

**\*\*\*NEWS RELEASE\*\*\***

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**OCTOBER IS NATIONAL BULLYING PREVENTION MONTH**

**Whether a girl is bullied or a bully herself, *American Heritage Girls* stands firmly against ‘bullying of any sort’**

*‘AHG is proud to encourage girls to have a strong relationship with Christ, which then spills over into their relationships with others’*

CINCINNATI, Ohio — October is [National Bullying Prevention Month](https://www.nationalbullyingpreventionmonth.org/), and *American Heritage Girls* (AHG, [www.americanheritagegirls.org](http://www.americanheritagegirls.org)) — one of the largest Christian, scout-type organizations in the world — has a plethora of resources to help equip parents and leaders with the tools to not only empower their girls to stand up to bullies in Christ-like ways, but also address their girls who might *be* the bullies.

*AHG Founder and Executive Director Patti Garibay said, “At AHG, we do not condone bullying of any sort. 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.*

*“The ‘mean girl’ is an age-old trope. TV and movies perpetuate the stereotype of the female bully. Have you noticed how most women are quick to put other women down, starting even in girlhood? Why is that?”*

*Garibay explained, “Just as any other form of bullying, being a mean girl is typically deep-seated in insecurity, shame, and fear. Bullying puts up a wall around her 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. 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.”*

For parents of girls who might struggle with fear regarding bullying, *AHG* proudly offers “[A Raising Godly Girls Guide to Putting Faith Over Fear](#).” The helpful guide gives parents and leaders tools and tips for how to encourage their girls to stand strong in the face of fear and focus on Christ. For girls struggling with bullies — or who are bullies themselves — the powerful devotional questions and action steps are a great way to start the conversation about fear and how to appropriately channel any fears and anxieties.

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

*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 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 1000+ 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](mailto: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](#).