

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

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## **As teen loneliness impacts millions of girls, *American Heritage Girls* offers opportunities for purpose through community outreach**

*‘If your girl is feeling lonely, acts of service might make her feel more included, valuable, and necessary,’ says Patti Garibay*

**CINCINNATI, Ohio** — A recent report revealed the tragic truth about the well-being of today’s teens — [79% of Gen Z](#) (ages 11-26) struggle with loneliness on a daily basis. Positive peer relationships are vital for teen development, according to [many experts](#). Teen girls are affected significantly more than boys, with [one report](#) noting that suicide attempts rose 50% for girls in the last few years compared to 4% for boys. Those struggling with loneliness [often wrestle](#) with depression, suicidal thoughts, substance abuse, poor quality of sleep and other negative effects.

With so many girls dealing with loneliness, concerned parents may not know where to turn for health and support. *American Heritage Girls* (AHG, [www.americanheritagegirls.org](http://www.americanheritagegirls.org)), one of the world’s largest Christian, scout-type organizations, offers a safe space for girls and their families to support and encourage girls through their struggle with loneliness and isolation. For nearly 30 years, AHG has worked alongside families, churches, and local communities to help raise godly girls and instill strong character traits.

*“God made humans to be in community with one another — to love and care for those in need,” said AHG Founder and Executive Director Patti Garibay. “There are so many negative influences that today’s girls are facing, especially social media. Functional MRIs conducted while teen girls used Instagram showed that they have an extremely heightened dopamine response — equal to a boy’s propensity toward video games. We are seeing Instagram associated with certain addictive behaviors in teen girls leading to anxiety, depression, and a chasm of loneliness.”*

A tangible way to tackle teen loneliness is community outreach, according to Garibay. *“If your girl is feeling lonely, acts of service might make her feel more included, valuable, and necessary,” commented Garibay. “We are surrounded by people on a daily basis, but our circles grow smaller and smaller, to the point where all we have is ourselves. But loneliness isn’t God’s plan for His people. Community and being of service are the antidotes. It’s so important that we give girls the chance to be introduced to a life-giving, Christian community like American Heritage Girls.”*

Experts agree that community outreach is a key way to address teen loneliness. Acts of service are “a natural way to add some purpose” to life, according to [Mental Health America](#). [Studies have shown](#) volunteering can have lifelong benefits for youth and help develop attributes that will benefit them in school, their career and in life. AHG Troops are very familiar with the idea of giving, with Troops regularly performing service of all types within their communities year-round. In the AHG Program Year ending May 30, 2023, girls performed

590,720 service hours nationwide, which, with [volunteerism on the decline](#), shows how **AHG** is encouraging girls to give back to their communities.

**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.

**AHG's Raising Godly Girls (RGG)** podcast is available on all major podcast platforms. It is also available through **AHG's** website at [raisinggodlygirls.com](#). New episodes air every Tuesday, Thursday, and Saturday.

The **"Raising Godly Girls"** radio feature, Raising Godly Girls Guides, and [Raising Godly Girls blog](#) share guidance and biblically based advice on many key topics affecting girls today — from bullying and identity to anxiety and body image issues. These platforms give 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](#).