

## PRESENTED by AMERICAN HERITAGE GIRLS

## Daily One-Minute Radio Feature Topics

- Confidence
- Anxiety
- Instant Gratification
- FOMO: Fear of Missing Out
- Bullying
- Respect Life
- Body Image
- Suicide & Self-Harm
- Screen Addiction
- Overscheduling
- Getting Girls into the Great Outdoors
- Perfection
- Modesty
- Connecting with your Daughter
- FOPO: Fear of Other People's Opinions
- Project Management Skills
- Female Friendships
- Decision Making
- Change
- Free to Fail
- Stress
- Make Every Day a Mission Trip
- What's in it for Me?
- Planning for the Future
- The Weight of Our Words
- Raising Her to be Reverent
- Boys and Girls Are Different
- Protecting Young Eyes & Minds
- Doing it for the 'gram
- Forming Spiritual Habits
- Hurry

- Content Creating Kids
- Speaking the Truth in Love
- Gossip
- Responsibility at Home
- Beauty Standards
- Money
- Inner Beauty
- Sisterhood
- Blame
- Entitlement
- Strict Household
- Power of Prayer
- Imposter Syndrome
- Puberty
- Defending Her Faith
- Comparison
- Transparency
- Confession Culture
- Highlight Reel
- Parent or Friend?
- Diversity in Friendships
- Destination Disease
- Justice Mindset
- Emotional Intelligence
- Godly Friendships
- Your Girl, the Bully
- Witchcraft
- Sleepovers
- Male Friendships
- Popularity
- Showing Up for Your Girl
- Fitting In
- Fun at Home