

*****NEWS RELEASE*****

For Immediate Release
October 25, 2021

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OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

During October’s National Bullying Prevention Month, American Heritage Girls Stands Firmly Against ‘Bullying of Any Sort’

AHG Shares a Key Message: “Just As With Any Other Form of Bullying, Being a ‘Mean Girl’ is Typically Rooted in Insecurity, Shame and Fear”

CINCINNATI, Ohio — American Heritage Girls (AHG, www.americanheritagegirls.org)—one of the world’s largest Christian, scout-type organizations—has long dedicated itself to building young women of integrity through service to God, family, community, and country. AHG offers hands-on badge programs, service projects, leadership opportunities, outdoor adventures, virtual connections, and more, all while stressing Christian values and family participation. Now, during National Bullying Prevention Month—AHG renews its pledge to help girls find their voices without putting down others.

Says AHG Founder and Executive Director Patti Garibay, “At AHG, we do not condone bullying of any sort, including cyberbullying. We proudly empower girls by teaching them the importance of rooting themselves in Christ so that the fruit of the Holy Spirit is evident in their leadership style.”

Garibay also shares these important insights: “Many TV shows and movies perpetuate the stereotype of the female bully. Too often, women have been quick to put other women down, starting even in girlhood. Why is that? Just as with any other form of bullying, being ‘a mean girl’ is typically rooted in insecurity, shame, and fear. Bullying puts up a wall around a girl’s heart, but there is something that can break it down—namely, some One. God’s love is the giant bucket of ice water that can put out the fire of a mean girl,” adds Garibay. “As the Psalms tell us, ‘He heals the brokenhearted.’ When a bully recognizes that she is accepted and loved as she is, without the need for scare tactics or coercion, she can end the charade and walk in love.”

Adds Garibay, “AHG is proud to encourage girls to have a strong relationship with Christ, which then spills over into their relationship with others.”

Among AHG’s many positive, proactive programs for young women is [G.R.I.T. with Grace](#), a robust new leadership program that is specially designed for members. Concepts are presented in “sessions,” or units of study and activities based on topics pulled from AHG’s Biblical Leadership Badge (one of many outstanding badge offerings). *G.R.I.T. with Grace* is not a classroom-based learning plan, though—it’s fun, interactive, and memorable for all AHG members. It can be implemented in an event setting of each AHG Troop’s choosing, such as a retreat or campout. Each relatable session has been created in “plug and play” format, so that AHG

leaders can select and use the topics that best meet their Troop’s specific needs. Current session topics include Everyone Can Lead, Identity in Christ, Peer Influence, Heart to Listen, and more.

American Heritage Girls was founded in 1995 by a group of parents who wanted this faith-based, scout-type character development program for their daughters. At *AHG*, girls ages five to 18 meet together as [a single Troop](#) at the same time and then break out into Units by Levels. This gives *AHG* girls the important social experience of interacting with friends and godly mentors of various ages; members also learn leadership skills within a group setting. *AHG* Troops are located in [local communities](#) across the nation. If none exists in a given area, families can bring the *AHG* Program to their own area. An *American Heritage Girls* Troop Development Coach is available to provide resources to potential Charter Organizations and other families to form [a new Troop](#). To hear more about the purpose, mission, and vision of *AHG* from *Founder and Executive Director Patti Garibay*, [click here](#).

Today, there are [Troops](#) in all 50 states and girls being served in 15 countries around the globe. Girls can join a Troop at any time; if a Troop is not available nearby, they can become a [Trailblazer](#) and enjoy the *AHG* program alongside their parent. A variety of Christian denominations are also represented as [Charter Organizations](#) for Troops. Thousands of volunteer members across the country are helping girls grow in their faith, cultivate a heart for service, enjoy the great outdoors, and have more fun than they can imagine.

The “*Raising Godly Girls*” radio feature and [Raising Godly Girls blog](#) shares guidance and biblically based advice on many key topics affecting girls today—including the prevalence of bullying and cyberbullying. It gives parents, educators, and faith community leaders a set of tools, resources, and Scripture-based advice to assist in raising girls after God’s own heart. The [“Raising Godly Girls Minute” with Patti Garibay](#) airs on 900+ Christian radio stations across the country.

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To schedule interviews with *Patti Garibay, Founder and Executive Director of American Heritage Girls*, contact Media@HamiltonStrategies.com, Beth Harrison, 610.584.1096 ext. 105, or Deborah Hamilton, ext. 102.

To inquire about airing the [“Raising Godly Girls Minute” with Patti Garibay](#), contact [Michael Hamilton](#), 610.584.1096, ext. 101.