



The 180 Degrees program exists to encourage young people to adopt a lifestyle of sexual integrity.

encourage - to inspire with courage, spirit and confidence

young people - ranging from middle school through college-age students

adopt - actionable, observable change in behavior; to make a part of one's life

lifestyle - this includes any/all decisions, thought patterns, behaviors and beliefs

sexual integrity - defined as the practice of sexual abstinence until marriage in order to create healthy emotional and physical relationships



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Who We Are

180 Degrees is an abstinence until marriage 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.

180 Degrees offers presentations that cover extensive topics such as:

- STI and pregnancy statistics
- Technology guidelines including sexting and internet safety
- Setting physical boundaries
- Recognizing unhealthy relationships
- Recognizing vulnerabilities and risk factors
- Abstinence as an option

Why We Are Different

- Well respected and established program
- Expert public speakers
- Updated medical information
- Age appropriate curriculum
- Provides support for the family as well as the student
- Interactive presentations
- FREE to school districts and no maintenance fees
- No extra burden on teachers and school staff
- Peer reviewed curriculum
- 180 Degrees is a program of Real Options (RO). RO provides FREE local ongoing services including:
 - Pregnancy testing
 - STI screening and treatment
 - Counseling

Programs for

Middle School High School College Parents

Where We Are

Anna ISD

McKinney ISD

Alvord ISD

Muenster ISD

Bonham ISD

NTX Collegiate

Frisco ISD

Academy

Gainesville ISD

Princeton ISD

Lewisville ISD

Raines ISD

Melissa ISD

Trenton ISD

Mesquite ISD

Wylie ISD

This is NOT your typical sex education class...these are interactive discussions that allow your students to ask all the questions they never felt they could ask!

To learn more about our professional speakers visit our website: my180degrees.com

CONNECT

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