

Minister Destiny Testimony Schools

Law Enforcement: The Gym Alternative: A Supervised, Free Law-Enforcement Gym as a Safe Warning Before Arrest for Aggression (Proposal)

Law Enforcement — Class Book · Section 10

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 — Law Enforcement: The Gym Alternative: A Supervised, Free Law-Enforcement Gym as a Safe Warning Before Arrest for Aggression (Proposal).

Published by Minister Destiny Marie Morgan, Minister & Founder.

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This is community-designed training — Minister Destiny's program, built from lived experience in the neighborhoods being policed. It is not agency policy and does not replace your department's training, general orders, or the law. Where this program proposes new approaches, they are taught and labeled as proposals.

How This Book Works

This book is one class of Minister Destiny Testimony Schools — Law Enforcement: Section 10 — The Gym Alternative: A Supervised, Free Law-Enforcement Gym as a Safe Warning Before Arrest for Aggression (Proposal). 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

A note on what this school is: this is community-designed training — Minister Destiny's program, built from lived experience in the neighborhoods being policed. It is not agency policy and does not replace your department's training, general orders, or the law. Where this program proposes new approaches, they are taught and labeled as proposals. Nothing here is legal advice.

Before you start

- This school never collects your name. Progress and quiz answers stay on your device; pass the section quiz (80% or higher, retakes allowed) and your certificate downloads with a blank name line to fill in after saving. Answers are not shown.
- Every officer knows the call: a person — often young, often male, often already known to you — is pacing, shouting, squaring up, begging the moment to become physical. Nothing they have done yet demands an arrest, but everything about their body says the next five minutes could produce one, plus an injury, plus a record that follows them for years. This section teaches Minister Destiny's proposal for that exact gap: a supervised, free law-enforcement gym offered as a safe warning before arrest for aggression — a place to spend the adrenaline, be seen by steady adults, and leave with dignity and a plan. It is taught here as a proposal, in full and honestly: what it is, what it is not, when it must never be used, and the everyday de-escalation skills that matter whether or not your community ever builds one.

Section 10 — The Gym Alternative: A Supervised, Free Law-Enforcement Gym as a Safe Warning Before Arrest for Aggression (Proposal)

Minister Destiny Testimony Schools — Law Enforcement

The lesson

1. The problem this proposal answers — aggression with nowhere to go

Aggression on a call is information. A clenched, pacing, shouting person is telling you their body is flooded — heart pounding, muscles loaded, thinking narrowed to threat and pride. Many causes sit underneath: an insult in front of friends, a family blowup (Section 8), intoxication or withdrawal (Section 7), a mental health crisis (Section 9), pain, exhaustion, hunger, a lifetime habit of solving disrespect with fists. The cause matters for what helps next, but the immediate fact is shared: **energy that has no safe exit tends to find an unsafe one.**

Consider what the current menu often looks like at that moment. You can warn and walk away, hoping the energy burns off without a victim. You can wait until conduct crosses a line and arrest — lawful, sometimes necessary, and also the start of the collateral spiral this school has traced before: booking, court dates, fees, a record, lost work, housing risk. Or, in too many encounters, the warning itself becomes a contest — raised voices, ultimatums, an audience — until someone must win and someone must be taken down.

Minister Destiny's question, from the community side, is simple: what if the warning had somewhere to go? What if an officer could say, truthfully, “You are one bad minute from arrest. I am offering you a different next hour — supervised, free, physical, and safe — and I will get you there,” and that place actually existed? The gym alternative is her answer. It does not replace arrest where arrest is required. It aims at the large middle ground where aggression has not yet become serious harm and a young person's whole record may hinge on whether an adult offered an exit they could accept without losing face.

2. The proposal in full — what the gym alternative would be

This is a proposal. It is not current agency policy in this lesson, and no officer should present it as an available option unless their department has actually established and authorized such a program. As Minister Destiny proposes it:

1. **A real place, run for this purpose.** A gym facility associated with law enforcement — staffed and supervised by trained personnel and vetted community coaches or mentors — open at the hours aggression actually peaks, including evenings. Equipment and activities suited to safe exertion: heavy bags, mats, weights with supervision, conditioning circuits, and space to cool down. Not a cell, not a holding

area, not a place of punishment.

2. Free, and reachable. No fee, no membership, no paperwork wall at the door. Transport offered by the referring officer or an authorized ride arranged by the program, so “go to the gym” is a real offer and not advice a person without a car, money, or calm cannot use.

3. Offered as a safe warning before arrest, at officer discretion within program rules. The typical referral: a person whose aggressive behavior is escalating, who has not committed an offense that requires arrest, who is not in medical or mental health crisis needing a hospital, and who agrees to go. The warning is honest: “If this continues here, the next step is arrest. I am offering the gym instead, right now.”

4. Structured time, not free chaos. A defined session — warm-up, hard supervised exertion, cool-down, water, a short conversation with a coach about what happened and what happens next, and a safe ride or plan home. Staff can connect regulars to mentoring, school or work help, and community programs — by offer, not by condition.

5. Clear records of the right kind. The program logs that a referral was made and whether the person arrived — for safety and program evaluation. The visit is not a booking, not an interrogation opportunity, and not evidence-gathering about unrelated matters. People will only use an exit they trust not to be a trap.

6. A door that stays open. One visit should make the next self-referral possible: the person, a parent, a school, or a coach can suggest the gym before police are needed at all. The deepest success of the proposal is a young man who, feeling the flood rise at a party, texts a coach instead of swinging — and never meets you that night at all.

Safeguards are part of the proposal, not decorations: medical screening questions before exertion, no sparring or contact drills for referred participants in crisis, trained supervision ratios, parental or guardian involvement for minors under program rules, insurance and facility standards handled by the establishing agency, and a published rule that the gym is never used to delay a needed arrest, medical transport, or protective action.

3. When the gym alternative must NOT be used

A proposal earns trust by naming its limits plainly. Even where a program existed, the gym would be the wrong answer when:

- **A serious offense has occurred or a victim needs protection.** Where the law or policy requires arrest, or a victim's safety depends on separation and enforcement, enforce. Offering exertion instead of protection betrays the victim and the program.
- **The person is in medical danger.** Overdose signs, withdrawal that may be dangerous, chest pain, head injury, severe intoxication, or inability to stay awake belong with medical responders (Section 7), not on a treadmill.

- **The person is in acute mental health crisis.** Suicidal intent, psychosis with escalating danger, or mania belongs with crisis and clinical help (Section 9).
- **A weapon is involved or credibly threatened.** Weapon facts change the call entirely; follow your training and orders.
- **The person declines.** The alternative works because it is chosen. A forced “voluntary” workout is a detention by another name and destroys the idea. If they refuse and conduct requires action, act lawfully; if conduct allows a warning and departure, warn and depart without punishing the refusal itself.
- **Anyone would be unsafe at the facility** — for example, rival parties arriving together, or a person whose aggression is directed at a specific staff member or participant present. Separation and safety outrank the concept.

Notice the pattern: the gym sits between “warn and leave” and “arrest” for a narrow, real band of encounters — escalating aggression, no disqualifying harm or hazard, a person able to choose. Teaching the band honestly is what keeps a good proposal from becoming a slogan applied where it does not belong.

4. Making the offer — step by step, and the skills underneath it

Where a department has established such a program, this school teaches the offer as a de-escalation sequence. Where no program exists, the same sequence — minus the destination — remains how you give a warning that a proud, flooded person can actually hear:

1. **Stabilize the immediate scene first.** Separate the parties, move the audience, get hands visible and space created as trained. No offer lands while two people are still chest to chest.
2. **Lower your own output.** Slower speech, lower volume, unhurried movements. You are demonstrating the state you are asking for. Profanity and sarcasm — Section 3's core warning — convert a warning into a duel.
3. **Name what you see, without a verdict on who they are.** “I can see you are furious. Your fists are balled and you are pacing. I believe you are about to fight.” Observations can be accepted; character judgments (“you're acting like a punk”) must be defended — with the body already loaded.
4. **State the consequence and the choice, once, clearly.** “If you swing here, I will have to arrest you, and I don't want that for you. There is another option: the department gym, supervised, free, I can take you now. You work this off there, no charge for tonight's warning, and you go home after. Your call — but staying here like this is not one of the options.”
5. **Give the decision a little time and a little privacy.** Pride needs a path down that friends cannot mock. Step back, let a friend or family member encourage the smart choice, and do not fill the silence with repeated threats.

6. If they accept, make it smooth and dignified. Explain transport and what happens on arrival, allow a quick word to family, secure any property as policy requires, and hand off to gym staff with facts only: what happened, any medical cautions, what calmed them. No trash talk in the car, no lecture tour. The ride is part of the intervention.

7. If they decline, close cleanly. Repeat the boundary once, enforce or depart as the facts and law require, and do not withdraw basic respect because your offer was refused. The next officer — possibly you, next month — needs that door still standing.

What to expect in real life: some will accept because the gym sounds better than a cell and both they and their friends know it; some will accept because a coach there is the one adult they trust; some will refuse the first time and self-refer the third, having watched a friend come home unbooked and unbruised. Programs like this are measured across seasons, not single shifts.

5. Why this fits the whole course — warnings that teach instead of only threaten

Step back and see the design across Sections 7 through 10. Section 7 proposed a medical destination instead of a confrontation for addiction. Section 9 preferred help over charges in crisis where law and safety allow. Section 10 proposes a physical destination instead of a record for aggression on the edge. The common principle is Minister Destiny's: **a warning works best when it points somewhere.** “Stop, or else” gives a flooded person nothing to do with their body, their pride, or their next hour. “Stop — and here is a real, supervised, free place to put all of this, right now” gives all three.

There is also an officer-safety argument, and this school makes it plainly. Every arrest of a resisting, adrenaline-loaded person carries injury risk for everyone involved. Every avoided arrest that still ends the danger — person transported, exertion spent, coach engaged, home reached safely — is a shift where nobody went to an emergency department. And there is a trust argument: a neighborhood that watches officers offer a young man a ride to a gym instead of waiting for his first swing learns the lesson Section 1 named. Calling, cooperating, and accepting help are met with problem-solving, not only processing.

None of this softens accountability. The warning is real: continued aggression means arrest. The gym is supervised by law-enforcement-connected staff, the referral is documented, and repeat aggression still meets the law. The proposal simply insists that accountability can include a constructive consequence — one that leaves a young person exhausted, mentored, and unbooked, rehearsing the exact skill their life most needs: feeling the flood rise and choosing the exit.

Words to know — Section 10

- **Gym alternative (proposal)** — Minister Destiny's proposed supervised, free law-enforcement gym offered as a safe warning before arrest for escalating

aggression; labeled as a proposal, not agency policy.

- **Escalation** — the process by which agitation builds — voice, posture, pacing, threats — toward possible violence.
- **De-escalation** — communication and tactics that reduce agitation and danger without force where possible.
- **Face-saving exit** — a way out of a confrontation that lets a person comply without public humiliation.
- **Referral** — an official offer and handoff connecting a person to a program or service.
- **Adrenaline response** — the body's alarm reaction — racing heart, loaded muscles, narrowed thinking — that prepares for fight or flight.
- **Diversion** — a response that directs a person away from formal charges toward a constructive alternative, where law and policy allow.
- **Self-referral** — when a person seeks a program on their own before a crisis requires police involvement.
- **Collateral consequences** — the effects of an arrest or record beyond the case itself: work, housing, licenses, and family stability.

Myths vs facts — Section 10

- **Myth:** Offering a gym instead of arrest rewards aggression. **Fact:** Under the proposal the warning is real and documented, supervision is by law-enforcement-connected staff, and arrest remains the consequence if aggression continues. The reward is an exit that prevents a victim, an injury, and a record — for behavior that had not yet required arrest.
- **Myth:** A person who is truly dangerous will be calmed by exercise. **Fact:** The proposal excludes serious offenses, weapons, medical danger, and acute mental health crisis. It is designed for the narrow band of escalating aggression where no disqualifying harm has occurred.
- **Myth:** If a program like this existed, officers could send anyone there instead of doing paperwork. **Fact:** Referral has criteria, consent, supervision, and documentation. A declined offer changes nothing about the person's rights, and the gym is never a shortcut around a required arrest or medical transport.
- **Myth:** Exercise has nothing to do with policing. **Fact:** Officers manage adrenaline-driven behavior every shift. A supervised physical outlet, offered at the warning stage, is a practical safety tool — and every avoided resisting-arrest fight is an injury that did not happen.

Think it through — Section 10

The situation: Outside a convenience store, a young man in his late teens is screaming at another teen who insulted him in front of friends. He has shoved no one. He paces,

punches his own palm, and shouts, “Say it again.” The other teen, smirking, is being held back by his girlfriend. A small crowd records. The young man has no weapon and answers your question about alcohol with “I’m not drunk, I’m disrespected.” Your department, in this scenario, has established the gym program described in this section.

Walk it through:

1. **Sort the band first.** Aggression is escalating, but there is no injury, no weapon, no medical or mental health emergency described, and no offense yet that requires arrest. This is the narrow band the proposal was designed for — so the offer is legitimately on the table.
2. **Separate and shrink the audience.** Move the smirking teen and the crowd back with a partner officer if available. The performance needs spectators; remove them and the temperature drops measurably.
3. **Speak to the flooded person in observations.** “Your fists are clenched, you are pacing, you told me you feel disrespected. I believe you are about to fight.” No name-calling, no profanity, no dare.
4. **Make the warning and the offer once, clearly.** Continued aggression here means arrest. The alternative: transport now to the supervised, free department gym, work the energy off with staff, no charge for tonight’s warning, ride home after. Staying and fighting is not an option.
5. **Protect pride while he decides.** Step back, let silence work, let a friend say “go, it’s better.” Do not narrate his decision for the crowd or mock hesitation.
6. **If he accepts, execute with dignity and facts.** Calm transport, handoff to gym staff covering what happened and any cautions, family notified as program rules provide. If he declines, the boundary stands: enforce or depart strictly as conduct and law require, without punishing the refusal itself.

One more real-life story — Section 10

A father calls about his sixteen-year-old son, home an hour after being cut from a team he had trained for all year. The boy has put a fist through a hallway wall, is shouting that he will “find” the coach, and his younger sister is crying in her room. He has hurt no person. He is sober, uninjured apart from scraped knuckles, and vibrating with a grief he has no words for yet.

The officer who arrives resists the two easy scripts — arrest talk for property damage inside his own home, or a shrug because “no crime against a person.” She confirms the sister is safe, has the father step out with her, and speaks to the boy about what she sees: a devastating day, a body with nowhere to put it. In the world of this section’s proposal, established in her department, she offers the gym: a coach who was himself cut at sixteen, a heavy bag, an hour, a ride home. The boy looks at the hole in the wall, then accepts — mostly, he admits later, because leaving with the officer looked stronger than being left

raging in front of his sister.

Takeaway: The damage was real and the family still addressed it — repair, apology, a plan for the next hard day. What the gym changed was the vehicle: accountability arrived through exertion and a mentor instead of a booking photo, and a teenager learned, in his body, that there is a place to take the worst hour.

Try this — Section 10

Practice the warning-and-offer script until it is steady, then run the eligibility check:

Script: “I can see you are furious, and I believe you are about to fight. If that happens here, I will have to arrest you. I am offering you a different next hour: [the supervised, free department gym / a step back with me while we get this separated and calm]. The choice is yours — staying like this is not one of the choices.”

- Scene separated and audience moved before any offer
- Disqualifiers checked: serious offense, weapon, medical danger, acute mental health crisis
- Observations used, not character judgments; no profanity or sarcasm
- Warning and choice stated once, clearly, with time and privacy to decide
- If accepted: dignified transport and factual handoff; if declined: clean enforcement or departure without punishing the refusal
- Remember: where no program exists, never present the gym as available — it is a proposal you can describe honestly as one

Resources to keep — Section 10

- **Emergency:** 911 — for a fight in progress, a weapon, an injury, or any immediate danger.
- **988 Suicide and Crisis Lifeline:** Call or text 988 — when aggression is tangled with despair or talk of self-harm.
- **Crisis Text Line:** Text HOME to 741741 — a silent way for a young person or family member to reach crisis support.
- **SAMHSA National Helpline:** 1-800-662-4357 — when substance use is driving the aggression and treatment information is needed.
- **National Domestic Violence Hotline:** 1-800-799-7233 / text START to 88788 — when the aggression is inside a relationship or family.
- **On scene:** Your department's crisis-intervention team, a co-response clinician if your department has one, and the local hospital when injury or medical concern is present.

What you earned / what's next — Section 10

Section 10 complete (quiz score 80% or higher): You can explain Minister Destiny's gym alternative accurately as a proposal — supervised, free, offered as a safe warning before arrest — name the situations where it must never be used, and deliver a warning as a face-saving choice using observations, one clear statement of consequences, and time to decide.

Word Search — Section 10

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

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

Words to find: Escalation · Deescalation · Referral · Diversion · Selfreferral

Chapter Test — Section 10

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 is the gym alternative, exactly as this school teaches it?

- A. A current agency policy officers can offer anywhere
- B. A free public gym with no connection to law enforcement
- C. Minister Destiny's proposal: a supervised, free law-enforcement gym offered as a safe warning before arrest for escalating aggression — labeled as a proposal, not agency policy
- D. A punishment workout imposed after arrest

2. In which situation must the gym alternative NOT be used, even where a program exists?

- A. The person asks politely
- B. A serious offense has occurred, a weapon is involved, the person is in medical danger or acute mental health crisis, or the person declines
- C. The person has been referred once before
- D. A crowd is watching

3. In the worked scenario, a teen outside a store is shouting and punching his own palm, has shoved no one, and holds no weapon. Does the gym offer fit, in a department that has established the program?

- A. It fits the narrow band: escalating aggression, no injury, no weapon, no medical or mental health emergency, and no offense yet requiring arrest
- B. It does not fit — a crowd is present
- C. It fits only if the teen has no friends watching
- D. It never fits outside a home

4. Which technique makes a warning-and-offer most likely to be accepted?

- A. Repeat the threat louder until the person decides
- B. Mock the person's hesitation so friends laugh it off
- C. Announce the decision for the crowd
- D. State the observation, the consequence, and the choice once and clearly — then give time and privacy, because pride needs a path down

5. A person declines the gym offer. What does this school teach?

- A. Withdraw respect and add a charge for the refusal itself

- B. Close cleanly — enforce or depart strictly as conduct and law require, without punishing the refusal
- C. Force the workout, since it was offered
- D. Leave without stating any boundary

6. How does the proposal treat records of a gym referral?

- A. It lets officers skip all documentation
- B. It is a booking alternative for serious felonies
- C. Under the proposal, the visit is logged as a referral for safety and evaluation — it is not a booking, interrogation opportunity, or evidence-gathering about unrelated matters
- D. It creates a criminal record the person cannot see

7. What principle connects Sections 7, 9, and 10?

- A. A warning works best when it points somewhere — a real, supervised, free place to put the energy, right now
- B. Warnings should never include consequences
- C. Aggression should always be met with immediate arrest
- D. Exercise replaces all other police responses

8. In the second story, a teenager put a fist through a wall after being cut from his team and accepted the gym. The takeaway is:

- A. Property damage in a home is never addressed
- B. Arrest talk is the only language teenagers respect
- C. Accountability still happened — repair, apology, a plan — but arrived through exertion and a mentor instead of a booking
- D. The officer ignored the younger sister's safety

9. Why can the gym proposal call itself “supervised and safe”?

- A. Because referred participants spar with staff
- B. Because the gym has no supervision
- C. Because sessions happen during school hours only
- D. Because the proposal includes medical screening questions, supervision, no contact drills for referred participants in crisis, and rules for minors

10. Your department has no gym program. On a call, you may:

- A. Offer it silently by pointing
- B. Present it as an available local option anyway, to calm the scene

- C. Describe it honestly as a proposal only — never present it as available where it does not exist
- D. Promise the department will build one next month

Certificate — Section 10

Minister Destiny Testimony Schools

Certificate of Completion — Section 10: The Gym Alternative: A Supervised, Free Law-Enforcement Gym as a Safe Warning Before Arrest for Aggression (Proposal)

This certifies that

Name (write your name here)

has completed

Minister Destiny Testimony Schools — Law Enforcement

Section 10: The Gym Alternative: A Supervised, Free Law-Enforcement Gym
as a Safe Warning Before Arrest for Aggression (Proposal)

Date completed: _____

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

*Congratulations. You have learned that a warning can point somewhere —
that a flooded, proud, furious person offered a real exit will often take it, and
that preventing one fight prevents injuries and records that echo for years.
Offer the exit with steadiness, and keep the boundary firm. — Minister Destiny
Marie Morgan*

School completion and rank are school achievements only. It is not a law-enforcement rank,
title, or credential, and it does not certify you for any duty.

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

- Emergency: 911 — for a fight in progress, a weapon, an injury, or any immediate danger.
- 988 Suicide and Crisis Lifeline: Call or text 988 — when aggression is tangled with despair or talk of self-harm.
- Crisis Text Line: Text HOME to 741741 — a silent way for a young person or family member to reach crisis support.
- SAMHSA National Helpline: 1-800-662-4357 — when substance use is driving the aggression and treatment information is needed.
- National Domestic Violence Hotline: 1-800-799-7233 / text START to 88788 — when the aggression is inside a relationship or family.
- On scene: Your department's crisis-intervention team, a co-response clinician if your department has one, and the local hospital when injury or medical concern is present.

Answer Key

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

Section 10 Test — The Gym Alternative: A Supervised, Free Law-Enforcement Gym as a Safe Warning Before Arrest for Aggression (Proposal)

1. Minister Destiny's proposal: a supervised, free law-enforcement gym offered as a safe warning before arrest for escalating aggression — labeled as a proposal, not agency policy
2. A serious offense has occurred, a weapon is involved, the person is in medical danger or acute mental health crisis, or the person declines
3. It fits the narrow band: escalating aggression, no injury, no weapon, no medical or mental health emergency, and no offense yet requiring arrest
4. State the observation, the consequence, and the choice once and clearly — then give time and privacy, because pride needs a path down
5. Close cleanly — enforce or depart strictly as conduct and law require, without punishing the refusal
6. Under the proposal, the visit is logged as a referral for safety and evaluation — it is not a booking, interrogation opportunity, or evidence-gathering about unrelated matters
7. A warning works best when it points somewhere — a real, supervised, free place to put the energy, right now
8. Arrest talk is the only language teenagers respect
9. Because the proposal includes medical screening questions, supervision, no contact drills for referred participants in crisis, and rules for minors
10. Describe it honestly as a proposal only — never present it as available where it does not exist

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 10 — The Gym Alternative: A Supervised, Free Law-Enforcement Gym as a Safe Warning Before Arrest for Aggression (Proposal)

- Emergency: 911 — for a fight in progress, a weapon, an injury, or any immediate danger.
- 988 Suicide and Crisis Lifeline: Call or text 988 — when aggression is tangled with despair or talk of self-harm.
- Crisis Text Line: Text HOME to 741741 — a silent way for a young person or family member to reach crisis support.
- SAMHSA National Helpline: 1-800-662-4357 — when substance use is driving the aggression and treatment information is needed.
- National Domestic Violence Hotline: 1-800-799-7233 / text START to 88788 — when the aggression is inside a relationship or family.
- On scene: Your department's crisis-intervention team, a co-response clinician if your department has one, and the local hospital when injury or medical concern is present.

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 — Law Enforcement
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