

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

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**CONTACT:**

Hamilton Strategies, [Media@HamiltonStrategies.com](mailto:Media@HamiltonStrategies.com), Beth Bogucki, 610.584.1096 ext. 105, or Robin Sprague, ext. 103.

## ***American Heritage Girls’ unique leadership program, **G.R.I.T. with Grace**, empowers girls to fight back against cultural onslaught***

*Sessions include Narratives, Conflict Resolution, and Decision-making*

CINCINNATI, Ohio — Young girls in America are [in crisis](#). In a [recent report](#), the Centers for Disease Control (CDC) found that nearly one in three high school girls contemplated suicide in 2021, a 60% increase since 2011. With mental health issues on the rise, many girls are looking for tools to cope with daily stressors.

*American Heritage Girls (AHG, [www.americanheritagegirls.org](http://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 and more, all while emphasizing Christian values and family participation.

*AHG’s* dynamic curriculum program [G.R.I.T. with Grace](#) is designed to equip girls with the tools they need to become godly girls and impact the world for Christ. *Girls Rooted and Impacting Tomorrow (G.R.I.T.) with Grace* teaches quality leadership skills, helpful team-building strategies, and communication tactics.

***“It is more important than ever before for girls to be prepared for the harsh realities of today’s world,” said Patti Garibay, AHG Founder and Executive Director. “In today’s world, servant leadership is not easy. It’s gritty, messy, and challenging. AHG developed this curriculum to teach girls to have both the grit and the grace to trust God — and to help them learn to lean into His power to lead others well, too.”***

[G.R.I.T. with Grace](#) is a robust *AHG* leadership program specially designed for its young members. Concepts are presented in “sessions,” or units of study and activities based on topics pulled from *AHG’s* Biblical Leadership Badge. *G.R.I.T. with Grace* is not a classroom-based learning plan — it’s fun, interactive, and memorable for all members. Each lesson is taught with the understanding that leadership requires godly grit to persevere through hard tasks and uncomfortable situations. These lessons also remind girls of the importance of demonstrating a compassionate, grace-filled spirit towards those they lead. 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.

The latest *G.R.I.T. with Grace* sessions include:

- **Narratives**: In this session, girls will learn about the negative impact of jumping to conclusions with false narratives, how to apply charitable assumptions, and seeking truth with courageous conversations.

- **Conflict Resolution:** Along with the biblical model of conflict resolution, girls will learn in this session when and how to lead as a peacekeeper, a peacemaker, and a peace seeker, covering each situation with love and prayer.
- **Goals and Planning:** This session discusses orderly planning as a godly attribute, evaluating girls' goals, and how planned steps, timeline milestones, and accountability can help them achieve worthy goals.
- **Decision-making:** In this session, girls will learn how to seek God as the source of all wise choices. Other topics addressed include seeking Godly counsel, weighing options, "tie-breaker" decision-making methods, and decisive leadership.
- **Problem-solving:** Problems are inevitable in almost any undertaking, but a healthy outlook enables girls to approach them as opportunities instead of obstacles. This session guides girls through steps for calmly addressing a problem head-on and maintaining an attitude of godly joy through it all.

*Garibay noted, "We are proudly empowering girls by teaching them the importance of rooting themselves in Christ and bearing godly grit. As the world continues to grow darker, it is vital that Christian girls are strong in the Word of God."*

*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 Bogucki, 610.584.1096 ext. 105, or Robin Sprague, ext. 103.

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