



WHO WE ARE

180 Degrees is an outreach of Real Options, a pregnancy resource clinic in Allen, TX. This program has been serving students in the Dallas Metroplex area for over 20 years and reached over a quarter million students. Our copyrighted curriculum is a sexual risk avoidance program designed to help teenagers recognize the consequences of premarital sex, the beauty of healthy marriage relationships, and turn their thinking about sex around a whole 180 degrees.

Our presentations include topics such as: setting appropriate physical boundaries, the dangers of the digital age, staggering STI and pregnancy statistics, recognizing unhealthy relationships and the joys of a thriving marriage.



The mission of the 180 Degrees program is to encourage young people to adopt a lifestyle of sexual integrity.

“Encourage” – to inspire with courage, spirit, personal example and confidence
“Young people” – ranging from middle school through college-age students
“Adopt” – actionable, observable change in behavior; make part of their lives

TARGETED EDUCATIONAL PROGRAMS:

“Lifestyle” – this includes any/all decisions, thought patterns, behaviors, and beliefs

“Sexual integrity” – defined as sexual abstinence until marriage and healthy emotional, physical and spiritual choices within relationships

If you would like an outline of the materials covered in each of these programs, please contact Brett Case, bcase@realoptionstx.com.

SPEAKERS



Brett Case or as the students affectionally call him, “Mr. Seven”, because of his unique total of seven fingers. Brett has been an abstinence educator since 2019 and the Education Director leading the 180 Degrees team for Real Options since 2023. Brett brings a humorous and authentic approach to his presentations which easily connects with students. He also encourages his students through his own “uniqueness” to stand out and be themselves.

Brett hails from New Orleans, LA and moved to the Dallas area in 1998. Brett enjoys going back home to see family, eating Cajun food, and watching the NFL’s New Orleans Saints. He has been married to his wife, Jennifer, since 2000 and they have two children.



Crystal Carle joined the 180 Degrees team as an abstinence educator in 2022. She has a military background, a college education in biblical studies, and experience in emergency medicine and personal training. Crystal is an engaging presenter with a passion for helping students realize their value and potential.

Crystal is married to Ryan, and they have three daughters. She was born and raised in South Carolina. She has lived in North Texas with her family for fifteen years. In her spare time, Crystal enjoys fitness and outdoor activities.