

Minister Destiny Testimony Schools

FINAL EXAM

Youth — Months 4–6

Quarter 2

Minister Destiny Marie Morgan

Minister & Founder

Name (for your own records): _____

Date: _____

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 — Youth: Final Exam — Months 4–6.

Published by Minister Destiny Marie Morgan, Minister & Founder.

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The lessons in this book are educational information, written in plain language. If you or someone you know is in danger, call 911. Help lines: 988 (call or text) · Crisis Text Line (text HOME to 741741) · Childhelp National Child Abuse Hotline 1-800-422-4453.

Directions

This is a formal exam. It covers the three classes of this quarter (Months 4–6) in Minister Destiny Testimony Schools — Youth. Every question comes from those classes — the lessons, the Words to know, and the stories you studied.

The exam has TWO SESSIONS. Session 1 has 20 multiple-choice questions and 3 written answers. Session 2 has 20 multiple-choice questions and 4 written answers including one longer written response.

Materials: this book, a pencil, and a quiet place. Take the exam without the class books first — it shows what you truly learned. You may take a break between sessions.

Answer every question. For multiple choice, pick the ONE best answer and mark it on the Answer Sheet at the back of this book (fill in the circle) or circle it here. For written answers, write in the lines given; say what you would do and why, in your own words, using what the classes taught.

Scoring: multiple-choice questions are worth 1 point each (40 points). Written answers are scored with the guide at the back of this book (30 points). Total: 70 points. Score 56 points or more (80%) to pass this final exam and earn the quarterly certificate.

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.

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What This Exam Covers

This final exam covers the three classes of Quarter 2:

Month 4: Dating, Consent, and Healthy Relationships

Main things studied: What a healthy relationship actually looks like · Consent — what it is, in plain language · Boundaries — your lines, stated clearly · Red flags of an unhealthy relationship · Pressure — how it sounds and how to answer it · Getting out, helping a friend, and telling an adult

Month 5: Peer Pressure, Vaping, Drugs, and Alcohol

Main things studied: How peer pressure actually works · Refusal skills — saying no and keeping your people · What vaping actually does · Alcohol, marijuana, and pills — plain facts · Fentanyl — the danger, in plain terms · Helping a friend, and getting help yourself

Month 6: Mental Health — Feeling Overwhelmed, Asking for Help, Staying Safe

Main things studied: Feelings are signals, not verdicts · Asking for help is a skill · Know the help lines — put them in your phone today · The friend rule — take it seriously, every time · Calm-down tools that actually help · Build your personal safety plan

School ranks: Freshman (Year 1 in progress) Sophomore (Year 1 complete) Junior (Year 2 complete) Senior (Year 3 complete) Graduate (Year 4 complete). A year counts as complete only when all of its classes and all of its final exams are passed at 80% or higher.

Review — Key Words From This Quarter

Read these before the exam. They are the Words to know from this quarter's classes.

Month 4: Dating, Consent, and Healthy Relationships

- Consent — a clear, freely given yes to something specific, which can be taken back at any time.
- Boundary — a line you set about what is okay and not okay for you in a relationship.
- Healthy relationship — a connection built on respect, honesty, freedom, and feeling safe to be yourself.
- Jealous control — using jealousy to monitor, limit, or rule a partner's time, friends, clothing, or phone.
- Coercion — pressuring, guilt, threats, or manipulation used to get a yes that is not freely given.
- Red flag — a warning sign, such as repeated boundary-testing, that a relationship is unhealthy or unsafe.
- Power difference — an imbalance, such as age, popularity, or experience, that makes it harder for one person to say no.

Month 5: Peer Pressure, Vaping, Drugs, and Alcohol

- Peer pressure — the push to match a group's behavior in order to fit in or avoid being mocked.
- Refusal skills — short, practiced words and actions for saying no and leaving a pressured situation safely.
- Nicotine — the addictive chemical in cigarettes and most vapes that changes the developing brain's craving system.
- Addiction — a cycle where the brain craves a substance and stopping brings withdrawal, despite harm.
- Alcohol poisoning — a medical emergency from drinking too much, shown by vomiting, slow breathing, and being unable to wake up.
- Fentanyl — an extremely strong opioid; a tiny amount can stop breathing, and it is hidden in fake pills.
- Impaired driver — a driver affected by alcohol or drugs, making a ride with them unsafe at any speed.
- Code word — a pre-arranged word or text that tells a trusted person you need an exit or help right away.

Month 6: Mental Health — Feeling Overwhelmed, Asking for Help, Staying Safe

- Crisis — a moment when feelings or danger are too much to handle alone and help is needed right away.
- Confidential — kept private, with one limit: if someone is about to be seriously hurt, helpers act to protect life.
- Coping tools — healthy actions that help you get through hard feelings, such as breathing, movement, talking, and rest.
- Safety plan (personal) — your own written plan: warning signs, tools, people, places, and help lines.
- Support network — all the people and services you can turn to; stronger than any single person.
- Warning signs — changes in mood, sleep, appetite, interest, or behavior that signal you need more support soon.
- Overwhelmed — feeling like the demands or emotions in front of you are more than you can manage alone in that moment.

Session 1

Minister Destiny Testimony Schools — Youth

Multiple choice — questions 1–20. Then written answers W1–W3.

1. Which part of consent means the person knows what they are agreeing to?

- A. It is freely given
- B. It is specific
- C. It can be reversed
- D. It is informed

2. Jordan agrees to hold hands with his dating partner. What does Month 4 teach about that yes?

- A. It means silence later counts as yes
- B. It is a yes to everything from now on
- C. It cannot ever be taken back
- D. Agreeing to one thing is not agreeing to everything else — each step needs its own yes

3. After a month, Lena tightens a boundary and wants less time together than before. What does Month 4 say about changing a boundary that way?

- A. Boundaries can never change once set
- B. Only the older person may change a boundary
- C. Changing a boundary proves the first one was a lie
- D. Tightening a boundary as you learn more about a person is wisdom, not unfairness

4. Which of these is a boundary Month 4 gives as an example?

- A. 'You must reply to me instantly.'
- B. 'You may read all my messages.'
- C. 'You decide who my friends are.'
- D. 'My phone stays private, and passwords stay mine alone.'

5. An adult begins seeking a romantic connection with a much younger teen. What does Month 4 teach?

- A. It is normal if the adult is kind
- B. That is a crime and grooming, and a trusted adult should be told immediately
- C. It is only a problem if they meet in person
- D. The younger teen should keep it secret

6. A relationship swings between a terrible fight, then gifts and promises, then building tension, then another blow-up. What does Month 4 say about the kind phase?

- A. The kind phase does not cancel the harmful phase — judge the whole pattern over time
- B. The gifts prove the harmful phase did not matter
- C. A pattern is only real if there is never a kind day
- D. One apology resets the pattern completely

7. 'Everyone does it — you're being dramatic.' Month 4 names this kind of pressure as what?

- A. A respectful request
- B. Consent that is freely given
- C. Comparison pressure, meant to move a boundary by making standing on it feel costly
- D. A healthy disagreement

8. A partner says, 'You said yes last time, so you can't say no now.' Which fact from Month 4 answers that line?

- A. A yes last time is binding for a month
- B. Consent can be reversed — a past yes never creates a permanent yes
- C. Saying no needs a long essay of reasons
- D. Only a trusted adult can reverse a yes

9. Mia plans to end an unhealthy relationship and is afraid of the reaction in person. Which choice does Month 4 call sensible and strong, not cowardly?

- A. Ending things by text or with adults nearby, with a ride and a safe place arranged
- B. Meeting alone late at night to prove bravery
- C. Telling no one beforehand
- D. Sending more photos to calm the person down

10. Demanding live location at all times, passwords, and screenshots proving where you are is described in Month 4 as what?

- A. Closeness, because it is chosen freely
- B. A normal sign of trust
- C. A boundary set by the person being checked
- D. Control, not closeness — closeness is chosen and relaxed, control is demanded and tense

11. Which sign shows a relationship is making someone's life bigger, as Month 4 puts it?

- A. You rehearse every text and worry about moods
- B. The person celebrates good news for you and you keep friends, family time, hobbies, and schoolwork
- C. You spend weekends with family only if there is no flood of angry messages
- D. Your world gets smaller week by week

12. During a disagreement, a partner goes quiet, freezes, and pulls away. What does Month 4 teach the other person to do?

- A. Keep going because no word was said
- B. Ask friends whether it counted as a yes
- C. Treat hesitation, freezing, pulling away, or going quiet as a no, and stop
- D. Assume yesterday's yes still applies

13. Which pressure line uses a threat, as Month 4 teaches you to name it?

- A. 'Send it, or I'll tell people you did anyway.'
- B. 'Would you like to walk home together?'
- C. 'I understand — no is fine.'
- D. 'Can we talk tomorrow when we're calm?'

14. No one in the circle says a word, but Dev imagines everyone is thinking he is scared, so he feels pushed to join in. What does Month 5 teach about this?

- A. Pressure only exists when someone threatens you out loud
- B. Peer pressure can come from yourself — imagining what the group is thinking
- C. If no one speaks, there is no pressure at all
- D. Imagined pressure means you must join in

15. What does Month 5 say often happens right after one person calmly declines in a group?

- A. The uncomfortable feeling usually fades within minutes, and others who felt relieved may decline too
- B. The group stays angry for weeks
- C. Everyone else is forced to decline
- D. Nothing can change once a vape is passed around

16. How is online pressure different in one way Month 5 names?

- A. It can never be saved or shared
- B. It only happens in group chats with strangers

C. It disappears as soon as the night ends

D. It adds a record — a video of using can follow you to coaches, families, and schools long after the night ends

17. Why does Month 5 teach repeating the same calm refusal line instead of debating each new argument?

A. A new reason is needed every time

B. Long debates make a no stronger

C. Debating invites the group to solve your objections one by one

D. Repeating a line is rude and never works

18. Which set of preparations does Month 5 call building your exits before a hangout?

A. Bring money for the group, charge a friend's phone, and tell no one where you are

B. Know whose house you are at, keep your phone charged, know your ride, and tell a trusted adult where you will be

C. Arrive with no ride so you have to stay

D. Decide your lines only after pressure starts

19. Which effect of vaping does Month 5 name?

A. It irritates lungs, worsens asthma, and can cause coughing, shortness of breath, and chest pain

B. It strengthens lungs because of the flavors

C. It has no effect on breathing

D. It cures asthma over time

20. A teen who is quitting vaping feels irritable, has headaches, and craves it for days. What does Month 5 say about that?

A. It proves quitting is impossible

B. It only happens to weak people

C. Those withdrawal feelings are unpleasant and temporary, and quitting is much easier with support from a trusted adult, nurse, or counselor

D. Support makes withdrawal worse

Session 1 — Written Answers

Written Answer W1 — 4 points

You are dating someone who demands your live location and passwords, and goes cold for hours when you reply late during family dinner. Explain what you would do and why.

Written Answer W2 — 4 points

At a hangout, a vape is passed around your circle and one person starts filming. You do not want to vape or be filmed. Explain what you would do and why.

Written Answer W3 — 4 points

A friend messages you: 'Honestly, I wish I just wasn't here anymore. Don't tell anyone, I mean it.' Explain what you would do and why.

STOP

End of Session 1.

If you finish early, you may check your work in Session 1 only. Do not go on to Session 2 until your break is over.

Session 2

Minister Destiny Testimony Schools — Youth

Multiple choice — questions 21–40. Then written answers W4–W7.

21. Which costs of vaping does Month 5 say add up over time?

- A. There are no costs after the first device
- B. Pods, devices, and replacements cost money, and school consequences can include suspension, loss of activities, and coaches removing athletes
- C. Schools reward vaping with extra activities
- D. Money spent on nicotine never affects anything else

22. Why does Month 5 say alcohol poisoning is a special danger for teens?

- A. Teen brains are more sensitive to alcohol's harm and less sensitive to its sleepy warning signals, so drinking too much is easier
- B. Teens cannot get alcohol poisoning
- C. Sleepiness is a reliable warning for teens
- D. Alcohol only affects adults

23. What does Month 5 teach about regular marijuana use for teens?

- A. It is harmless for teens because it is a plant
- B. It improves memory and motivation
- C. Its strength has not changed at all
- D. It is linked to problems with memory, learning, motivation, and mood, and today's products are far stronger than in the past

24. Many adults in schools and communities now carry naloxone. What is it, in Month 5?

- A. A test that tells if a pill is fake by looking at it
- B. A medicine that can reverse an opioid overdose if given quickly
- C. A flavoring used in vapes
- D. A school permission form

25. A friend is hard to wake, breathing slowly, with blue lips after taking an unknown pill. Besides calling 911 right away, what does Month 5 teach?

- A. Wait to see if they wake up on their own
- B. Give them another pill to wake them up
- C. Say exactly what you know about what they took, and stay with them
- D. Leave so you do not get in trouble

26. A friend asks you to hold their substances so they will not get caught. What does Month 5 teach?

- A. Do not carry, hold, or sell substances for anyone — holding transfers the legal and school consequences to you
- B. Holding for a friend is safe if it is only for a day
- C. Holding is loyalty and carries no consequences
- D. Only selling carries consequences

27. How does Month 5 say to raise concern with a friend who is starting to use regularly?

- A. In front of the whole group, as a joke
- B. Only after an overdose happens
- C. By threatening to end the friendship that day
- D. Early and privately, naming what you noticed — for example daily vaping and stress without it — and offering to go with them to a counselor or nurse

28. Month 6 compares a lasting, growing heavy feeling to a high fever. What is the point of that comparison?

- A. Both mean nothing can help
- B. Both are signals to get support — a signal is information about what help to reach for, not a life sentence
- C. Both should be hidden from adults
- D. Both go away only if ignored

29. Nadia finds speaking hard, so she hands her counselor a note saying she has felt low for weeks and wants to talk. What does Month 6 say about that?

- A. Asking in a note or a text is a real way to ask for help when speaking is hard
- B. Only spoken words count as asking
- C. A note means she is not serious
- D. She must wait until she can give a speech

30. What is the one limit on confidentiality that Month 6 names for help lines and helpers?

- A. Everything is shared with a student's whole class
- B. Nothing is ever private for young people
- C. If someone is about to be seriously hurt, helpers act to protect that person
- D. Confidential means helpers can never act

31. Saying out loud, 'I'm furious because...' is which coping tool in Month 6?

- A. Shrink the problem to the next step
- B. Limit the scroll
- C. Take care of the basics
- D. Name it to tame it — naming a feeling shrinks it a little

32. When a problem feels huge, Month 6 teaches asking which question?

- A. 'How do I solve everything tonight?'
- B. 'What is the next one thing I can do?' — not the whole solution, just the next step
- C. 'Who can I blame for all of this?'
- D. 'How long can I go without sleep?'

33. Why does Month 6 say a tired, hungry brain makes everything feel worse?

- A. Sleep, food, and water are basic care, and a tired, hungry brain makes problems feel ten times worse; feeds full of conflict also pour fuel on hard feelings
- B. Basics do not affect feelings at all
- C. Scrolling conflict all night is a coping tool
- D. Skipping meals helps you think clearly

34. Why does Month 6 say to try calm-down tools on medium-hard days, not only the worst days?

- A. Tools only work if first used in a crisis
- B. Medium days are the only days that matter
- C. Practicing when the stakes are lower teaches your body what works, so the tools are familiar when you really need them
- D. Practicing a tool uses it up

35. Which item belongs under 'my warning signs' in a personal safety plan?

- A. 'I stop answering texts' or 'my stomach hurts every morning' — how you know a bad stretch is starting
- B. The phone number for 988 only
- C. A list of people who upset you
- D. Your school password

36. What belongs on the 'reason list' part of a personal safety plan?

- A. Only the names of your trusted adults
- B. Only your warning signs
- C. Every hard thing that has happened this year

D. People, pets, goals, and even small things — like a team, a show, or a future plan — that are worth staying for

37. Which choice does Month 6 warn against on the worst night of a bad stretch?

- A. Writing down your warning signs
- B. Making big, permanent decisions in the worst hour of a bad night
- C. Calling a trusted adult
- D. Using a coping tool you practiced

38. The first person Sam asks for help does not know how to help him. What does Month 6 teach?

- A. Give up because he already asked once
- B. He must have explained it wrong
- C. That is not the end — ask the next person; needing help more than once, or a different kind of help, is normal
- D. Only one person is ever allowed to help

39. What is a support network, as Month 6 defines it?

- A. All the people and services you can turn to — stronger than any single person
- B. One best friend who handles everything
- C. A list of passwords
- D. A group chat that never involves adults

40. Tessa keeps telling herself, 'Other people have it worse, so I should not complain.' What lesson does Month 6 draw from a story like hers?

- A. Pain only counts if it is the worst in the room
- B. Comparing your pain to someone else's does not make yours smaller — it just makes you wait longer to get help for it
- C. Getting work done means you have no right to help
- D. Warning signs in your own writing should be ignored

Session 2 — Written Answers

Written Answer W4 — 4 points

A partner agreed to one step in a relationship, then says 'I need to stop' partway through and the other person argues and guilt-trips them to keep going. Explain what consent teaches here and what should happen.

Written Answer W5 — 4 points

At a party, a friend who has been drinking is vomiting, breathing slowly, and cannot be woken up. Another friend says to let them sleep it off. Explain what you would do and why.

Written Answer W6 — 4 points

For three weeks you have been sleeping badly, losing interest in things you liked, and dreading every morning. Explain the steps you could take, using Month 6.

Written Answer W7 — 6 points

Months 4–6 each teach a different kind of 'no' or 'help.' Write about how a clear boundary, a refusal line, and asking for help work together. Use one example from relationships, one from peer pressure, and one from a hard-feelings stretch.

Answer Sheet — Multiple Choice

Fill in ONE circle for each question. This sheet is your official answer record.

1. ☐ A ☐ B ☐ C ☐ D

2. ☐ A ☐ B ☐ C ☐ D

3. ☐ A ☐ B ☐ C ☐ D

4. ☐ A ☐ B ☐ C ☐ D

5. ☐ A ☐ B ☐ C ☐ D

6. ☐ A ☐ B ☐ C ☐ D

7. ☐ A ☐ B ☐ C ☐ D

8. ☐ A ☐ B ☐ C ☐ D

9. ☐ A ☐ B ☐ C ☐ D

10. ☐ A ☐ B ☐ C ☐ D

11. ☐ A ☐ B ☐ C ☐ D

12. ☐ A ☐ B ☐ C ☐ D

13. ☐ A ☐ B ☐ C ☐ D

14. ☐ A ☐ B ☐ C ☐ D

15. ☐ A ☐ B ☐ C ☐ D

16. ☐ A ☐ B ☐ C ☐ D

17. ☐ A ☐ B ☐ C ☐ D

18. ☐ A ☐ B ☐ C ☐ D

19. ☐ A ☐ B ☐ C ☐ D

20. ☐ A ☐ B ☐ C ☐ D

21. ☐ A ☐ B ☐ C ☐ D

22. ☐ A ☐ B ☐ C ☐ D

23. ☐ A ☐ B ☐ C ☐ D

24. ☐ A ☐ B ☐ C ☐ D

25. ☐ A ☐ B ☐ C ☐ D

26. ☐ A ☐ B ☐ C ☐ D

27. ☐ A ☐ B ☐ C ☐ D

28. ☐ A ☐ B ☐ C ☐ D

29. ☐ A ☐ B ☐ C ☐ D

30. ☐ A ☐ B ☐ C ☐ D

31. ☐ A ☐ B ☐ C ☐ D

32. ☐ A ☐ B ☐ C ☐ D

33. ☐ A ☐ B ☐ C ☐ D

34. ☐ A ☐ B ☐ C ☐ D

35. ☐ A ☐ B ☐ C ☐ D

36. ☐ A ☐ B ☐ C ☐ D

37. ☐ A ☐ B ☐ C ☐ D

38. ☐ A ☐ B ☐ C ☐ D

39. ☐ A ☐ B ☐ C ☐ D

40. ☐ A ☐ B ☐ C ☐ D

Quarterly Progress Summary

Fill this in when the exam is scored. Letter grades: A 90–100 · B 80–89 · C 70–79 · D 60–69 · F below 60. Passing the final exam is 80% of total points or higher.

Class	Test score	Grade
Month 4: Dating, Consent, and Healthy Relationships		
Month 5: Peer Pressure, Vaping, Drugs, and Alcohol		
Month 6: Mental Health — Feeling Overwhelmed, Asking for Help, Staying Safe		
Final Exam — Months 4–6 (total 70 points)		
Running course average		

One thing I learned this quarter:

Rank: _____

School ranks: Freshman (Year 1 in progress) Sophomore (Year 1 complete) Junior (Year 2 complete) Senior (Year 3 complete) Graduate (Year 4 complete). A year counts as complete only when all of its classes and all of its final exams are passed at 80% or higher.

Quarterly Certificate — Quarter 2

Minister Destiny Testimony Schools

Certificate of Completion — Quarter 2: Dating, Consent, and Healthy Relationships · Peer Pressure, Vaping, Drugs, and Alcohol · Mental Health — Feeling Overwhelmed, Asking for Help, Staying Safe

This certifies that

Name (write your name here)

has passed the Final Exam for

Minister Destiny Testimony Schools — Youth

Quarter 2 — Months 4–6

Date completed: _____

Rank: _____

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

*Congratulations. You passed the Quarter 2 final exam — you studied all three
classes and proved it. Keep going. — Minister Destiny Marie Morgan*

Educational completion certificate only — not a state license, POST certification, or government
credential.

Minister Destiny Testimony Schools — Youth

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Answer Key and Scoring Guide

For parents, teachers, and self-checking after the exam is finished. Do not look before you take the exam.

Multiple Choice — Answer Key

Session 1 (questions 1–20):

1. It is informed
2. Agreeing to one thing is not agreeing to everything else — each step needs its own yes
3. Tightening a boundary as you learn more about a person is wisdom, not unfairness
4. 'My phone stays private, and passwords stay mine alone.'
5. That is a crime and grooming, and a trusted adult should be told immediately
6. The kind phase does not cancel the harmful phase — judge the whole pattern over time
7. Comparison pressure, meant to move a boundary by making standing on it feel costly
8. Consent can be reversed — a past yes never creates a permanent yes
9. Ending things by text or with adults nearby, with a ride and a safe place arranged
10. Control, not closeness — closeness is chosen and relaxed, control is demanded and tense
11. The person celebrates good news for you and you keep friends, family time, hobbies, and schoolwork
12. Treat hesitation, freezing, pulling away, or going quiet as a no, and stop
13. 'Send it, or I'll tell people you did anyway.'
14. Peer pressure can come from yourself — imagining what the group is thinking
15. The uncomfortable feeling usually fades within minutes, and others who felt relieved may decline too
16. It adds a record — a video of using can follow you to coaches, families, and schools long after the night ends
17. Debating invites the group to solve your objections one by one
18. Know whose house you are at, keep your phone charged, know your ride, and tell a trusted adult where you will be
19. It irritates lungs, worsens asthma, and can cause coughing, shortness of breath, and chest pain
20. Those withdrawal feelings are unpleasant and temporary, and quitting is much easier with support from a trusted adult, nurse, or counselor

Session 2 (questions 21–40):

21. Pods, devices, and replacements cost money, and school consequences can include suspension, loss of activities, and coaches removing athletes
22. Teen brains are more sensitive to alcohol's harm and less sensitive to its sleepy warning signals, so drinking too much is easier
23. It is linked to problems with memory, learning, motivation, and mood, and today's products are far stronger than in the past
24. A medicine that can reverse an opioid overdose if given quickly
25. Say exactly what you know about what they took, and stay with them
26. Do not carry, hold, or sell substances for anyone — holding transfers the legal and school consequences to you
27. Early and privately, naming what you noticed — for example daily vaping and stress without it — and offering to go with them to a counselor or nurse
28. Both are signals to get support — a signal is information about what help to reach for, not a life sentence
29. Asking in a note or a text is a real way to ask for help when speaking is hard
30. If someone is about to be seriously hurt, helpers act to protect that person
31. Name it to tame it — naming a feeling shrinks it a little
32. 'What is the next one thing I can do?' — not the whole solution, just the next step
33. Sleep, food, and water are basic care, and a tired, hungry brain makes problems feel ten times worse; feeds full of conflict also pour fuel on hard feelings
34. Practicing when the stakes are lower teaches your body what works, so the tools are familiar when you really need them
35. 'I stop answering texts' or 'my stomach hurts every morning' — how you know a bad stretch is starting
36. People, pets, goals, and even small things — like a team, a show, or a future plan — that are worth staying for
37. Making big, permanent decisions in the worst hour of a bad night
38. That is not the end — ask the next person; needing help more than once, or a different kind of help, is normal
39. All the people and services you can turn to — stronger than any single person
40. Comparing your pain to someone else's does not make yours smaller — it just makes you wait longer to get help for it

Written Answers — Scoring Guide

Score each written answer with its guide. Give the points for each part of a complete answer that is present and correct; answers do not have to use the lesson's exact words.

W1 — 4 points. You are dating someone who demands your live location and passwords, and goes cold for hours when you reply la...

A complete answer includes:

- Names jealous control: demanding location, passwords, and instant replies is control, not love
- States a boundary plainly and once, e.g. turning location off and keeping the phone private
- Watches the response — respect or repeated testing/mockery is the data
- Tells a trusted adult and keeps friend and family time instead of letting the relationship shrink their life

W2 — 4 points. At a hangout, a vape is passed around your circle and one person starts filming. You do not want to vape or be...

A complete answer includes:

- Uses a short, calm refusal such as 'I'm good, thanks' without a long defense or apology
- Says plainly not to be filmed if filming continues
- Changes the scene / offers another activity, or uses a planned exit such as a code word, a trusted adult, and a ride home
- Notes that friends who accept a no are keepable, and continued pushing, filming, or mocking is a red flag

W3 — 4 points. A friend messages you: 'Honestly, I wish I just wasn't here anymore. Don't tell anyone, I mean it.' Explain wh...

A complete answer includes:

- Takes it seriously even with 'don't tell' attached — you cannot tell serious from joking from the outside
- Responds with care and stays connected / stays on the line or keeps texting
- Does not promise secrecy; says caring too much to keep that secret
- Tells a trusted adult right away and calls or texts 988 for guidance

W4 — 4 points. A partner agreed to one step in a relationship, then says 'I need to stop' partway through and the other perso...

A complete answer includes:

- Consent can be taken back at any time, including in the middle of something agreed to earlier
- A yes argued, guilted, or pressured out of someone is not a real yes — that is coercion

- 'I need to stop' / 'I'm not comfortable' ends the moment with no debate; hesitation or going quiet is treated as a no
- Agreeing to one thing was never agreeing to everything else

W5 — 4 points. At a party, a friend who has been drinking is vomiting, breathing slowly, and cannot be woken up. Another frie...

A complete answer includes:

- Names the signs of alcohol poisoning: vomiting, slow or irregular breathing, and being unable to wake up
- Calls 911 immediately
- Turns the person on their side if it can be done safely, and stays with them
- Explains leaving someone to 'sleep it off' can be fatal, so fear of trouble must not delay the call

W6 — 4 points. For three weeks you have been sleeping badly, losing interest in things you liked, and dreading every morning....

A complete answer includes:

- Recognizes weeks of feeling down, losing interest, and changed sleep as warning signs to get support early
- Uses an asking-for-help sentence, spoken, by text, or in a note, to a trusted adult, counselor, or school nurse
- Uses the personal safety plan: warning signs, calm-down tools, people, places, and help lines saved as contacts
- Knows 988 (call/text, 24/7) and texting HOME to 741741, and asks the next person if the first cannot help

W7 — 6 points. Months 4–6 each teach a different kind of 'no' or 'help.' Write about how a clear boundary, a refusal line, an...

A complete answer includes:

- Relationship example: states a boundary plainly, respects a no the first time, and names pressure/coercion when a no is argued with
- Peer-pressure example: uses a short refusal line, changes the activity, or uses a planned exit/code word instead of debating
- Hard-feelings example: recognizes warning signs and asks a trusted adult or help line early, using ready words
- Names a trusted adult / support network as the shared backup in all three
- Explains safety secrets — threats, dangerous use, or talk of self-harm — go to an adult in all three settings

Total score: multiple choice 40 + written 30 = 70 points. Passing is 56 points or more (80%).

Sources & Credits

Every question in this exam was written from this quarter's classes of Minister Destiny Testimony Schools. Those classes were written from public sources — official websites, public health and safety organizations, help lines, and the law itself. The sources each class was built from, and the help resources it points you to, are listed under that class's name, with credit, so you can check anything 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.

Month 4: Dating, Consent, and Healthy Relationships

- 911 — call if you are threatened, followed, or in danger right now.
- 988 (call/text) — call or text 988 any time you feel overwhelmed or unsafe in a relationship.
- Crisis Text Line — text HOME to 741741 to talk by text with a live counselor.
- National Domestic Violence Hotline — 1-800-799-7233 / text START to 88788 — dating and relationship abuse help, including safety planning.
- RAINN — 1-800-656-4673 — help for sexual pressure, coercion, or assault, free and confidential.
- CyberTipline — report.cybertip.org / 1-800-843-5678 and Take It Down — takeitdown.ncmec.org — if photos are requested, threatened, or shared.
- If you are in danger right now: call 911. If you cannot talk out loud, text HOME to 741741 (Crisis Text Line) or call or text 988 any time, day or night.
- Help lines: 988 (call/text) · Crisis Text Line (text HOME to 741741) · Childhelp 1-800-422-4453.

Month 5: Peer Pressure, Vaping, Drugs, and Alcohol

- 911 — call immediately for alcohol poisoning, an overdose, or anyone who will not wake up or is breathing slowly.
- 988 (call/text) — call or text 988 any time substances and hard feelings are tangled together, or you need support.
- Crisis Text Line — text HOME to 741741 to talk by text when you need help deciding what to do.
- SAMHSA — 1-800-662-4357 — confidential information and referrals for substance use help, for yourself or a friend.
- Poison Control — 1-800-222-1222 — fast guidance if someone swallowed an unknown pill or substance and is still awake and breathing.
- Childhelp — 1-800-422-4453 — help if substance use at home is making home unsafe.

- Your school counselor or school nurse — judgment-free first steps and local resources to keep.
- If you are in danger right now: call 911. If you cannot talk out loud, text HOME to 741741 (Crisis Text Line) or call or text 988 any time, day or night.
- Help lines: 988 (call/text) · Crisis Text Line (text HOME to 741741) · Childhelp 1-800-422-4453.

Month 6: Mental Health — Feeling Overwhelmed, Asking for Help, Staying Safe

- 911 — call if you or someone else might act on harmful thoughts soon, or anyone is in immediate danger.
- 988 (call/text) — call or text 988, 24/7, for emotional distress or thoughts of suicide, for yourself or about a friend.
- Crisis Text Line — text HOME to 741741 to connect by text if talking out loud is hard.
- Childhelp — 1-800-422-4453 — help if home is the source of the stress or harm.
- SAMHSA — 1-800-662-4357 — information and referrals for mental health and substance use support.
- Your school counselor, your school nurse, or a trusted adult — in-person support who can stay involved over time.
- If you are in danger right now: call 911. If you cannot talk out loud, text HOME to 741741 (Crisis Text Line) or call or text 988 any time, day or night.
- Myth: If someone mentions suicide as a joke, it is never serious. Fact: You cannot tell serious from joking from the outside. Treat every mention as real, stay connected, and bring in an adult and 988.
- Bring in adults — tonight, not tomorrow. Tell your parent or his, or another trusted adult, exactly what he wrote. Call or text 988 and ask them what to do; they coach friends and family through this all the time.
- Help lines: 988 (call/text) · Crisis Text Line (text HOME to 741741) · Childhelp 1-800-422-4453.

This exam itself

- The quarter's class books of Minister Destiny Testimony Schools — every question in this exam was written from those classes: their lessons, their Words to know, and their stories.
- The classes' chapter tests (Minister Destiny Testimony Schools) — this exam's multiple-choice questions also appear, auto-scored, in the free school online at destinymorganbooks.com.

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.

Contact: ministerdestinymariemorgan@gmail.com

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 — Youth
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