peace even when you did nothing wrong; your children going quiet or watchful when a certain person comes home; money you cannot account for or cannot access; injuries explained with stories that shift; and your own health sliding — sleep, appetite, concentration, constant dread.

Signs in someone you care about: withdrawing from people they used to see; a partner who answers for them, checks their phone, or must approve plans; sudden unexplained money problems; personality changes, anxiety around going home; and a child in the home who is clingy, aggressive, or parentified — managing adults' moods to stay safe.

4. Protecting children inside an abusive home

Children are harmed by violence in the home even when they are never struck. Hearing it through a wall, seeing injuries afterward, living inside the tension before it — all of it registers, and children often blame themselves or appoint themselves protectors. Section 2 covered reporting and child welfare; here the focus is what a protective parent (or another caring adult) can do from inside a hard situation.

1. **Reduce exposure where you can.** Keep children out of the room and out of the role of messenger, referee, or comforter for adult conflict. Even small separations — a child's own calm corner, a relative's home on predictable hard nights — lower the dose.
2. **Name it truthfully, at a child's level.** Children do better with a simple true sentence ("Adults should not hit or scare each other. It is not your fault, and it is not your job to fix it") than with pretending nothing happened, which teaches them to distrust their own perception.
3. **Keep your bond visibly steady.** A warm, reliable connection with one safe adult is the strongest known buffer for a child in a frightening home. Ordinary care — meals, school routines, showing up — is protective, not trivial.
4. **Watch for the DCF dimension honestly.** Violence in a home can bring child-welfare involvement (Section 2). A parent who is themselves being abused is in a terrible double bind; safety planning with a domestic-violence advocate early — before any agency involvement — is the strongest practical step, because advocates know how to document your protective efforts and connect you to legal help through legal aid.
5. **Never use children as shields or couriers,** and keep adult court papers, messages, and strategy talk away from them. It protects the children, and it protects you in any later custody proceeding.
6. **If a child is being hurt directly, that is Section 2 territory** — report, and in immediate danger call 911.

5. Safety planning — the practical core

A safety plan is a written-in-your-head (or carefully stored) set of decisions made calmly, before the next crisis. Advocates at the National Domestic Violence Hotline (1-800-799-7233; text START to 88788) build these with callers every day, free and confidential. A complete plan usually covers:

1. **During an incident:** which rooms are safest (avoid kitchens, bathrooms, and rooms with weapons or one exit), how to get out, where to go — a neighbor, a public place, a police station — and a code word with children and trusted people that means "call 911 / come now" without explanation.
2. **A packed possibility:** copies or photos (stored safely outside the home or with a trusted person) of ID, children's documents, bank and insurance information, medications, keys, phone charger, and a change of clothes. If gathering these is unsafe,

even knowing *where* originals are and what you would grab in ninety seconds is progress.

3. **Money and documents:** any small reserve you can build, a bank account or card the other person cannot see, and awareness of debts in your name.

4. **The digital layer:** review location sharing on every app and device; shared cloud accounts; car location features; smart-home devices and who holds the admin account; and children's devices that can be tracked. Change passwords from a safe device, not the monitored one. If being watched is part of your life, assume a searched phone will be checked — advocates can help you plan around that reality rather than pretend it away.

5. **At work and school:** tell one trusted person, give security or the front desk a photo and instructions if relevant, and arrange pickup rules for children in writing with the school.

6. **After leaving:** a protective order is one tool among several (below); also vary routines, secure locks and devices, and keep the support network active — danger often peaks when control is lost, so the plan extends past the move, not up to it.

7. **If you cannot leave yet:** the plan still matters. Reducing harm inside the home — safer rooms, code words, documents copied, one trusted person told the truth, help lines memorized — is real safety work, not failure.

About protective orders, in general: Massachusetts courts can issue abuse-prevention orders that legally require a person to stay away and not contact you, with violations enforceable by police. They are obtained through the courts, often with advocate and legal aid help, and judges can include custody and support provisions temporarily. An order is paper, not a shield — it works best combined with the rest of a safety plan — but it creates legal consequences for contact and a documented record, which matter greatly in later criminal and custody cases. Get advice for your specific situation; this lesson can only describe the landscape, not your case.

6. If someone tells you — and if you are the one causing harm

Supporting another person: believe them, and say so. Do not demand the whole story, do not confront the abuser (it raises the victim's risk, not the abuser's conscience), and do not issue ultimatums about leaving. Offer specifics instead: "My couch is available Thursday," "I will keep copies of your documents," "I will drive you to court." Keep offering after setbacks; leaving commonly takes several attempts, and the friend who stays steady through them is the friend who is there for the attempt that works.

If you recognize yourself causing harm: this school addresses you plainly, in the same spirit as Section 1. Control, surveillance, threats, and violence are choices, and they are yours to stop — but insight alone rarely stops them, and apologies without changed behavior become part of the cycle. Real steps look like: stop the monitoring and rule-setting entirely; respect a separation without contact campaigns; get into a program or counseling that specifically addresses abusive behavior; and accept that trust, if it ever

returns, is rebuilt on the other person's timeline, not yours. SAMHSA (1-800-662-4357) and 988 can be first calls when substance use or your own mental state is intertwined. Accountability is also protection for your children and for the future Section 1 described — criminal and custody consequences included.

Words to know — Section 3

- **Domestic violence** — a pattern of behavior in a family or intimate relationship used to control another person; it can be physical, sexual, emotional, or economic.
- **Coercive control** — a system of rules, surveillance, and isolation that shrinks a person's freedom, enforced by fear of what happens if they disobey.
- **Cycle of abuse** — a common pattern of tension building, an abusive incident, then apologies and calm — before tension builds again; the calm phase is part of the pattern, not proof it ended.
- **Safety plan** — a set of decisions and preparations made in advance to reduce harm during incidents, when leaving, and after leaving.
- **Protective order** — a court order requiring a person to stay away and not abuse or contact another; violating it carries legal consequences.
- **Economic abuse** — controlling money, work, or debt to make a partner dependent and unable to leave safely.
- **Strangulation** — impeding breathing or blood flow to the neck; especially dangerous and a strong warning sign of escalating, potentially lethal violence.
- **Advocate** — a trained, confidential support person (for example at the Domestic Violence Hotline) who helps with safety planning and connecting to services, without pressuring decisions.
- **Separation risk** — the well-documented rise in danger when an abused person leaves or an abuser senses control being lost.

Myths vs facts — Section 3

- **Myth:** If it were really bad, they would just leave. **Fact:** Leaving is the most dangerous time, and control deliberately removes the money, documents, housing, and support leaving requires. Staying is often a safety calculation, not agreement with the abuse.
- **Myth:** Abuse is a loss of temper caused by stress or alcohol. **Fact:** Many abusers control themselves completely in public and choose private targets, times, and methods. Stress and drinking do not create the choice to control and harm.
- **Myth:** If there are no bruises, it is not abuse. **Fact:** Coercive control — surveillance, isolation, rules enforced by fear — is abuse by pattern and effect, and it is often the structure that physical violence only occasionally enforces.

- **Myth:** Children are fine as long as they are not the ones being hit. **Fact:** Living with violence — hearing it, seeing its aftermath, absorbing its tension — harms children directly, which is why protecting them starts with reducing exposure and keeping one steady, safe bond.

Think it through — Section 3

Rosa's friend Dana has changed over two years. Dana's husband reads her messages, "jokes" about a tracker on her car, and texts her constantly at work; Dana now asks his permission to visit her sister and has quit the job he called "too friendly." Last week Dana mentioned, laughing it off, that he grabbed her wrist hard enough to bruise during an argument — "but he apologized all weekend, he was really sorry." Rosa asks: *"She says she's fine and it was one time. Should I just respect that?"*

Walk it through: (1) Re-read Dana's facts as a pattern, not incidents: surveillance, location tracking, permission-based movement, isolation from sister and job, and now a first physical act followed by an extra-loving apology. That is coercive control with the cycle of abuse attached — the apology phase Rosa is being shown. (2) "One time" describes injury count, not risk: the control system predates the bruise, and separation risk means the situation deserves care precisely because physical enforcement has begun. (3) Rosa's role is not rescue by force: she believes Dana, names the pattern gently once ("I've noticed a lot has to go through him lately — I'm here, whatever you decide"), and offers concrete, low-pressure help — keeping document copies, being the code-word person, sharing the Hotline number (1-800-799-7233) for when Dana wants it. (4) What Rosa must not do: confront the husband, repeat Dana's confidences back to him, or give Dana an ultimatum that mirrors his control. The steady, informed friend — not the demanding one — is who gets called on the night it matters.

One more real-life story — Section 3

James noticed his own behavior before anyone named it for him: he checked his wife's phone nightly, set the smart lock to alert him when she came home, and timed her errands. He had never hit her. When she finally said, "I feel like a prisoner who has to smile," he first argued — then, that week, he read a description of coercive control and recognized his own system, rule by rule. James removed his access to her accounts and the lock alerts, told her the monitoring was over without asking her to comfort him about it, and enrolled in counseling that addressed controlling behavior. He also accepted, without campaigns of messages, the month she spent at her sister's deciding whether the marriage could continue.

Takeaway: Abuse without bruises is still abuse — and it can be stopped by the person doing it, when stopping means dismantling the whole system of control and accepting consequences, not performing one apology. James's story is rare because he acted on recognition; it is here to show exactly what real change requires.

Try this — Section 3

Build the beginnings of a safety plan (yours, or the one you could help someone build). Keep it where only you control access — or memorize it.

- I can name the safest room in the home and two ways out of the building.
- My children (or the children I care about) know a code word and one safe place to go.
- I know where essential documents are, and copies or photos are stored somewhere safe outside the home.
- One trusted person knows the truth of the situation and what I would want them to do.
- I have reviewed location sharing, shared accounts, and who administers the smart-home devices.
- I have saved the National Domestic Violence Hotline (1-800-799-7233) and know I can text START to 88788 — under whatever name in my contacts is safest.
- I know a protective order is a legal tool I can explore with an advocate or legal aid, as one part of a plan — not the whole plan.

Resources to keep — Section 3

- **911** — immediate danger.
- **National Domestic Violence Hotline** — **1-800-799-7233**; **text START to 88788** — confidential safety planning, 24/7.
- **RAINN** — **1-800-656-4673** — support for sexual assault, including within relationships.
- **988 Suicide & Crisis Lifeline** — **call or text 988** — crisis support for you or for someone you are worried about.
- **Crisis Text Line** — **text HOME to 741741** — help without speaking out loud.
- **Childhelp** — **1-800-422-4453** — when children's safety is part of the picture.
- **SAMHSA National Helpline** — **1-800-662-4357** — treatment referrals when substance use is intertwined with the abuse.
- **mass.gov** and local **legal aid** organizations — for current information on protective orders and family court in Massachusetts.

What you earned / what's next — Section 3

Section 3 complete (quiz score 80% or higher): You can define domestic violence and coercive control, spot early and established warning signs, describe how children are affected and how to protect them, and lay out the parts of a real safety plan — including its digital layer and the difficult truth about separation risk.

Word Search — Section 3

Find the words from this class's Words to know. Words run across, down, or diagonally.

C	Z	U	I	P	Z	J	B	C	A	V	F	E
S	Y	Q	M	C	S	W	I	C	D	K	E	G
K	N	C	N	O	U	O	P	K	V	A	P	U
R	P	N	L	X	S	U	M	Z	O	H	S	S
D	P	M	D	E	Z	N	S	M	C	U	J	A
U	J	B	X	J	O	L	L	G	A	U	Q	F
Q	M	Y	N	L	U	F	O	R	T	S	S	E
Y	J	J	T	R	F	G	A	Z	E	S	M	T
X	L	H	Z	F	A	P	J	B	E	R	L	Y
D	L	O	P	Y	I	G	V	E	U	X	F	P
L	O	I	V	Z	Y	P	P	E	Q	S	C	L
R	S	W	I	E	U	C	F	D	U	Q	E	A
Q	Z	A	L	H	W	E	G	P	I	B	U	N

Words to find: Cycleofabuse · Safetyplan · Advocate

Words to Remember — Say It in Your Own Words

Cover the Words to know page. For each word from this class, write what it means in your own words, the way you would explain it to a friend. Then check yourself against the lesson.

Domestic violence

Coercive control

Cycle of abuse

Safety plan

Protective order

Economic abuse

Strangulation

Advocate

Separation risk

Chapter Test — Section 3

Answer every question. Score 80% or higher to complete this class and earn its certificate. The answers are in the Answer Key at the back of this book — for parents, teachers, and self-checking after you finish.

1. What most clearly separates coercive control from ordinary relationship conflict?

- A. One person's system of rules and surveillance, where the other complies out of fear of what happens if they disobey
- B. Conflict happens at home, control happens in public
- C. Control always involves physical injuries
- D. Conflict involves money, control involves feelings

2. Rosa's friend Dana must ask her husband's permission to visit her sister, he reads her messages and tracks her car, and he bruised her wrist in an argument, then apologized all weekend. How does this lesson read the situation?

- A. One minor incident between equals — Rosa should stay out of it
- B. Dana caused it by quitting her job
- C. A pattern of coercive control with the cycle of abuse attached — the apology phase is part of the pattern, and Rosa should believe Dana, name the pattern gently, and offer concrete steady help without confronting the husband
- D. Proof Dana should leave that same night, and Rosa should issue an ultimatum

3. Why is 'just leave' poor advice on its own?

- A. Because leaving is never the right choice
- B. Because courts forbid leaving during a dispute
- C. Because most people do not own cars
- D. Because leaving is the most dangerous period, and control has usually removed the money, documents, housing, and support leaving requires

4. Which of these belongs in the digital layer of a modern safety plan?

- A. Posting the plan publicly so friends can help
- B. Reviewing location sharing, shared cloud accounts, car location features, and who administers smart-home devices — changing passwords from a safe device
- C. Deleting every account immediately so the abuser notices nothing
- D. Giving children tracked phones with no safety discussion

5. A partner has never hit you but monitors your phone, sets the smart lock to alert him when you come home, and times your errands. Is this abuse under this lesson?

- A. No — without bruises there is no abuse

- B. Only if it happens daily for a full year
- C. Yes — coercive control is abuse by pattern and effect; physical violence is only one possible enforcement tool
- D. Only if children are present

6. What is the safest response during a violent incident, according to the safety-planning steps?

- A. Go to the kitchen to finish the discussion
- B. Move toward safer rooms, avoid rooms with weapons or one exit, get out if possible, and use the code word so children or trusted people call 911
- C. Hide in the bathroom and lock the door
- D. Stay and prove you are not afraid

7. How does this lesson say children are affected by violence in the home even when they are never struck?

- A. They are not affected if they are in another room
- B. They only react if they see injuries
- C. Hearing it, seeing its aftermath, and living inside the tension harms children — which is why reducing exposure and keeping one steady, safe bond is protective
- D. Only teenagers are affected

8. What does a protective order do, in general terms?

- A. It guarantees the abuser can never come near you
- B. It legally requires a person to stay away and not contact you, with violations enforceable by police — one tool within a wider safety plan, not a shield by itself
- C. It automatically grants full custody forever
- D. It replaces the need for any safety planning

9. A friend finally tells you she is being abused. Which response follows this lesson?

- A. Demand the full story and confront her partner tonight
- B. Give her one week to leave or stop helping
- C. Stop calling so she can focus on her marriage
- D. Believe her, avoid ultimatums, and offer specifics — document storage, a ride, being her code-word person — and keep offering after setbacks

10. James recognizes his own monitoring of his wife as coercive control. Which set of actions shows real change under this lesson?

- A. Apologizing warmly and monitoring less often

- B. Dismantling the whole system of control, accepting her time apart without message campaigns, and entering counseling that addresses controlling behavior
- C. Explaining that stress caused it and asking her to comfort him
- D. Checking her phone one last time to confirm she is safe

Certificate — Section 3

Minister Destiny Testimony Schools

Certificate of Completion — Section 3: Abuse in Families and Relationships: Domestic Violence, Coercive Control, Protecting Children, and Finding Safety and Help

This certifies that

Name (write your name here)

has completed

Minister Destiny Testimony Schools — Adult

Section 3: Abuse in Families and Relationships: Domestic Violence, Coercive Control, Protecting Children, and Finding Safety and Help

Date completed: _____

Presented by **Minister Destiny Marie Morgan**, Minister & Founder

Congratulations. You now know the difference between conflict and control, and you know that safety is planned, not wished for. No one deserves fear in their own home — and knowledge like this is how homes change. — Minister Destiny Marie Morgan

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My Agenda — Class Tracker

Everything in this agenda is yours to write in. It stays in your book — nothing is collected.

Step	Done	Date	Score	Grade
Week 1 — Study the lesson				
Week 2 — Study + Words to know				
Week 3 — Stories + Try-this activity				
Week 4 — Chapter test (pass at 80% or higher)				

Letter grades: A 90–100 · B 80–89 · C 70–79 · D 60–69 · F below 60.

My goals for this class

Write the goals you are working toward in this class — and for yourself.

My Weekly Planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes

Resources to Keep

This class's resources, in one place. Keep this page.

- 911 — immediate danger.
- National Domestic Violence Hotline — 1-800-799-7233; text START to 88788 — confidential safety planning, 24/7.
- RAINN — 1-800-656-4673 — support for sexual assault, including within relationships.
- 988 Suicide & Crisis Lifeline — call or text 988 — crisis support for you or for someone you are worried about.
- Crisis Text Line — text HOME to 741741 — help without speaking out loud.
- Childhelp — 1-800-422-4453 — when children's safety is part of the picture.
- SAMHSA National Helpline — 1-800-662-4357 — treatment referrals when substance use is intertwined with the abuse.
- mass.gov and local legal aid organizations — for current information on protective orders and family court in Massachusetts.

Answer Key

For parents, teachers, and self-checking after you finish the chapter test.

Section 3 Test — Abuse in Families and Relationships: Domestic Violence, Coercive Control, Protecting Children, and Finding Safety and Help

1. One person's system of rules and surveillance, where the other complies out of fear of what happens if they disobey
2. A pattern of coercive control with the cycle of abuse attached — the apology phase is part of the pattern, and Rosa should believe Dana, name the pattern gently, and offer concrete steady help without confronting the husband
3. Because leaving is the most dangerous period, and control has usually removed the money, documents, housing, and support leaving requires
4. Reviewing location sharing, shared cloud accounts, car location features, and who administers smart-home devices — changing passwords from a safe device
5. Yes — coercive control is abuse by pattern and effect; physical violence is only one possible enforcement tool
6. Move toward safer rooms, avoid rooms with weapons or one exit, get out if possible, and use the code word so children or trusted people call 911
7. Hearing it, seeing its aftermath, and living inside the tension harms children — which is why reducing exposure and keeping one steady, safe bond is protective
8. It legally requires a person to stay away and not contact you, with violations enforceable by police — one tool within a wider safety plan, not a shield by itself
9. Believe her, avoid ultimatums, and offer specifics — document storage, a ride, being her code-word person — and keep offering after setbacks
10. Dismantling the whole system of control, accepting her time apart without message campaigns, and entering counseling that addresses controlling behavior

Sources & Credits

The lessons in this book were written for Minister Destiny Testimony Schools from public sources — official websites, public health and safety organizations, help lines, and the law itself. The sources each chapter was built from, and the help resources it points you to, are listed under that chapter's name, with credit, so you can check anything in this book and keep learning. Court opinions and laws are public documents that belong to everyone. Everything here is retold in the school's own plain words — nothing in this book is copied from anyone else's book.

Section 3 — Abuse in Families and Relationships: Domestic Violence, Coercive Control, Protecting Children, and Finding Safety and Help

- 911 — immediate danger.
- National Domestic Violence Hotline — 1-800-799-7233; text START to 88788 — confidential safety planning, 24/7.
- RAINN — 1-800-656-4673 — support for sexual assault, including within relationships.
- 988 Suicide & Crisis Lifeline — call or text 988 — crisis support for you or for someone you are worried about.
- Crisis Text Line — text HOME to 741741 — help without speaking out loud.
- Childhelp — 1-800-422-4453 — when children's safety is part of the picture.
- SAMHSA National Helpline — 1-800-662-4357 — treatment referrals when substance use is intertwined with the abuse.
- mass.gov and local legal aid organizations — for current information on protective orders and family court in Massachusetts.
- A safety plan is a written-in-your-head (or carefully stored) set of decisions made calmly, before the next crisis. Advocates at the National Domestic Violence Hotline (1-800-799-7233; text START to 88788) build these with callers every day, free and confidential. A complete plan usually covers:
 - I have saved the National Domestic Violence Hotline (1-800-799-7233) and know I can text START to 88788 — under whatever name in my contacts is safest.
 - Help lines: National Domestic Violence Hotline 1-800-799-7233 · 988 Suicide & Crisis Lifeline (call/text 988) · Childhelp 1-800-422-4453.

The school itself is free: every class in this book, with its test and certificate, is free online at destinymorganbooks.com.

About the Author

Minister Destiny Marie Morgan is an ordained Muslim minister. She was ordained on May 15, 2025, through the Universal Life Church, and she is registered clergy in Massachusetts.

Her ministry is advocacy — standing up to injustice and helping people, locally and internationally.

She is the founder of Minister Destiny Testimony Schools, a free school. She built it so people can learn for free what cost her years to learn — people who may not have jobs, good credit, or loans, and who deserve real knowledge anyway. Every class is free online, for every age, with no sign-up and nothing collected.

She is also the author of two testimony series — Chronicles of Destiny Morgan and The Chronicle Trials — her own story, in her own words. Those books are her testimony; these school books are her teaching.

Follow her Amazon Author Page to find every new book as it comes out.

The school is free online at destinymorganbooks.com.

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From Minister Destiny

You finished this book — but the learning does not stop here. Keep your resources close, keep asking questions, and use what you now know to help the people around you. If this book helped you, pass it to someone who needs it. I built this school for you, and I am proud of you for showing up for yourself. — Minister Destiny Marie Morgan

Minister Destiny Testimony Schools — Adult
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