

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

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American Heritage Girls ‘Live it Out’ study and patch helps strengthen faith in an anti-Christian culture

AHG founder: ‘With the right tools and techniques — and the rest of American Heritage Girls beside her — an AHG girl can become a godly woman of integrity and change the world for Christ’

CINCINNATI, Ohio — [Research shows](#) that today’s society finds Christians “narrow-minded,” “uptight,” and “puritanical.” Even though Christ warned His followers that they would be [hated and persecuted](#) for their faith in Him, it can be difficult for young people, especially girls, to feel isolated from the world when they just want to feel accepted and secure.

American Heritage Girls (AHG, www.americanheritagegirls.org), one of the largest Christian, scout-type organizations in the world, provides girls ages five through 18 with a safe space to make friends, develop leadership skills, and serve others — but most importantly, build a strong relationship with Christ.

“Living out your faith in an anti-Christian culture can be incredibly difficult,” AHG Founder and Executive Director Patti Garibay explained. “So many girls just want to fit in but being a follower of Christ sets us apart from the rest of the world. At AHG, we encourage our girls to stand tall for Christ and find the courage to speak the truth in love.”

AHG created the ‘Live It Out’ Study as part of the Faith Awards Program,” Garibay added. “This unique study is intended to encourage girls to dig deeper into the story God has for their lives. Girls can use the study to determine what being a woman of integrity looks like for their lives, both now and in the future.”

Designed to be used in small groups, the “Live It Out” campaign is divided into two sections: “Understanding God’s Story for Your Life” and “Living God’s Story for Your Life.” The helpful study guides participants through fully understanding what it means to find identity in Christ, as well as how to develop a Christian worldview and live a life for Christ to the fullest.

AHG’s 2022-2023 Program Theme is “SHINE,” a constant reminder for AHG girls to SHINE the light of Christ in their every day lives. The 2022-2023 theme was inspired by [Matthew 5:14-16](#) and has accompanying guides, devotionals, and patch programs designed to encourage girls to SHINE in every aspect of their lives.

After reading the helpful guide, girls must complete ten related activities and one final creative project, as well as discuss journal responses to the questions in the guide in order to achieve their “Live It Out” patch.

Garibay concluded, “A true AHG girl lives her faith in Christ out loud! It can be scary to take that step of faith in public, but with the right tools and techniques — and the rest of American Heritage Girls beside her — an AHG girl can become a godly woman of integrity and change the world for Christ.”

Garibay recently spoke on [Focus on the Family’s](#) nationwide radio program about the importance of raising godly girls and how parents can help equip the next generation of women. *Host Jim Daly said, “Patti’s advancing a very noble cause and I’m so encouraged by her commitment to godly values and her desire to pour into the next generation of young women.”*

American Heritage Girls was founded in 1995 when ***Founder and Executive Director Patti Garibay*** became concerned with the direction the Girl Scouts of America was headed. ***Garibay***, along with a group of concerned parents, wanted a faith-based, scout-type character development program for their daughters, and ***American Heritage Girls*** was born. Today, there are [Troops](#) in all 50 states and girls being served in 15 countries around the globe. 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.

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. To hear more about the purpose, mission, and vision of ***AHG*** from ***Founder and Executive Director Patti Garibay***, [click here](#).

AHG’s “Raising Godly Girls” radio feature and [Raising Godly Girls blog](#) shares guidance and biblically based advice on many key topics affecting girls today — from bullying and identity to anxiety and body image issues. 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 1000+ Christian radio stations across the country.

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To schedule interviews with spokespersons from *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](#).