

MINISTER DESTINY TESTIMONY SCHOOLS

Minister Destiny Testimony Schools — Youth

Course Workbook

Chapters 1–4

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: Course Workbook.

Published by Minister Destiny Marie Morgan, Minister & Founder.

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The lessons in this workbook 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 Workbook Works

This workbook is the printed course of Minister Destiny Testimony Schools — Youth. It has four chapters, and each chapter is one week of the course: Chapter 1 — Safe at Home, and Your Trusted-Adult Map; Chapter 2 — Safe Online: Strangers, Fake Friends, and Pressure; Chapter 3 — Bullying and Cyberbullying: What to Do, and How to Help a Friend; Chapter 4 — When It Feels Like Too Much: Feelings, Help, and Your Safety Plan.

This school is free. The classes, tests, and certificates online at destinymorganbooks.com cost nothing — this workbook is the print edition of the Youth course, for learners who want it on paper, in their hands.

Work at your own pace. Take one class a day, spread the chapters over four weeks, or finish several in one day — the course is self-paced, and there is no penalty for going slow.

Every chapter has the same shape: the lesson, a “Words to know” list, a “What would you do?” example walked through step by step, and a chapter test at the end of the chapter.

The chapter tests are worksheets. Write your answers in the book. A score of 80% or higher completes the chapter, and you can retake a test as many times as you need — review the lesson and try again.

When you complete a chapter, fill in that chapter's certificate page, which comes right after its test. Write your own name on the line — this school never collects your name. When you finish all four chapters, fill in the final certificate at the back of the book.

Your answers stay in this book. Nothing is sent anywhere, and nobody sees your work but you.

At the back of the book are activity pages: a word search for each chapter built from that chapter's words, coloring pages, and two worksheets — your trusted-adult map and your personal safety plan.

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Before You Start — Read This First

- **This space is private.** Nobody sees your answers. Nothing you read or answer here is sent anywhere — your progress stays on your own device.
- **We never ask your name.** Not here, not on the certificate. If you earn a certificate, you download it first and write your own name on it after. That is on purpose.
- **No judgment.** Whatever is going on in your life, you are not in trouble here. These lessons exist so you know more, feel steadier, and have a plan — not to lecture you.
- **If you are in danger right now:** call **911**. If you cannot talk out loud, you can **text 911** in many areas. You can also text **HOME to 741741** (Crisis Text Line) or call/text **988** any time, day or night.
- **Help lines used in this school (free, 24/7):**
 - Emergency: **911**
 - Suicide & Crisis Lifeline: call or text **988**
 - Crisis Text Line: text **HOME** to **741741**
 - Childhelp National Child Abuse Hotline: **1-800-422-4453** (call or chat at [childhelp.org](https://www.childhelp.org))
 - National Domestic Violence Hotline: **1-800-799-7233**, or text **START** to **88788**

Where these four weeks come from: These four weeks take the four foundations of the 12-month Youth track and teach them first: safety at home and trusted adults (Month 1), online safety (Month 2), bullying and cyberbullying (Month 3), and feeling overwhelmed and asking for help (Month 6, taught early because it holds everything else up). After the course, the year program goes deeper, month by month.

CHAPTER 1

Safe at Home, and Your Trusted-Adult Map

Week 1 of the course

The lesson

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.

What "safe" actually means

Safe does not mean perfect. Every family argues sometimes. Safe means:

- You are not being hit, hurt, or touched in ways that are wrong.
- You have food, a place to sleep, and someone who knows where you are.
- You are not scared all the time in your own home.
- 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.

Red flags at home — signs something is wrong

- An adult hurts you, or hurts someone else in the home, or threatens to.
- An adult touches you in a way that feels wrong, or asks you to keep secrets about touching. **You never have to keep that kind of secret. Ever.**
- Adults are often drunk or high and nobody steady is in charge.
- You are locked out, or left alone overnight when you are too young, or there is often no food.
- You feel 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.

Your trusted-adult map

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.

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:

- 1 Their name and how to reach them (phone number memorized or written somewhere safe).
- 2 Where to find them if you cannot call (their classroom, workplace, house).
- 3 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."*

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.

Asking for help when you cannot talk out loud

Sometimes it is not safe to make a phone call. You still have options:

- **Text** a trusted adult or a hotline (Crisis Text Line: HOME to 741741).
- **Show** someone a note you wrote.
- Tell a teacher or counselor at school, in person, 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.

Your own quick safety plan (make it today)

- 1 **Safe place:** one place you can go fast — a neighbor's porch, a store, a library, a friend's house.
- 2 **Safe person:** your #1 trusted adult, memorized phone number.
- 3 **Safe words:** if you have a friend or relative you call often, agree on a code word that means "I need help, send an adult."
- 4 **Essentials:** if you ever have to leave fast — shoes by the door, phone charged when you can.

Words to know — Week 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, what to say.

- **Mandated reporter** — a professional (teacher, counselor, nurse, coach, and others) who is *required by law* to report it when a child may be abused or neglected. If you tell them, they must pass it to people who investigate and help. That is a good thing — it means your words carry weight.
- **Neglect** — when a child's basic needs (food, shelter, supervision, medical care) are not being met.

What would you do? — Week 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 **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.** A teacher, counselor, or your own parent. Say exactly what she told you.
- 4 **If she is in danger tonight,** that is a 911 call — or tell an adult who will make it.
- 5 **Stay her friend.** She might be upset you told. Most kids, later, are glad someone did. Keep showing up.

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

What you earned / what's next — Week 1

Week 1 complete (quiz score 80% or higher): You can now spot red flags at home, you have the idea of a trusted-adult map with three names on it, and you know how to ask for help out loud, by text, or silently.

What's next: Week 2 — Safe Online: strangers, fake friends, and pressure. The internet has trusted-adult problems of its own, and next week you learn to spot them before they get close.

Chapter 1 Test

Answer every question. Circle the letter of your answer. Score 80% or higher to complete the chapter — you can retake the test as many times as you need. Your answers stay in this book.

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

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Certificate of Completion —

Week 1: Safe at Home, and Your Trusted-Adult Map

This certifies that

Name (write your name here)

has completed

Minister Destiny Testimony Schools — Youth

Week 1: Safe at Home, and Your Trusted-Adult Map

Date completed: _____

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

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CHAPTER 2

Safe Online — Strangers, Fake Friends, and Pressure

Week 2 of the course

The lesson

Online, people are not always who they say they are. An adult who wants to get close to a kid will almost never start with anything that looks dangerous. It starts friendly. This week is about seeing the pattern early — because once you can name it, it loses its power over you.

Grooming — the pattern, step by step

Grooming is when an adult (or sometimes an older teen) slowly builds a kid's trust in order to use them. It usually looks like this:

- 1 **The friendly stranger.** Someone messages you — from a game, a group chat, social media, anywhere. They seem to like everything you like.
- 2 **The fast friendship.** Lots of attention, compliments, gifts (game currency, skins, money), "you're not like other kids, you're mature."
- 3 **The secrets.** "This is just between us." They ask you to move to a more private app, delete messages, or not tell adults.
- 4 **The turn.** They ask for photos, or send you photos, or push sexual talk, or ask to meet. If you sent anything, they may use it to threaten you: "Send more or I'll show everyone." That threat is a crime *they* are committing — it is called **sextortion** — and the blame is on them, never on you.

Any step of this pattern is a red flag — you do not have to wait for step 4. A real friend never needs you to hide them from every adult in your life.

The photo rule (this one matters)

Once a photo leaves your phone, you do not control it. It can be saved, copied, and shared in seconds, even from apps that say photos "disappear." So:

- Never send a photo of your body to anyone. Not to someone you "know," not to someone who sent one first, not under pressure, not as a joke.
- If someone asks, that request itself is the red flag. **Stop, block, tell a trusted adult.**
- If you already sent something: **you are not ruined and you are not in trouble in this school's eyes.** Tell a trusted adult quickly. If the person threatens you, that is sextortion — a crime against you. Adults and police deal with this constantly, and reporting early is how images get taken down and threats get stopped. The shame belongs to the person who asked and threatened — not to you.

Everyday online safety habits

- **Private accounts.** Keep profiles private; only accept people you actually know in real life.
- **Location off.** Turn off location sharing in apps and photos; don't post where you'll be.
- **Personal details are private.** Full name, school, address, routine — strangers don't need them.
- **The screenshot rule:** if you wouldn't want it on a screen in the school cafeteria, don't send it.
- **Passwords are yours.** Nobody legit — not a game company, not a "friend" — will ask for your password.
- **Meeting up:** never meet an online-only person in person. If you ever feel you must, that is exactly the moment to tell a trusted adult first. No exceptions is the safe rule.

If it already happened — the exact steps

- 1 **Stop replying.** Do not negotiate, do not send anything else, do not pay anything.
- 2 **Save the evidence** (screenshots of the threats and the account names) — then **block and report** the account in the app.
- 3 **Tell a trusted adult today.** Use your map from Week 1.
- 4 Adults can report to the **CyberTipline: report.cybertip.org or 1-800-843-5678** (National Center for Missing & Exploited Children), and to police. There is also a free service called **Take It Down** (takeitdown.ncmec.org) that helps get images of minors removed from the internet.
- 5 Breathe. This happens to a lot of kids. The person counting on you staying silent is the predator. Telling is how you beat them.

Words to know — Week 2

- **Grooming** — when someone slowly builds a child's trust in order to use or harm them.
- **Sextortion** — threatening to share someone's private images unless they send more images or money. A crime committed by the person threatening.
- **Predator** — a person who targets children to harm or use them.
- **Block / report** — app tools that cut off contact and alert the platform about an account.
- **Digital footprint** — everything you post, send, and share online, which can be copied even after you delete it.

What would you do? — Week 2

The situation: In your favorite game, a player called "Storm" has been on your team for two weeks. Storm says she's 15, sends you game gifts, and tells you you're her best friend. Tonight

Storm asks you to switch to a different chat app "so the team can't spy on us," and asks what school you go to.

Walk it through:

- 1 **Name the pattern.** Fast friendship, gifts, moving to a private app, asking for personal details (your school), secrecy from others — that is steps 1–3 of grooming, in order.
- 2 **You don't have to accuse anyone.** You don't owe Storm an explanation or a goodbye speech. Your safety does not need their permission.
- 3 **Stop and block.** Don't answer the school question. Block the account on the game and anywhere else.
- 4 **Tell a trusted adult.** Show them the messages. This is exactly what your trusted-adult map is for.
- 5 **Notice the feeling.** It can feel sad or embarrassing — Storm felt like a friend. That feeling is what the pattern is designed to create. Losing a "friend" who was never safe is a win, not a loss.

What you earned / what's next — Week 2

Week 2 complete (quiz score 80% or higher): You can spot the grooming pattern step by step, you know the photo rule and why it matters, and you know the exact steps to take if someone pressures or threatens you online — including that the blame is never yours.

What's next: Week 3 — Bullying and Cyberbullying: what to do when it happens to you, and how to help a friend without making it worse.

Chapter 2 Test

Answer every question. Circle the letter of your answer. Score 80% or higher to complete the chapter — you can retake the test as many times as you need. Your answers stay in this book.

1. What is "grooming"?
 - A. Getting ready for school in the morning
 - B. When someone slowly builds a child's trust in order to use or harm them
 - C. A stranger sending one rude message
 - D. Making friends in an online game
2. Which of these is an early red flag of grooming?
 - A. Someone your age from school adds you
 - B. A teammate says "good game"
 - C. Someone gives you lots of gifts and compliments and asks you to keep the friendship secret from adults
 - D. A friend you've known for years messages you
3. Why is sending a photo of your body always unsafe, even on an app where photos "disappear"?
 - A. Because photos can be screenshotted, saved, and shared in seconds — once it leaves your phone you don't control it
 - B. Because phones sometimes break
 - C. Because the app might charge you money
 - D. It is actually safe if the app says it disappears
4. Someone you sent a photo to threatens to share it unless you send more. This is called:
 - A. A prank
 - B. Drama
 - C. Sextortion — a crime committed by the person threatening you
 - D. Your fault for sending it
5. If someone is threatening you over a photo, what is the FIRST thing to do?
 - A. Send what they ask so they calm down
 - B. Pay them if they ask for money
 - C. Keep it secret so you don't get in trouble
 - D. Stop replying, save the threats as evidence, block and report, and tell a trusted adult today
6. An online player you like asks what school you go to and wants to move to a more private app "so nobody can spy on us." What should you do?
 - A. Answer — they've been nice for weeks

- B. Stop, don't share personal details, block if the pressure continues, and tell a trusted adult
- C. Give a fake school to be safe
- D. Move apps but don't answer questions

7. Which of these is a smart everyday online habit?

- A. Share your location so friends can find you
- B. Accept friend requests from anyone with a nice profile photo
- C. Keep accounts private and only accept people you actually know in real life
- D. Use the same password everywhere so you don't forget it

8. A person you only know online says "let's meet up, just us, don't tell your parents." The safe rule is:

- A. Meet in a public place alone
- B. Bring a friend your age and go
- C. Never meet an online-only person — and tell a trusted adult they asked
- D. Meet if they've video-chatted with you before

9. True or false: if you already sent a photo and someone is using it against you, you've ruined everything and should stay silent.

- A. True — nothing can be done
- B. False — telling a trusted adult early is how images get taken down and threats get stopped; services like Take It Down and the CyberTipline exist for exactly this
- C. True — adults can't help with the internet
- D. False, but only if you sent it less than a day ago

Minister Destiny Testimony Schools

Certificate of Completion —

Week 2: Safe Online — Strangers, Fake Friends, and Pressure

This certifies that

Name (write your name here)

has completed

Minister Destiny Testimony Schools — Youth

Week 2: Safe Online — Strangers, Fake Friends, and Pressure

Date completed: _____

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

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CHAPTER 3

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

Week 3 of the course

The lesson

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.

The four kinds

- **Physical** — hitting, pushing, taking or breaking your things.
- **Verbal** — threats, slurs, constant insults, humiliating "jokes."
- **Social** — exclusion campaigns, rumors, turning a group against someone.
- **Cyberbullying** — the same weapons through phones: mean posts, edited photos, fake accounts, group chats made to mock someone, pressuring in DMs.

If it is happening to you — the plan

- 1 **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.
- 2 **Save evidence.** Screenshots with dates. Don't delete the thread — evidence is what turns "he said/she said" into action.
- 3 **Block and lock down.** Block accounts. Tighten privacy. You do not have to keep reading poison.
- 4 **Tell a trusted adult** — parent, teacher, counselor. Schools are required to respond to bullying reports. If the first adult shrugs it off, go to the next one on your map. Keep your screenshots.
- 5 **Don't fight back in writing.** Replying angrily in a chat usually becomes the screenshot *they* use. Starve it of reaction, feed it to adults with evidence.
- 6 **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.

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:

- **Don't feed it:** no laughing, no liking, no forwarding. Attention is the fuel.
- **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.

If you realize you've been part of it

It happens — a joke that went too far, a chat you laughed along in. What you do next is what counts: stop, delete what you can, apologize like you mean it (privately is fine), and don't do it again. That is not weakness. That is character.

Threats and crimes are different — act 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.

Words to know — Week 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, tells an adult.
- **Evidence** — screenshots, dates, and saved messages that show what happened.

What would you do? — Week 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 **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 **About the secret:** like Week 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.

What you earned / what's next — Week 3

Week 3 complete (quiz 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: Week 4 — When It Feels Like Too Much: big feelings, asking for help without shame, and building your own safety plan. Finish it and the course Certificate is yours.

Chapter 3 Test

Answer every question. Circle the letter of your answer. Score 80% or higher to complete the chapter — you can retake the test as many times as you need. Your answers stay in this book.

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

Minister Destiny Testimony Schools

Certificate of Completion —

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

This certifies that

Name (write your name here)

has completed

Minister Destiny Testimony Schools — Youth

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

Date completed: _____

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

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

CHAPTER 4

When It Feels Like Too Much — Feelings, Help, and Your Safety Plan

Week 4 of the course

The lesson

Everyone has stretches where things feel heavy — stress at home, trouble at school, friend drama, grief, or a sadness or worry that just sits there. This week is about understanding those feelings, knowing the warning signs that mean "get help now," and building the plan you'll actually use. This might be the most important week in the course.

Feelings are signals, not verdicts

- Feeling sad, angry, anxious, or numb sometimes is **human**, not broken.
- Feelings get dangerous when they **stay and grow**: weeks of feeling down, losing interest in everything, sleep or appetite changing a lot, feeling hopeless, or thinking everyone would be better off without you. Those are signals to get support — the same way a high fever is a signal to see a doctor.
- **Asking for help is a skill, not a weakness.** The strongest people you know have all been helped by somebody.

Know the help lines (put them in your phone today)

- **988** — call or text, 24/7, for emotional distress or thoughts of suicide. Free, confidential.
- **Crisis Text Line** — text **HOME** to **741741** if you'd rather type than talk.
- **Childhelp 1-800-422-4453** — if home is the problem.
- **911** — if you or someone else might act on harmful thoughts soon, or anyone is in immediate danger.

You can also call 988 **about a friend** and ask what to do. You do not have to carry someone else's crisis alone.

The friend rule: take it seriously, every time

If a friend says they want to die, hurt themselves, or "not be here anymore" — even as a "joke," even if they say "don't tell":

- 1 **Believe it could be real.** You cannot tell from the outside, and the cost of being wrong is too high.
- 2 **Stay connected.** Keep talking, stay with them in person or on the phone if you can.

- 3 **Tell a trusted adult immediately** — parent, counselor, teacher — and call/text **988** for guidance. This is another promise that does not outrank a life. A living friend who is mad at you can forgive you later.
- 4 **Do not promise secrecy about this. Ever.** Say: "I care about you too much to keep that secret."

Calm-down tools that actually help (for the everyday too-much days)

- **Breathe out slowly.** Longer exhales than inhales, a few rounds — it physically slows a racing body down.
- **Cold water / ice.** Splash cold water on your face or hold something cold; it jolts the stress response down.
- **Move.** Walk, run, shoot baskets, dance in your room — stress is energy; give it somewhere to go.
- **Name it to tame it.** Say (out loud or in a notes app): "I'm furious because..." Naming a feeling shrinks it a little.
- **Shrink the problem.** Ask: "What is the *next one thing* I can do?" Not the whole solution — the next step.
- **Sleep, food, water.** A tired, hungry brain makes everything feel 10× worse. Basic care is real medicine.
- **Limit the scroll.** When you feel awful, feeds full of conflict and comparison pour fuel on it. Take the break.

Build your personal safety plan (write it in your notes app or on paper)

- 1 **My warning signs** — how I know a bad stretch is starting (e.g., "I stop answering texts," "my stomach hurts every morning").
- 2 **My calm-down tools** — the 2–3 from the list above that work for me.
- 3 **My people** — my three trusted adults from Week 1, plus one friend.
- 4 **My places** — somewhere I can go and feel safer.
- 5 **My lines** — 988, Crisis Text Line, Childhelp, saved as contacts.
- 6 **My reason list** — people, pets, goals, even small things (a team, a show, a future plan) that are worth staying for. Read it on the worst days.

You have now built, piece by piece across these four weeks, a complete safety toolkit: trusted adults, online defenses, a bullying plan, calm-down tools, and this safety plan. That is the whole course.

Words to know — Week 4

- **Crisis** — a moment when feelings or danger are too much to handle alone and help is needed right away.
- **Confidential** — kept private (hotlines are confidential, with one limit: if someone is about to be seriously hurt, helpers act to protect life).
- **Coping tools** — healthy actions that help you get through hard feelings (breathing, movement, talking, rest).
- **Safety plan (personal)** — your own written plan: warning signs, tools, people, places, and help lines.
- **Support network** — all the people and services you can turn to; stronger than any single person.

What would you do? — Week 4

The situation: Your best friend Marcus has changed over the last month — quit the team, stopped coming to lunch, leaves your messages on read. Tonight he finally replies: "honestly everyone would be better off if I just wasn't around. forget I said anything."

Walk it through:

- 1 **Take it seriously.** That sentence is a warning sign, full stop. "Forget I said anything" does not cancel it.
- 2 **Respond with care, right now.** "I'm not forgetting it. I care about you. Are you thinking about hurting yourself?" Asking directly does **not** put the idea in someone's head — that is a myth. It opens the door for them to tell the truth.
- 3 **Stay on the line / keep texting.** Don't leave him alone with it tonight if you can help it.
- 4 **Bring in adults — tonight, not tomorrow.** Tell your parent or his, or another trusted adult, exactly what he wrote. Call or text **988** and ask them what to do; they coach friends and family through this all the time.
- 5 **Follow up tomorrow, and the day after.** Sit with him at lunch. Keep inviting. Recovery is not one conversation; it's someone who keeps showing up. That's you — with adults carrying the heavy part alongside you.

What you earned / what's next — Week 4 + COURSE COMPLETE

Week 4 complete (quiz score 80% or higher): You know the warning signs that mean "get help now," you have calm-down tools for the everyday hard days, and you have your own written safety plan.

Chapter 4 Test

Answer every question. Circle the letter of your answer. Score 80% or higher to complete the chapter — you can retake the test as many times as you need. Your answers stay in this book.

1. Which of these is a warning sign that feelings have become a "get help now" problem?
 - A. Feeling sad for an afternoon after a bad day
 - B. Weeks of feeling down, losing interest in everything, and feeling hopeless
 - C. Being nervous before a test
 - D. Arguing with a friend once
2. What number can you call OR text, 24/7, for emotional distress or thoughts of suicide?
 - A. 411
 - B. 311
 - C. 988
 - D. 611
3. A friend writes "everyone would be better off if I wasn't around — forget I said it." What do you do?
 - A. Forget it, like they asked
 - B. Take it seriously, stay connected, and tell a trusted adult tonight — and you can call/text 988 yourself for guidance
 - C. Wait a week to see if their mood improves
 - D. Tell only your other friends, not adults
4. True or false: asking a friend directly "Are you thinking about hurting yourself?" plants the idea in their head.
 - A. True — never ask directly
 - B. False — asking directly opens the door for them to tell the truth; it does not create the idea
 - C. True — only adults may ask
 - D. False — but only ask by text, never out loud
5. Which promise should you NEVER make to a friend?
 - A. "I'll sit with you at lunch."
 - B. "I won't share your embarrassing story."
 - C. "I promise to keep it secret if you tell me you want to die."
 - D. "I'll help you study."
6. Which of these is a coping tool that physically calms a stressed body?
 - A. Scrolling conflict-filled feeds for an hour
 - B. Slow breathing with longer exhales, cold water on your face, or moving your body
 - C. Skipping meals so you can think

D. Staying up all night to solve the problem

7. What belongs in a personal safety plan?

A. Only a list of your problems

B. Your warning signs, your calm-down tools, your people, your safe places, and the help lines saved as contacts

C. Your passwords and account logins

D. A list of people who have hurt you

8. Can you call 988 about someone else?

A. No — only about yourself

B. Only if you are related to them

C. Only during school hours

D. Yes — 988 coaches friends and family on how to help someone else, too

9. Finishing all four this course weeks and quizzes at 80% or higher earns:

A. A state license

B. The Certificate of Completion from Minister Destiny Testimony Schools — your name written in by you after download, never collected

C. A grade on your school record

D. Nothing — the course has no certificate

Minister Destiny Testimony Schools

Certificate of Completion —

Week 4: When It Feels Like Too Much — Feelings, Help, and Your Safety Plan

This certifies that

Name (write your name here)

has completed

Minister Destiny Testimony Schools — Youth

Week 4: When It Feels Like Too Much — Feelings, Help, and Your Safety Plan

Date completed: _____

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

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Activity Pages

Each word search uses the “Words to know” list from one chapter. Find every word — words can run across, down, or diagonally, forwards or backwards. The coloring pages and the two worksheets at the end of this section are yours to fill in and keep.

Word Search — Chapter 1: Safe at Home, and Your Trusted-Adult Map

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

Words to find: Trusted adult · Red flag · Safety plan · Mandated reporter · Neglect

Word Search — Chapter 2: Safe Online — Strangers, Fake Friends, and Pressure

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

Words to find: Grooming · Sextortion · Predator · Block / report · Digital footprint

Word Search — Chapter 3: Bullying and Cyberbullying — What to Do, and How to Help a Friend

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

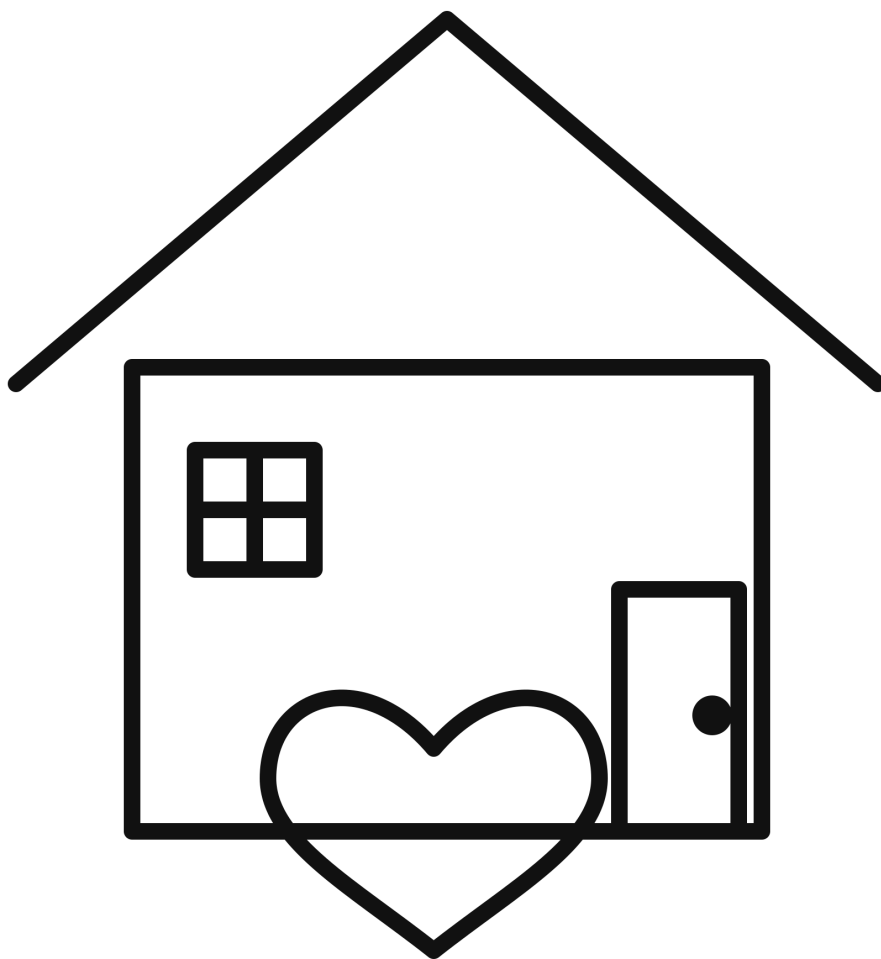
Words to find: Bullying · Cyberbullying · Bystander · Upstander · Evidence

Word Search — Chapter 4: When It Feels Like Too Much — Feelings, Help, and Your Safety Plan

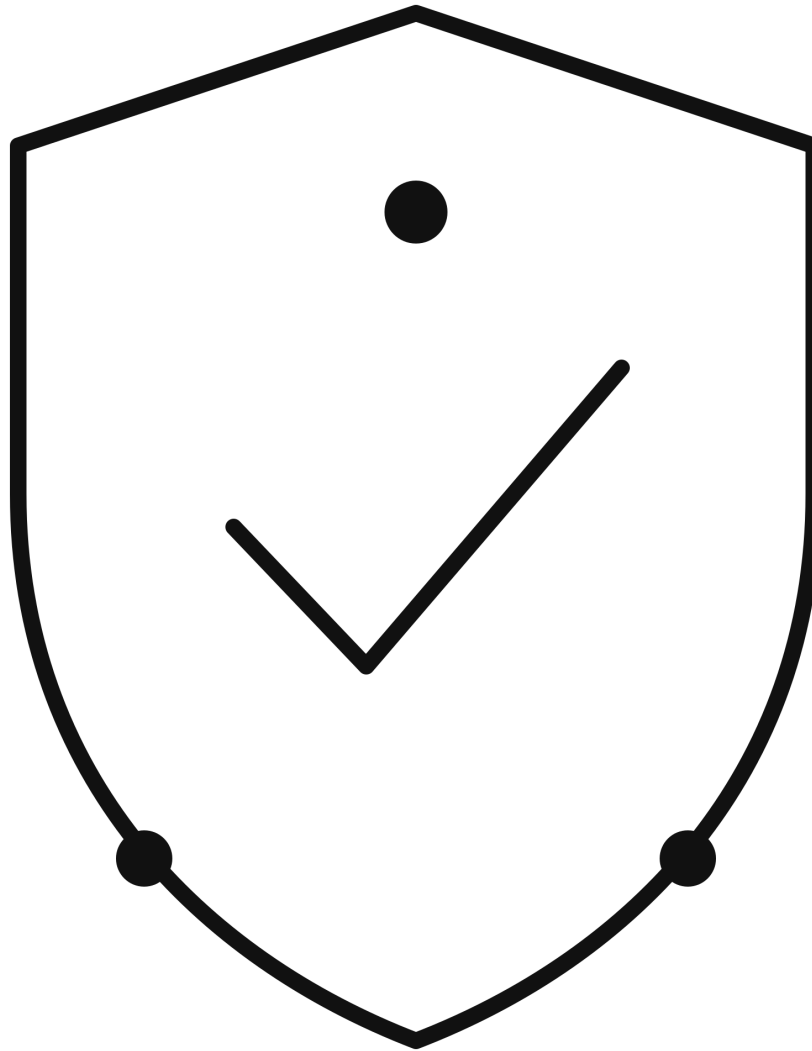
M	T	Y	T	O	I	C	Q	E	Q	L	B	Y	S	F	L	O	A
F	R	I	N	A	I	L	Q	O	B	W	F	F	F	P	A	Z	D
J	X	V	B	V	J	A	C	O	K	D	H	Z	R	P	N	D	L
H	Z	W	C	I	D	Y	K	Z	K	P	O	N	W	Q	O	V	G
T	X	H	E	S	L	F	D	S	K	E	V	N	J	S	S	L	H
G	H	D	Q	X	L	S	E	E	H	X	B	Z	K	E	R	A	G
K	R	O	W	T	E	N	T	R	O	P	P	U	S	W	E	I	X
A	J	C	V	T	O	F	G	C	R	J	F	A	W	J	P	T	Y
R	T	O	B	E	N	D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

Words to find: Crisis · Confidential · Coping tools · Safety plan (personal) · Support network

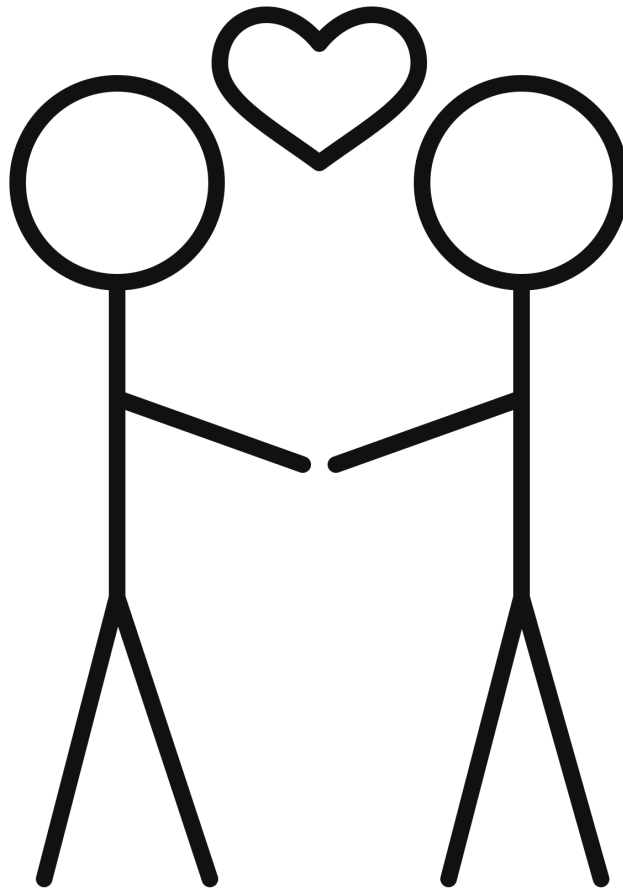
Coloring Page — Chapter 1



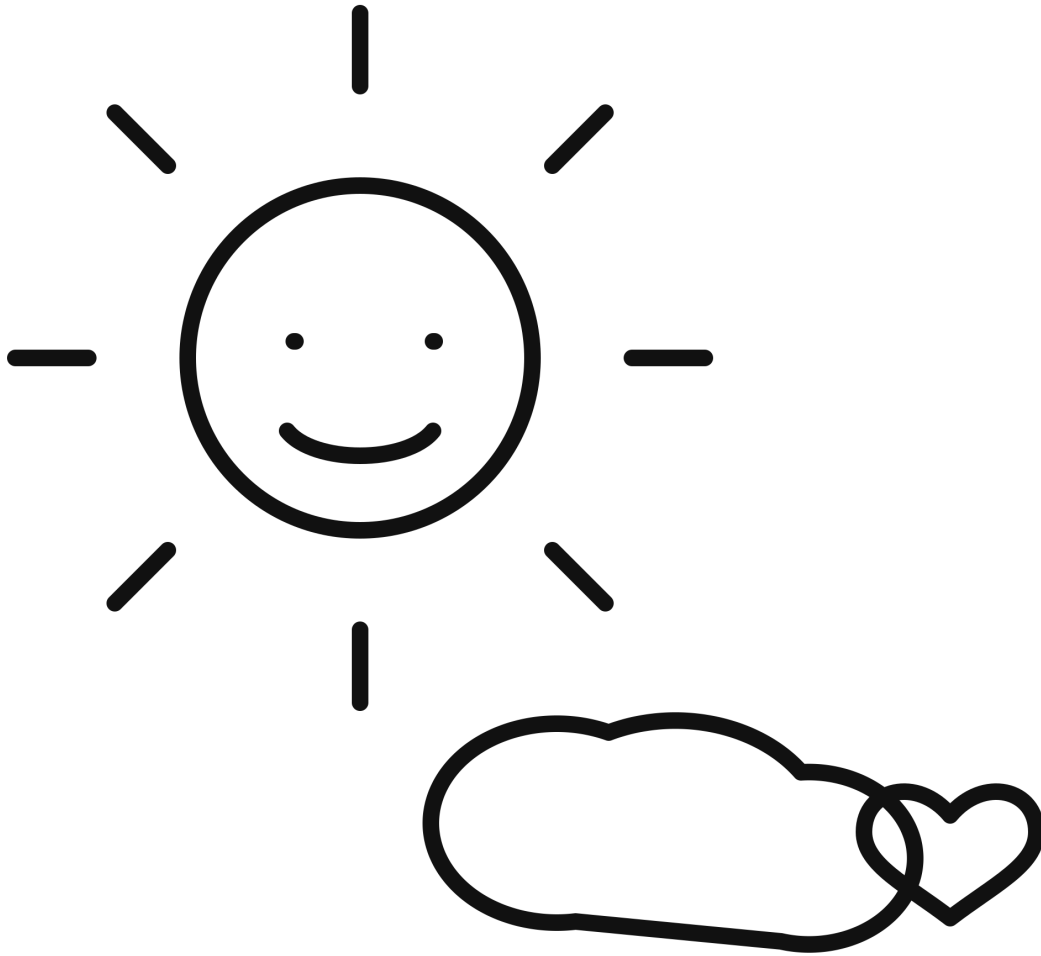
Coloring Page — Chapter 2



Coloring Page — Chapter 3



Coloring Page — Chapter 4



Worksheet — My Trusted-Adult Map

Pick three trusted adults — not one, three — because one person might not be reachable. Fill in one box for each.

Trusted adult #1

Name: _____

How to reach them (phone number): _____

Where to find them if you cannot call: _____

What I would say: “I need to tell you something serious. I am not safe at home / something happened, and I need help.” — my own words:

Trusted adult #2

Name: _____

How to reach them (phone number): _____

Where to find them if you cannot call: _____

What I would say: “I need to tell you something serious. I am not safe at home / something happened, and I need help.” — my own words:

Trusted adult #3

Name: _____

How to reach them (phone number): _____

Where to find them if you cannot call: _____

What I would say: “I need to tell you something serious. I am not safe at home / something happened, and I need help.” — my own words:

Worksheet — My Personal Safety Plan

From Chapter 4: write your own plan here, in your own words.

1. My warning signs — how I know a bad stretch is starting (e.g., "I stop answering texts," "my stomach hurts every morning").

2. My calm-down tools — the 2–3 from the list above that work for me.

3. My people — my three trusted adults from Week 1, plus one friend.

4. My places — somewhere I can go and feel safer.

5. My lines — 988, Crisis Text Line, Childhelp, saved as contacts.

6. My reason list — people, pets, goals, even small things (a team, a show, a future plan) that are worth staying for. Read it on the worst days.

Answer Key

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

Chapter 1 Test — Safe at Home, and Your Trusted-Adult Map

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

Chapter 2 Test — Safe Online — Strangers, Fake Friends, and Pressure

1. When someone slowly builds a child's trust in order to use or harm them
2. Someone gives you lots of gifts and compliments and asks you to keep the friendship secret from adults
3. Because photos can be screenshotted, saved, and shared in seconds — once it leaves your phone you don't control it
4. Sextortion — a crime committed by the person threatening you
5. Stop replying, save the threats as evidence, block and report, and tell a trusted adult today
6. Stop, don't share personal details, block if the pressure continues, and tell a trusted adult
7. Keep accounts private and only accept people you actually know in real life
8. Never meet an online-only person — and tell a trusted adult they asked
9. False — telling a trusted adult early is how images get taken down and threats get stopped; services like Take It Down and the CyberTipline exist for exactly this

Chapter 3 Test — Bullying and Cyberbullying — What to Do, and 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

Chapter 4 Test — When It Feels Like Too Much — Feelings, Help, and Your Safety Plan

1. Weeks of feeling down, losing interest in everything, and feeling hopeless
2. 988
3. Take it seriously, stay connected, and tell a trusted adult tonight — and you can call/text 988 yourself for guidance
4. False — asking directly opens the door for them to tell the truth; it does not create the idea
5. "I promise to keep it secret if you tell me you want to die."
6. Slow breathing with longer exhales, cold water on your face, or moving your body
7. Your warning signs, your calm-down tools, your people, your safe places, and the help lines saved as contacts
8. Yes — 988 coaches friends and family on how to help someone else, too
9. The Certificate of Completion from Minister Destiny Testimony Schools — your name written in by you after download, never collected

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.

Before You Start — the help lines for the whole course

- If you are in danger right now: call 911. If you cannot talk out loud, you can text 911 in many areas. You can also text HOME to 741741 (Crisis Text Line) or call/text 988 any time, day or night.
- Suicide & Crisis Lifeline: call or text 988
- Crisis Text Line: text HOME to 741741
- Childhelp National Child Abuse Hotline: 1-800-422-4453 (call or chat at childhelp.org)
- National Domestic Violence Hotline: 1-800-799-7233, or text START to 88788

Chapter 1 — Safe at Home, and Your Trusted-Adult Map

- Text a trusted adult or a hotline (Crisis Text Line: HOME to 741741).

Chapter 2 — Safe Online — Strangers, Fake Friends, and Pressure

- Adults can report to the CyberTipline: report.cybertip.org or 1-800-843-5678 (National Center for Missing & Exploited Children), and to police. There is also a free service called Take It Down (takeitdown.ncmec.org) that helps get images of minors removed from the internet.

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

- 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.

Chapter 4 — When It Feels Like Too Much — Feelings, Help, and Your Safety Plan

- 988 — call or text, 24/7, for emotional distress or thoughts of suicide. Free, confidential.
- Crisis Text Line — text HOME to 741741 if you'd rather type than talk.
- Childhelp 1-800-422-4453 — if home is the problem.

- You can also call 988 about a friend and ask what to do. You do not have to carry someone else's crisis alone.
- Tell a trusted adult immediately — parent, counselor, teacher — and call/text 988 for guidance. This is another promise that does not outrank a life. A living friend who is mad at you can forgive you later.
- My lines — 988, Crisis Text Line, Childhelp, saved as contacts.
- Bring in adults — tonight, not tomorrow. Tell your parent or his, or another trusted adult, exactly what he wrote. Call or text 988 and ask them what to do; they coach friends and family through this all the time.
- Help lines: 988 (call/text) · Crisis Text Line (text HOME to 741741) · Childhelp 1-800-422-4453.

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

You Finished the Course

Congratulations. You built a real safety toolkit: trusted adults you can name, defenses for online pressure, a plan for bullying, and a plan for your hardest days. Knowing how to keep yourself and your friends safer is knowledge you will carry for life. I am proud of you. — Minister Destiny Marie Morgan

What's next: The **12-Month Youth Track** — one new topic a month, going deeper: dating and consent, peer pressure and substances, trouble at school and safer choices, your body and health questions answered plainly, the juvenile court process step by step, charges and vocabulary, medical and mental-health facilities and your rights, and building your fresh start. Your toolkit comes with you.

Minister Destiny Testimony Schools

Certificate of Completion —

Weeks 1–4 — all four chapters

This certifies that

Name (write your name here)

has completed

Minister Destiny Testimony Schools — Youth

For completing: Weeks 1–4 — all four chapters

Date completed: _____

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

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