

Minister Destiny Testimony Schools

Youth: Safety at Home and Knowing a Trusted Adult

Youth — Class Book · Month 1

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 — Youth: Safety at Home and Knowing a Trusted Adult.

Published by Minister Destiny Marie Morgan, Minister & Founder.

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This book is not an emergency service and does not replace 911. In an emergency, call 911 (or your local emergency number) if you can do so safely. In a mental-health crisis, call or text 988 (U.S.).

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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.

How This Book Works

This book is one class of Minister Destiny Testimony Schools — Youth: Month 1 — Safety at Home and Knowing a Trusted Adult. 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

Before you start

- **This space is private.** Nobody sees what you read or how you answer. Your progress stays on your own device.
- **We never ask your name.** Not here, not on the test, not on the certificate. If you earn a certificate, you download it first and write your own name on it after.
- **Pass the month test at 80% or higher to earn this month's certificate.** You can retake the test as many times as you need. Answers are not shown — the point is to go back, find what you missed in the lesson, and learn it for real.
- **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.

Month 1 — Safety at Home and Knowing a Trusted Adult

Minister Destiny Testimony Schools — Youth

The lesson

1. What safe at home really means

Home is supposed to be the safe place. For a lot of young people, it mostly is. For some, home is where the hard stuff happens — yelling that never stops, adults who drink or use drugs and change into different people, being hit or grabbed, being left alone too much, or a feeling in your stomach that something is just not right. If any of that sounds familiar: it is not your fault, and it is not your job to fix the adults. Your job is to be as safe as you can and to know exactly who you can go to.

Safe does not mean perfect. Every family argues sometimes. Safe means you are not being hit, hurt, or touched in ways that are wrong. It means you have food, a place to sleep, and someone who knows where you are. It means you are not scared all the time in your own home. And it means when something goes wrong, there is an adult you can tell who will believe you. If one of those is missing, that is a real problem — and it is an adult problem, not a kid problem. Telling someone about it is not snitching. It is how the problem gets to the people whose actual job is fixing it.

2. Red flags at home — signs something is wrong

Learn to name what you are seeing. A red flag is a warning sign, and naming it helps you decide what to do next. Red flags at home include an adult who hurts you, hurts someone else in the home, or threatens to. They include an adult who touches you in a way that feels wrong, or who asks you to keep secrets about touching. You never have to keep that kind of secret. Ever. They also include adults who are often drunk or high so that nobody steady is in charge, being locked out or left alone overnight when you are too young, often having no food in the house, and feeling afraid to go home.

Any one of these is enough reason to talk to a trusted adult. You do not have to wait until it gets worse, and you do not have to prove it is "bad enough." If your body feels tense when you walk through the door, if you hide in your room to stay out of the way every night, or if you watch the adults' moods the way you would watch the weather before a storm, pay attention to that feeling. Your feelings are information.

3. Your trusted-adult map — build it before you need it

A trusted adult is a grown-up who listens to you, believes you, does not hurt you, and will actually do something to help. It can be a parent or grandparent, an aunt or uncle, a teacher, a school counselor or nurse, a coach, a faith leader, a friend's parent, or a police officer or firefighter. The key is not the title. The key is how the person acts: they take you

seriously and they follow through.

Build your map now, before you need it. Pick three trusted adults — not one, three — because one person might not be reachable. For each one, know their name and how to reach them, with a phone number memorized or written somewhere safe. Know where to find them if you cannot call, such as their classroom, workplace, or house. And know what you would say. You can practice the sentence: "I need to tell you something serious. I am not safe at home, something happened, and I need help." Practicing the words when you are calm makes them much easier to say when you are scared.

If the first adult does not believe you or does nothing, tell the next one. Keep telling until someone acts. That is not being dramatic. That is how help works, and adults who work with kids are trained and required to act. Teachers, counselors, nurses, and coaches are mandated reporters — by law they must report it when a child may be abused or neglected. That means your words carry real weight when you tell them.

4. How to ask for help when you cannot talk out loud

Sometimes it is not safe to make a phone call. You still have options, and knowing them ahead of time matters. You can text a trusted adult or text a help line, such as texting HOME to 741741. You can show someone a note you wrote, either on paper or on your phone screen. You can tell a teacher or counselor at school in person, in a place where it is safe to talk. If there is an emergency and you call 911 but cannot speak, stay on the line — dispatchers are trained to respond — and in many places you can text 911 instead.

Think through which of these would work best in your home. Do you have a bedroom door you can close? A bathroom where a short text is normal? A walk to school where you can stop and talk? Choosing your safest way to reach out, before a hard night happens, is part of your plan, not an afterthought.

5. Your quick safety plan — make it today

A safety plan is a plan you make ahead of time so you are not trying to invent one while you are scared. Your quick plan has four parts. First, a safe place: one place you can go fast, like a neighbor's porch, a store, a library, or a friend's house. Second, a safe person: your number one trusted adult, with their phone number memorized. Third, safe words: if you have a friend or relative you talk to often, agree on a code word that means "I need help, send an adult." Fourth, essentials: if you ever have to leave fast, keep shoes by the door and your phone charged when you can.

Write your plan somewhere you can find it but where it will not cause trouble at home — a notes app, a school notebook, or a card in your backpack. Review it once in a while. People move, phone numbers change, and a plan only helps if it is current.

6. What NOT to do

Do not try to step between adults who are fighting or to protect someone by putting your own body in the way — get to your safe place and get an adult or call 911. Do not keep

secrets about touching, threats, or being hurt, even if an adult told you that you would be in trouble for telling. That threat is part of the problem, not a rule you have to follow. Do not blame yourself for an adult's drinking, anger, or choices. And do not wait for a perfect moment to tell someone. A short, plain message sent today helps more than a perfect speech you never give.

Words to know — Month 1

- **Trusted adult** — a grown-up who believes you, does not hurt you, and will act to help.
- **Red flag** — a warning sign that something is wrong or unsafe.
- **Safety plan** — a plan you make ahead of time: where to go, who to call, and what to say.
- **Mandated reporter** — a professional, like a teacher, counselor, nurse, or coach, who is required by law to report when a child may be abused or neglected.
- **Neglect** — when a child's basic needs for food, shelter, supervision, or medical care are not being met.
- **Code word** — a word or phrase you agree on ahead of time that quietly means "I need help now."
- **Confidential** — kept private, shared only with people who need to know in order to help or keep you safe.

Myths vs facts — Month 1

- **Myth:** Telling an adult about trouble at home is snitching and will only make things worse. **Fact:** Telling is how help reaches you. Adults whose job is safety cannot help with a problem they do not know about, and reporting is the step that connects your family to support and protection.
- **Myth:** If home is not perfect, it means your family does not love you. **Fact:** Safe does not mean perfect. Many loving families argue and struggle. The line is about being hurt, being touched in wrong ways, being left without care, or being afraid all the time — those need outside help, no matter how much love is also there.
- **Myth:** You need proof, like photos or recordings, before anyone will believe you. **Fact:** You do not need proof to tell. Start with your words, said plainly. Mandated reporters are trained to listen first and let the right people look into it.
- **Myth:** A good kid handles family problems alone and never bothers adults. **Fact:** Handling it alone is not the job of a child or teen. Asking for help is the strong, correct move, and it is what trusted adults are there for.

What would you do? — Month 1

The situation: Your friend Kayla has been quiet all week. At lunch she finally tells you her mom's boyfriend yells every night, and last night he threw a plate at the wall near her. She makes you promise not to tell anyone. She says, "It's fine, he didn't hit me."

Walk it through:

1. Believe her, and say so. "I believe you. That is not fine, and it is not your fault."
2. Understand the promise. A promise to keep a dangerous secret is not a promise you have to keep. Secrets about someone getting hurt or scared at home are never secrets to keep. Telling is not betraying her — it is protecting her. A thrown plate today can be worse tomorrow.
3. Tell a trusted adult the same day. Choose a teacher, counselor, or your own parent. Say exactly what she told you, in her words as much as you can.
4. If she is in danger tonight, that is a 911 call — or tell an adult who will make it right away.
5. Stay her friend afterward. She might be upset that you told. Most kids, later, are glad someone did. Keep showing up, sitting with her, and checking in.

The same steps work if the person in the situation is you.

One more real-life story — Month 1

Jordan, 13, lived with his dad and his dad's partner. Most nights were fine, but when his dad worked late, the partner drank and started slamming doors and shouting at Jordan for small things, like leaving a cup on the counter. Jordan started staying in his room with the door locked and skipping dinner to avoid her. He told himself it was not serious because she had never hit him.

One afternoon his school counselor noticed he was falling asleep in class and asked if everything was okay at home. Jordan almost said "I'm fine," the way he always did. Instead, because he had practiced the sentence in his head — "I need to tell you something serious" — he said it out loud. The counselor listened, did not rush him, and explained what would happen next and who would be told. She made the report she is required to make, and a school social worker helped Jordan and his dad talk about a safer plan for late-work nights, including Jordan staying with his aunt on those nights.

The lesson is not that telling fixes everything in one day. It did not. The lesson is that Jordan did not have to carry the fear alone anymore, his dad learned what was happening when he was not home, and there was now a plan made by adults. Being scared at home, even without being hit, was enough reason to speak — and speaking early gave the adults more good options to help.

Try this — Month 1

Build your trusted-adult map today. On paper or in a private notes app, write down three trusted adults. For each person, write their name, how to reach them, and where you could find them in person. Then write one practice sentence you could say or text to start the conversation, such as "I need to tell you something serious and I need help." Next, finish your quick safety plan: one safe place you can reach quickly, one safe person whose number you will memorize, one code word if you want one, and where you will keep your shoes and phone charger. Check it once: could you use this plan tonight if you had to? If not, fix the missing piece now, while things are calm.

Resources to keep — Month 1

- **911** — call if you or someone else is in danger right now.
- **988 (call/text)** — call or text 988 any time for emotional distress or a crisis.
- **Crisis Text Line** — text **HOME to 741741** to connect with a live counselor by text.
- **Childhelp National Child Abuse Hotline** — **1-800-422-4453** — call if home is the problem or you are worried about abuse or neglect.
- **National Domestic Violence Hotline** — **1-800-799-7233 / text START to 88788** — if there is violence or fear between adults at home, this line helps with safety planning.
- A trusted adult, your school counselor, or your school nurse — people in your daily life who can listen and act.

What you earned / what's next — Month 1

Month 1 complete (test score 80% or higher): You can spot red flags at home, you have a trusted-adult map with three names on it, you know how to ask for help out loud, by text, or with a note, and you have a quick safety plan you built yourself.

What's next: Month 2 — Online Safety — Strangers, Grooming, Sexting, and Sextortion. The internet has trusted-adult problems of its own, and next month you learn to spot them before they get close.

Word Search — Month 1

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

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

Words to find: Trustedadult · Redflag · Safetyplan · Neglect · Codeword · Confidential

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.

Trusted adult

Red flag

Safety plan

Mandated reporter

Neglect

Code word

Confidential

Check Yourself — Practice Questions

These are practice questions, not the test. Write your answers in your own words. Everything you need is in this book's lesson.

1. Explain in your own words what “Trusted adult” means, and give one example from real life.

2. Explain in your own words what “Red flag” means, and give one example from real life.

3. Explain in your own words what “Safety plan” means, and give one example from real life.

4. Explain in your own words what “Mandated reporter” means, and give one example from real life.

5. The lesson has a part called “The lesson.” Write the most important thing it teaches, in your own words.

6. The lesson has a part called “Myths vs facts — Month 1.” Write the most important thing it teaches, in your own words.

7. The lesson has a part called “What would you do? — Month 1.” Write the most important thing it teaches, in your own words.

8. Think about the stories in this class. Pick one, and write what you would do — and why.

Think and Write — My Reflection

Writing helps the lesson stay with you. Answer honestly — this page is yours alone.

1. What is the most important thing you learned in Month 1?

2. Which part of this class connects to your own life? How?

3. What is one thing you will do differently because of this class?

4. What would you tell a friend who needs this class?

Chapter Test — Month 1

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 makes an adult a "trusted adult"?

- A. Any adult you know
- B. An adult who believes you, does not hurt you, and will act to help
- C. The adult who lives closest to you
- D. An adult who never tells anyone anything

2. How many trusted adults should be on your map, and why?

- A. One — more is confusing
- B. Two — one for home, one for school
- C. Three — because one person might not be reachable
- D. It doesn't matter how many

3. An adult at home asks you to keep a secret about touching that feels wrong. What should you do?

- A. Keep the secret — adults are in charge
- B. Only tell if it happens again
- C. Wait until you're older
- D. Never keep that kind of secret — tell a trusted adult

4. You tell a trusted adult about a problem at home and they do nothing. What next?

- A. Tell the next trusted adult on your map — keep telling until someone acts
- B. Give up — you already tried
- C. Handle it yourself from now on
- D. Decide the problem must not be serious

5. What is a mandated reporter?

- A. A news reporter who covers schools
- B. A professional like a teacher or nurse who is required by law to report when a child may be abused or neglected
- C. A student who reports bullying
- D. A parent who calls the school

6. It's not safe to talk out loud at home. Which of these is a safe way to ask for help?

- A. Yelling for help from your room

- B. Waiting until things calm down next week
- C. Texting HOME to 741741 (Crisis Text Line) or texting a trusted adult
- D. Posting a public video about it

7. Which of these is a red flag that something is wrong at home?

- A. Your parents argue once about money
- B. You have chores you don't like
- C. Your family eats dinner late sometimes
- D. An adult often hurts or threatens people in the home and you feel afraid to go home

8. Your friend tells you something dangerous happening at her home and makes you promise not to tell. What's the right move?

- A. Tell a trusted adult the same day — safety secrets are not promises you have to keep
- B. Keep the promise no matter what
- C. Only tell if she gets hurt badly
- D. Tell the whole school so everyone can watch out

9. What are the four parts of a quick personal safety plan?

- A. Money, food, clothes, and a bag
- B. A safe place, a safe person, code words, and essentials ready
- C. A phone, a charger, a map, and a friend
- D. A lock, a key, a note, and a ride

Certificate — Month 1

Minister Destiny Testimony Schools

Certificate of Completion — Month 1: Safety at Home and Knowing a Trusted Adult

This certifies that

Name (write your name here)

has completed

Minister Destiny Testimony Schools — Youth

Month 1: Safety at Home and Knowing a Trusted Adult

Date completed: _____

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

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

Minister Destiny Testimony Schools — Youth

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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 — call if you or someone else is in danger right now.
- 988 (call/text) — call or text 988 any time for emotional distress or a crisis.
- Crisis Text Line — text HOME to 741741 to connect with a live counselor by text.
- Childhelp National Child Abuse Hotline — 1-800-422-4453 — call if home is the problem or you are worried about abuse or neglect.
- National Domestic Violence Hotline — 1-800-799-7233 / text START to 88788 — if there is violence or fear between adults at home, this line helps with safety planning.
- A trusted adult, your school counselor, or your school nurse — people in your daily life who can listen and act.

Answer Key

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

Month 1 Test — Safety at Home and Knowing a Trusted Adult

1. An adult who believes you, does not hurt you, and will act to help
2. Three — because one person might not be reachable
3. Never keep that kind of secret — tell a trusted adult
4. Tell the next trusted adult on your map — keep telling until someone acts
5. A professional like a teacher or nurse who is required by law to report when a child may be abused or neglected
6. Texting HOME to 741741 (Crisis Text Line) or texting a trusted adult
7. An adult often hurts or threatens people in the home and you feel afraid to go home
8. Tell a trusted adult the same day — safety secrets are not promises you have to keep
9. A safe place, a safe person, code words, and essentials ready

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.

Month 1 — Safety at Home and Knowing a Trusted Adult

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- A trusted adult, your school counselor, or your school nurse — people in your daily life who can listen and act.
- 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.

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

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