

Minister Destiny Testimony Schools

Youth: Dating, Consent, and Healthy Relationships

Youth — Class Book · Month 4

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: Dating, Consent, and Healthy Relationships.

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.

How This Book Works

This book is one class of Minister Destiny Testimony Schools — Youth: Month 4 — Dating, Consent, and Healthy Relationships. 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 4 — Dating, Consent, and Healthy Relationships

Minister Destiny Testimony Schools — Youth

The lesson

1. What a healthy relationship actually looks like

A healthy relationship — dating, close friendship, or any close connection — is built on respect that you can see in daily actions, not just in big romantic moments. Both people can say what they think and be listened to. Both people keep their other friends, their family time, their hobbies, and their schoolwork. Disagreements happen, but they are handled with words, not threats, insults, or silent punishment. Each person trusts the other to tell the truth, respects a "no" the first time it is said, and feels more calm and more like themselves in the relationship, not less.

Pay attention to how you feel over weeks, not just on the best days. Do you feel relaxed being yourself, or do you rehearse texts and worry about moods? Can you spend a weekend with family without a flood of angry messages? Does the other person celebrate good news for you, or compete with it and pull you down? A healthy relationship makes your life bigger. An unhealthy one slowly makes it smaller — fewer friends, less freedom, more fear of setting the other person off.

There is no rush and no requirement to date. Many teens date, many wait, and both are normal. What matters, whenever dating enters your life, is that you know the standards in this lesson before pressure or strong feelings make them hard to think about.

2. Consent — what it is, in plain language

Consent means a clear, freely given "yes" to something specific — and it can be taken back at any time. Consent is not silence, it is not "they didn't say no," it is not a yes that was argued, begged, guilted, or pressured out of someone. A yes given because a person was afraid of losing the relationship, afraid of anger, drunk or high, asleep, or worn down by hours of asking is not a real yes.

Consent has five parts worth memorizing. It is freely given, with no pressure or manipulation. It can be reversed: a yes yesterday, or a yes five minutes ago, does not lock anyone in. It is informed: the person knows what they are agreeing to. It is enthusiastic, not reluctant or frozen. And it is specific: agreeing to one thing, like holding hands or kissing, is not agreeing to everything else. Each step needs its own yes, every time.

This applies far beyond physical touch, and learning it there helps everywhere. Consent matters for sharing photos, posting about someone, reading someone's messages, borrowing things, and making plans that involve the other person's time and body. A person who respects small boundaries — "don't post that photo of me" — is showing you

how they will handle bigger ones.

If you are ever unsure whether you have consent, stop and ask, and treat hesitation, freezing, pulling away, or going quiet as a no. "I need to stop" and "I'm not comfortable" always end the moment, no debate. Respecting a stop is not awkward. It is the core of respect itself.

3. Boundaries — your lines, stated clearly

A boundary is a line you set about what is okay and not okay for you: how you want to be spoken to, how much time you spend together, what you will share online, what physical contact you want or do not want, and what privacy you keep, including passwords that stay yours alone. Boundaries are not walls to punish someone. They are information about how to treat you well.

State boundaries early, plainly, and once — you do not need a long defense. "I'm not sending photos like that." "I need my phone to stay private." "I go home at ten, and I need that respected." Then watch the response, because the response is the data. A healthy partner may be disappointed for a moment but will respect the line without sulking, arguing for an hour, or testing it again next week. Repeated testing, mocking, or "forgetting" a boundary is a red flag, covered next. You are also allowed to change a boundary — tightening one as you learn more about a person is wisdom, not unfairness.

Your boundaries count even if the other person is older, more popular, or says everyone else is fine with it. Age and experience gaps add power, which is why this lesson is direct: an older person dating a much younger teen holds more power, and any adult seeking a romantic or sexual connection with a minor is committing a crime and grooming, exactly as Month 2 described. Tell a trusted adult immediately in that situation.

4. Red flags of an unhealthy relationship

Learn these as a list you can check in real time. Jealous control: demanding to know where you are at all times, checking your phone, telling you who you can talk to or what you can wear. Constant contact as control: dozens of texts demanding instant replies, and anger or cold punishment when you are in class, asleep, or with family. Put-downs dressed as jokes, especially in front of others. Pressure of any kind — for photos, for physical steps you do not want, for secrets from every adult, for ditching friends or family. Threats: to hurt you, to hurt themselves if you leave, to share private photos or messages, or to spread rumors. Breaking things, punching walls, or scary driving during arguments — behavior meant to frighten is a warning even if you have not been touched. Blame-shifting: every problem becomes your fault, and apologies only arrive with excuses and conditions.

Also watch the cycle. Many unhealthy relationships alternate intense kindness and intense harm: a terrible fight, then gifts, tears, and promises, then slowly building tension, then another blow-up. The kind phase does not cancel the harmful phase. Judge the whole pattern over time, and judge whether the pattern is actually changing or just resetting.

What a healthy relationship looks like, by contrast, is almost boring in the best way: steady respect, freedom to have your own life, arguments that end with understanding instead of fear, and a "no" that is heard the first time.

5. Pressure — how it sounds and how to answer it

Pressure rarely announces itself. It sounds like: "If you loved me, you would." "Everyone does it, you're being dramatic." "You said yes last time." "I'll find someone who will." "Send it or I'll tell people you did anyway." Each of these lines has the same job — to move your boundary by making standing on it feel costly. Naming the tactic helps: this is guilt pressure, this is comparison pressure, this is threat pressure.

Your answers can be short, because boundaries do not require essays. "No. I'm not doing that." "I said no, and I need you to respect it." "I'm going home now, and I'll talk tomorrow when we're calm." If pressure continues after a clear no, leave the conversation or the place if you can do so safely, and tell a trusted adult what was said. A person who keeps pressing after a no has answered an important question about their character. Believe the answer.

Digital pressure counts, too. Demands for passwords, for live location at all times, for photos, or for screenshots proving where you are are control, not closeness. Closeness is chosen and relaxed. Control is demanded and tense. You can feel the difference in your body, and that feeling deserves your trust.

6. Getting out, helping a friend, and telling an adult

Ending an unhealthy relationship can feel hard even when you know you should, especially if threats are involved. You do not have to do it alone or perfectly. Tell a trusted adult and a friend what is happening before you end it, so people already know. If there are threats about photos, save the threats as evidence and do not send anything more — that is sextortion, as Month 2 taught, and adults and the CyberTipline can help. If you fear a reaction in person, ending things by text or with adults nearby, and having a ride and a safe place arranged, are sensible, strong choices, not cowardly ones. Afterward, block where you need to, tell your trusted adults if contact continues, and give yourself time. Relief and sadness can exist together; sadness after leaving does not mean leaving was wrong.

If a friend is in an unhealthy relationship, you help most by staying connected. Say what you see, plainly and kindly: "I've noticed he reads your phone and you seem stressed all the time. I'm worried about you." Do not attack the partner in a way that forces your friend to defend them and hide from you. Offer specific help — walking with them to a counselor, sitting with them while they tell a parent — and share help lines without pressure to use them instantly. If you learn of threats, violence, or sexual pressure, that is a safety secret: tell a trusted adult even if your friend asked you not to, because safety outranks secrecy every time in this school.

Words to know — Month 4

- **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.

Myths vs facts — Month 4

- **Myth:** Jealousy and constant checking mean someone really loves you. **Fact:** Love is steady respect and trust. Demanding locations, passwords, and instant replies is control, and control is a red flag, not proof of love.
- **Myth:** If you said yes before, you cannot say no now. **Fact:** Consent can be taken back at any time, for any reason, including in the middle of something you agreed to earlier. A past yes never creates a permanent yes.
- **Myth:** A healthy relationship has no arguments. **Fact:** Healthy couples disagree. The difference is how: with words instead of threats or insults, without fear, and with both people free to speak and be heard.
- **Myth:** Pressure is normal because everyone gives in eventually. **Fact:** Pressure after a clear no is a character signal. A respectful person stops at no. You never owe anyone a yes to keep a relationship.

What would you do? — Month 4

The situation: You have been dating Alex for two months. At first it felt exciting — Alex wanted to spend all your free time together. Lately Alex asks for your live location "so I know you're safe," gets cold and distant for hours if you reply late during family dinner, and last week said, "If you cared about me, you'd send me a picture to prove it. Everyone sends them." You said you were not comfortable, and Alex laughed and said you were acting like a little kid.

Walk it through:

1. Name what you are seeing. Location demands, punishment for late replies, and pressure for a photo after you said no — that is jealous control plus coercion, two red flags in one pattern.
2. Trust the standard, not the laugh. Being called childish for a boundary is pressure language. Your discomfort after a clear no is information, not immaturity.
3. Restate the boundary once, plainly. "I'm not sending photos, and I'm turning location off. I need that respected." Then watch the response over the next days — respect or more testing tells you what you need.
4. Tell a trusted adult now, not only if it gets worse. Show them the messages asking for a photo after you said no. If Alex threatens to share anything or spread rumors, save the threats and tell that day — adults can help with reporting.
5. Make your support plan before the next hard conversation. Tell a friend what is going on, keep your family and friend time, and decide ahead of time that if the pressure continues you will end the relationship with adults who already know the situation.

One more real-life story — Month 4

Devon, 15, liked Priya a lot and wanted to impress her friend group, so when Priya teased him for taking too long to reply to texts, he started keeping his phone in his hand through classes, meals, and even practice. His coach benched him for being distracted, his grades dipped, and he felt panicky whenever his phone battery got low — not because he loved being on it, but because he dreaded the cold silence that followed a slow reply.

During a quiet moment, Priya's older sister, who worked as a school aide, noticed Devon checking his phone for the sixth time at a family cookout Priya had invited him to. She asked gently if he was okay. Devon told the truth: he was stressed all the time and did not know how to say it without starting a fight. She did not lecture him. She said, "A person who likes you will still like you after dinner with your family. Try telling her plainly and watch what happens."

Devon used a short boundary sentence that night: "I like talking to you. I can't reply during class, practice, or family meals, and I need that to be okay." Priya was quiet for a day, then apologized — she said her last boyfriend had ignored her for days and she had copied the checking habit without thinking about how it felt. They agreed on normal reply times, and the panic eased. Not every story ends this way, and Devon's lesson was not "every partner will change." His lesson was that stating a boundary early gave him real information fast: respect followed, so the relationship could improve. If contempt or more control had followed instead, that would also have been information — and a reason to leave and tell an adult.

Try this — Month 4

Write your relationship standards before you need them. On a private page, finish these four sentences in your own words: "In any relationship, I will always be free to..." (for example, see my friends and family). "A no from me means..." "Three red flags I will act on right away are..." "The trusted adult I would tell first is..." Then practice two short lines out loud until they feel natural: your boundary line — "No, I'm not doing that, and I need that respected" — and your support line for a friend — "I've noticed..., I'm worried about you, and I'll go with you to tell someone." Practicing on a calm day is what makes the words available on a pressured day.

Resources to keep — Month 4

- **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.

What you earned / what's next — Month 4

Month 4 complete (test score 80% or higher): You can describe what a healthy relationship looks like day by day, explain consent in its five parts, state and defend your own boundaries, spot jealous control and pressure tactics, and help a friend without taking over for them.

What's next: Month 5 — Peer Pressure, Vaping, Drugs, and Alcohol. Next month looks at how group pressure works, how to refuse without losing your people, and what substances actually do to a teen body and brain.

Word Search — Month 4

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

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

Words to find: Consent · Boundary · Coercion · Redflag

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.

Consent

Boundary

Healthy relationship

Jealous control

Coercion

Red flag

Power difference

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

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

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

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

7. The lesson has a part called “What would you do? — Month 4.” 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.

Chapter Test — Month 4

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 does consent mean?

- A. Staying silent when you do not want something
- B. A clear, freely given yes to something specific that can be taken back at any time
- C. Saying yes once and being locked in from then on
- D. A yes that was pressured out of you after hours of asking

2. Which statement about consent is true?

- A. It only matters for big decisions, not small ones
- B. It is permanent once given
- C. Agreeing to one thing is not agreeing to everything else — each step needs its own yes
- D. It is implied if you are dating someone

3. What does a respectful response to a boundary look like?

- A. That the line is heard the first time, without arguing, sulking, or testing it again
- B. That they argue until you change your mind
- C. That they agree out loud but ignore it later
- D. That they ask your friends to convince you

4. Which of these is a sign of jealous control, not love?

- A. Texting back quickly because you want to
- B. Spending time with your own friends and family
- C. Feeling calm and free to be yourself
- D. Demanding your passwords, live location, and instant replies at all times

5. What is coercion?

- A. A healthy change after an apology
- B. Pressure that uses guilt, threats, or wearing you down to get a yes that is not freely given
- C. A calm conversation about feelings
- D. Asking once and accepting no

6. What does a healthy relationship look like day by day?

- A. They have no arguments at all

- B. They spend every minute together and have no other friends
- C. Both people keep their friends, family time, and hobbies, and disagreements are handled with words, not fear
- D. One person makes all the decisions for both

7. You are unsure whether the other person is comfortable. What should you do?

- A. Stop — hesitation, freezing, pulling away, or going quiet means there is no clear yes
- B. Keep going — they did not say the word no
- C. Ask louder until they answer
- D. Assume yes if they said yes last time

8. Your partner pressures you for a photo after you said no, saying 'If you loved me, you would.' What is the best response?

- A. Give your password to prove trust
- B. Send the photo so the argument ends
- C. Agree to drop your friends to keep the peace
- D. Say no plainly, leave the conversation if pressure continues, and tell a trusted adult

9. How can you best help a friend who is in an unhealthy relationship?

- A. Attack the partner so your friend has to defend them
- B. Promise to keep threats and violence secret forever
- C. Say what you have noticed with care, offer to go with them to tell a trusted adult, and stay connected
- D. Stop talking to your friend until they break up

10. Which of these is a red flag that means you should tell a trusted adult right away?

- A. A compliment about something you chose
- B. Threatening to share private photos or messages if you leave or say no
- C. Being disappointed for a moment and then respecting your no
- D. Asking to spend time together this weekend

Certificate — Month 4

Minister Destiny Testimony Schools

Certificate of Completion — Month 4: Dating, Consent, and Healthy Relationships

This certifies that

Name (write your name here)

has completed

Minister Destiny Testimony Schools — Youth

Month 4: Dating, Consent, and Healthy Relationships

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 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.

Answer Key

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

Month 4 Test — Dating, Consent, and Healthy Relationships

1. A clear, freely given yes to something specific that can be taken back at any time
2. Agreeing to one thing is not agreeing to everything else — each step needs its own yes
3. That the line is heard the first time, without arguing, sulking, or testing it again
4. Demanding your passwords, live location, and instant replies at all times
5. Pressure that uses guilt, threats, or wearing you down to get a yes that is not freely given
6. Both people keep their friends, family time, and hobbies, and disagreements are handled with words, not fear
7. Stop — hesitation, freezing, pulling away, or going quiet means there is no clear yes
8. Say no plainly, leave the conversation if pressure continues, and tell a trusted adult
9. Say what you have noticed with care, offer to go with them to tell a trusted adult, and stay connected
10. Threatening to share private photos or messages if you leave or say no

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 4 — Dating, Consent, and Healthy Relationships

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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: ministerdestinymariamorgan@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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