

Minister Destiny Testimony Schools

Youth: Bullying and Cyberbullying — What to Do, How to Help a Friend

Youth — Class Book · Month 3

Minister Destiny Marie Morgan
Minister & Founder

A Prayer Before You Begin

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

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

Amen.

— Minister Destiny Marie Morgan

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Minister Destiny Testimony Schools — Youth: Bullying and Cyberbullying — What to Do, How to Help a Friend.

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 3 — Bullying and Cyberbullying — What to Do, How to Help a Friend. 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 3 — Bullying and Cyberbullying — What to Do, How to Help a Friend

Minister Destiny Testimony Schools — Youth

The lesson

1. What bullying is — and what it is not

Bullying is not just drama, and it is not something you have to handle alone or toughen up about. It has a shape: it is repeated, it is on purpose, and there is a power difference — someone stronger, older, more popular, or in a group, targeting someone who has a harder time defending themselves. One mean comment is a bad moment. A pattern of them is bullying.

Knowing the difference matters because the response is different. A one-time argument between equals can often be worked out between the people involved. A repeated pattern aimed at the same person, especially when a group joins in or phones keep it going after school, needs adults, evidence, and a plan. If you are unsure which one you are looking at, ask yourself three questions: Has it happened more than once or is it likely to keep happening? Is it meant to hurt, embarrass, or control? Is one side clearly stronger — by size, age, popularity, numbers, or having secrets or photos? If the answers lean yes, treat it as bullying and use this month's plan.

2. The four kinds of bullying

Bullying wears different clothes, but the harm is real in every form. Physical bullying is hitting, pushing, or taking or breaking your things. Verbal bullying is threats, slurs, constant insults, and humiliating jokes that are not jokes to the person hearing them. Social bullying is exclusion campaigns, rumors, and turning a group against someone on purpose. Cyberbullying uses the same weapons through phones: mean posts, edited photos, fake accounts, group chats made to mock someone, and pressuring messages in direct messages.

Cyberbullying has two extra stings. It can follow you home, so there is no break from it, and it can be copied and shared to a huge audience in seconds. That is also why evidence matters so much online — the post, the date, and the account name are often right there to save.

3. If it is happening to you — the plan, step by step

Start here: it is not your fault, and ignore it is not the only move. Ignoring sometimes works for a one-off comment. For a pattern, you need adults involved. Follow these steps. First, save evidence: screenshots with dates, and do not delete the thread. Evidence is what turns he said, she said into action. Second, block and lock down: block accounts, tighten privacy, and give yourself a break from reading painful messages. You do not

have to keep reading poison. Third, tell a trusted adult — a parent, teacher, or counselor. Schools are required to respond to bullying reports. If the first adult shrugs it off, go to the next one on your map and bring your screenshots. Fourth, do not fight back in writing. Replying angrily in a chat usually becomes the screenshot they use against you. Starve the bullying of reaction and feed it to adults with evidence instead. Fifth, stay connected. Bullying aims to isolate you. Spend time with people who treat you right, in person when you can. If it is making you feel like hurting yourself, that is a 988 call or text — right away, any hour.

What to expect after you report: an adult may ask you to tell the story more than once, and the school may talk to other students. Change is not always instant, which is frustrating and does not mean reporting failed. Keep saving new evidence, keep your block in place, and report again if it continues. A clear record over time is powerful.

4. If you see it happening to someone else — be the reason it stops

Most bullying happens in front of an audience, and the audience is the most powerful part. You do not have to fight anyone to change it. Do not feed it: no laughing, no liking, no forwarding. Attention is the fuel, and withholding it matters. Reach out to the person being targeted: one kind message — "I saw that. It's not true and it's not okay. You good?" — matters more than you know. Kids who are bullied say being supported by even one person changes everything. Tell an adult what you saw, with evidence if you have it. Reporting cruelty is not snitching; snitching is getting someone in trouble for something harmless. This is not harmless. Invite them in: sit with them at lunch, add them to your group chat. Inclusion is a shield, because isolation is exactly what the bullying is trying to create.

You can do these things even if you are nervous, even if the person bullying is popular, and even if you are not close friends with the target. Small, steady actions from bystanders are the number one thing that makes bullying campaigns fall apart.

5. If you realize you have been part of it

It happens — a joke that went too far, a chat you laughed along in without thinking. What you do next is what counts: stop, delete what you can, apologize like you mean it (privately is fine), and do not do it again. A real apology names what you did, says you were wrong, and does not make excuses or blame the target for being upset. That is not weakness. That is character. If adults find a post you were part of, telling the truth about your part and showing you have stopped and apologized puts you in a very different position than denying or doubling down.

6. Threats and crimes are different — act faster

Some behavior goes past bullying into danger, and the response must be faster. If bullying includes threats of violence, weapons, sexual content, or a plan to hurt someone, that is beyond school discipline — tell an adult immediately, and if someone may be hurt soon, it is a 911 call. If the target talks about hurting themselves, treat it as real, every time: tell an

adult and share the 988 number with them — or call it yourself and ask what to do.

What NOT to do in any bullying situation: do not forward cruel posts to "show people how bad it is," because every forward widens the audience and the harm. Do not post a public call-out that turns into a second pile-on. Do not promise the target you will keep a safety secret forever. And do not delete your evidence to make the problem go away — without evidence, adults lose their strongest tool to stop it.

Words to know — Month 3

- **Bullying** — repeated, on-purpose harm where there is a power difference.
- **Cyberbullying** — bullying done through phones, apps, games, or social media.
- **Bystander** — someone who sees bullying happen.
- **Upstander** — a bystander who acts: supports the target, refuses to feed it, and tells an adult.
- **Evidence** — screenshots, dates, and saved messages that show what happened.
- **Power difference** — an imbalance that makes it hard to defend yourself, such as size, age, popularity, numbers, or holding secrets or photos.
- **Exclusion** — leaving someone out on purpose as a way to hurt or control them.

Myths vs facts — Month 3

- **Myth:** Bullying is just part of growing up and kids should toughen up. **Fact:** Repeated, on-purpose harm with a power difference is not a normal rite of passage. It harms health, grades, and safety, and schools are required to respond when it is reported.
- **Myth:** Ignoring bullying always makes it stop. **Fact:** Ignoring a single comment sometimes helps. A pattern usually needs evidence, blocking, and adults involved. Starving a post of reaction and reporting it are two different tools — for a pattern, use both.
- **Myth:** If you are not the one posting, you are not involved. **Fact:** The audience gives bullying its power. Laughing, liking, forwarding, or staying in a mocking chat to watch all feed it. Supporting the target and reporting are how bystanders change the outcome.
- **Myth:** Telling an adult is snitching. **Fact:** Snitching is reporting something harmless to get someone in trouble. Reporting harm to protect a person is different — it is how the harm stops.

What would you do? — Month 3

The situation: A group chat you're in starts posting edited photos of a quiet kid from school, "Devon," with cruel captions. Everyone's laughing in the chat. You're not posting — but you haven't said anything either. Tonight Devon texts you separately: "please don't

tell anyone. it'll just get worse."

Walk it through:

1. See your role clearly. Not posting isn't the same as not being part of it. Silence in the audience is what the posters are playing to. You have more power than you think.
2. Support Devon first. Reply to him directly: "It's wrong, it's not your fault, and I'm not going to just watch."
3. Think about the secret. Like Month 1 — this is a safety secret, not a keep-forever secret. Devon is scared it will get worse, which is understandable. But a campaign with screenshots does not stop on its own; adults with evidence are how it stops.
4. Save evidence and report it. Screenshot the chat with names and dates visible, leave the chat, and give the screenshots to a counselor or trusted adult tomorrow — sooner if there are threats.
5. Keep being a person, publicly. Sit with him, message him like a normal friend. One steady ally breaks the isolation the whole campaign depends on.

One more real-life story — Month 3

Alina, 15, found out there was a fake account using her photo and name, posting embarrassing made-up stories about her. At first only a few students followed it, but then the link started moving through group chats. Alina wanted to delete her own real account and disappear. Her cousin, who had taken this lesson, talked her out of deleting anything that night.

Instead, they worked the plan together over one evening. Alina took screenshots of the fake profile, the posts, and the dates, and saved the names of accounts sharing it. She reported the fake account in the app for impersonation and blocked the accounts sending her the link the most. The next morning she brought the screenshots to her school counselor with her mom. Because the evidence was organized, the school could act the same week, the platform removed the fake account, and a teacher addressed the class chats without naming Alina in a way that made things worse.

What stayed with Alina was not just that the account came down. It was that she did not face the first, worst night alone, and she did not destroy her own evidence out of shame. Someone stood next to her, the steps were clear, and adults could see exactly what happened. That is why this month teaches evidence, blocking, telling, and staying connected as one plan — each step makes the next one work.

Try this — Month 3

Become an upstander on purpose this week, in small ways that are safe to do. First, clean up your own audience habits: leave or mute one chat or feed that regularly mocks people, and unfollow accounts whose humor depends on embarrassing someone. Second, send one genuine kind message to someone who is often left out — not about bullying, just a

normal, friendly message that includes them. Third, set up your evidence habit now, before you need it: learn how to take a screenshot on your phone that shows the name, the post, and the date, and practice it on a harmless post. When you know the buttons ahead of time, saving real evidence in a stressful moment takes seconds instead of becoming one more hard thing.

Resources to keep — Month 3

- **911** — call if there are threats of violence, a weapon, or a plan to hurt someone soon.
- **988 (call/text)** — call or text 988 any time, for yourself or for a friend who is struggling because of bullying.
- **Crisis Text Line** — text **HOME to 741741** to talk by text when speaking out loud is hard.
- **Childhelp** — **1-800-422-4453** — help if bullying connects to abuse or unsafe conditions at home.
- **CyberTipline** — **report.cybertip.org / 1-800-843-5678** — report sexual content, threats, or exploitation online.
- Your school counselor, a trusted adult, or your school nurse — the fastest in-person help for school bullying, especially with screenshots in hand.

What you earned / what's next — Month 3

Month 3 complete (test score 80% or higher): You can tell bullying from a one-time argument, you have a real plan if it targets you — evidence, block, tell, stay connected — and you know how to be an upstander for a friend, including when a "don't tell" promise has to be broken to keep someone safe.

What's next: Month 4 — Dating, Consent, and Healthy Relationships. Next month looks at what respect and consent actually look like up close, and how to spot pressure and control early.

Word Search — Month 3

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

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

Words to find: Bullying · Cyberbullying · Bystander · Upstander · Evidence · Exclusion

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.

Bullying

Cyberbullying

Bystander

Upstander

Evidence

Power difference

Exclusion

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 “Bullying” means, and give one example from real life.

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

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

4. Explain in your own words what “Upstander” 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 3.” Write the most important thing it teaches, in your own words.

7. The lesson has a part called “What would you do? — Month 3.” 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 3?

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 3

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

1. What three things make something bullying instead of a one-time argument?

- A. It is repeated, on purpose, and there is a power difference
- B. It happens at school, it is loud, and a teacher sees it
- C. It involves three people, a phone, and a hallway
- D. It is online, anonymous, and after midnight

2. If you are being bullied online, what should you do with the messages?

- A. Delete them so you don't have to look at them
- B. Reply with something meaner so they stop
- C. Save screenshots with dates — evidence turns "he said/she said" into action
- D. Forward them to everyone so they see both sides

3. A group chat is mocking a classmate. You're in the chat but not posting. Which is true?

- A. You're fully innocent — silence means nothing
- B. The audience is part of the power bullying runs on; you can starve it, support the target, and report it
- C. You should post something funny to fit in until it blows over
- D. You must confront the whole group in the chat tonight

4. The kid being targeted begs you: "Please don't tell anyone, it'll get worse." What does this school teach?

- A. Always keep that promise, no exceptions
- B. Tell everyone at school so they can protect him
- C. This is a safety secret — support him, save evidence, and tell a trusted adult, because campaigns with screenshots don't stop on their own
- D. Wait a month and see if it stops

5. What is an "upstander"?

- A. Someone who fights the bully
- B. A teacher who supervises the hallway
- C. The most popular student in school
- D. A bystander who acts — supports the target, refuses to feed the bullying, and tells an adult

6. Which response to being cyberbullied usually backfires?

- A. Replying angrily in writing — it becomes the screenshot they use against you
- B. Blocking the accounts
- C. Tightening your privacy settings
- D. Showing a counselor the messages

7. The first adult you tell about bullying shrugs it off. What now?

- A. Accept that nothing can be done
- B. Go to the next trusted adult on your map, with your evidence — schools are required to respond to bullying reports
- C. Handle it physically yourself
- D. Post about the adult online

8. When does bullying become "act faster — tell an adult immediately, or 911"?

- A. When it includes threats of violence, weapons, sexual content, a plan to hurt someone, or talk of self-harm
- B. Only after it has gone on for a full school year
- C. When it happens three days in a row
- D. Never — bullying is always a school matter only

9. You realize YOU joined in a cruel joke about a classmate last week. The right next step is:

- A. Say nothing and hope nobody remembers
- B. Blame the person who started it
- C. Stop, delete what you can, apologize like you mean it, and don't do it again
- D. Make the same joke about someone else to even it out

Certificate — Month 3

Minister Destiny Testimony Schools

Certificate of Completion — Month 3: Bullying and Cyberbullying — What to Do, How to Help a Friend

This certifies that

Name (write your name here)

has completed

Minister Destiny Testimony Schools — Youth

Month 3: Bullying and Cyberbullying — What to Do, How to Help a Friend

Date completed: _____

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

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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 there are threats of violence, a weapon, or a plan to hurt someone soon.
- 988 (call/text) — call or text 988 any time, for yourself or for a friend who is struggling because of bullying.
- Crisis Text Line — text HOME to 741741 to talk by text when speaking out loud is hard.
- Childhelp — 1-800-422-4453 — help if bullying connects to abuse or unsafe conditions at home.
- CyberTipline — report.cybertip.org / 1-800-843-5678 — report sexual content, threats, or exploitation online.
- Your school counselor, a trusted adult, or your school nurse — the fastest in-person help for school bullying, especially with screenshots in hand.

Answer Key

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

Month 3 Test — Bullying and Cyberbullying — What to Do, How to Help a Friend

1. It is repeated, on purpose, and there is a power difference
2. Save screenshots with dates — evidence turns "he said/she said" into action
3. The audience is part of the power bullying runs on; you can starve it, support the target, and report it
4. This is a safety secret — support him, save evidence, and tell a trusted adult, because campaigns with screenshots don't stop on their own
5. A bystander who acts — supports the target, refuses to feed the bullying, and tells an adult
6. Replying angrily in writing — it becomes the screenshot they use against you
7. Go to the next trusted adult on your map, with your evidence — schools are required to respond to bullying reports
8. When it includes threats of violence, weapons, sexual content, a plan to hurt someone, or talk of self-harm
9. Stop, delete what you can, apologize like you mean it, and don't do it again

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 3 — Bullying and Cyberbullying — What to Do, How to Help a Friend

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- 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

Minister Destiny Testimony Schools — Youth

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