

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

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***American Heritage Girls* members learn resiliency in a society afraid to fail**

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CINCINNATI, Ohio — In today’s “social media society,” girls are more determined to be perfect than ever before. With the pressure of filters, photo editing, and meticulously curated content, perfection seems to be the standard for today’s kids. Unfortunately, this doesn’t allow girls to learn the value of not being “perfect” by society’s standards. When [kids fear failing](#), they’re at risk for anxiety and meltdowns when things go wrong.

“Failure is a part of life,” said American Heritage Girls (AHG, www.americanheritagegirls.org) Founder and Executive Director Patti Garibay. “Teaching kids to fail and bounce back makes them stronger and more ready to face life’s challenges. We live in an age where nearly our every need can be met within minutes. Girls today have never known a world that didn’t provide answers at the touch of a search button or a response from Siri and Alexa. So how do we raise girls who are perseverant and resilient?”

AHG is dedicated to raising godly girls through life-skill development opportunities, badge programs, leadership experience, service projects, outdoor adventure, positive relationships, and more. **AHG** volunteers work to build women of integrity through service to God, family, community and country. Girls learn to embrace what makes them uniquely feminine, as well as experience personal and spiritual growth through a variety of Troop events and activities — all perfectly designed to suit a girl’s abilities at any age or stage.

“Instilling a sense of perseverance in today’s girls is crucial to raising a successful generation of young women of integrity. American Heritage Girls is determined to instill a sense of confidence, poise, and grit in our girls. We are working to counter the pitfalls of today’s culture — including over-protective parents afraid of letting their children fail or the pressures to be ‘perfect’ in an imperfect and immoral society,” said Garibay.

The **AHG** Program encourages girl involvement at every Level, guiding girls through age-appropriate programming that gives them the chance to grow. It is not **AHG**’s mission to push a girl into mastery, but that every girl should leave the Program having learned and experienced new things. Thought-provoking programming material, Troop responsibilities, and outdoor adventures give girls the chance to explore, learn, and experience a variety of challenges that they may not encounter otherwise.

“Failure offers a unique opportunity for a girl to learn and grow through trials,” said Garibay. “Getting a girl out of her comfort zone is the first step toward instilling resiliency! AHG offers a safe environment for girls to challenge themselves, fall down, and then keep going.”

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—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 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](#).