

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

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CONTACT:

Hamilton Strategies, Media@HamiltonStrategies.com, Beth Bogucki, 610.584.1096 ext. 105, or Jeff Tolson, ext. 108

American Heritage Girls presents a powerful new e-book, ‘A Raising Godly Girls Guide to Resilience’

‘Raising Godly Girls is here to equip families as they raise relational girls who invest in positive and loving relationships with others and cling to Christ when navigating emotions’

CINCINNATI, Ohio — Over half of all students in the American education system surveyed expressed fear of failure, according to [a recent report](#). [Research shows](#) that girls in particular struggle with a fear of failure, [creating a cycle](#) of high stress, poor social and emotional well-being, lack of concentration, and lower levels of satisfaction. Parents often struggle to find positive, encouraging, and impactful resources to aid their girls as they work through these anxieties, with modern society [focusing more on celebrating success](#) (no matter the cost) rather than encouraging healthy responses to hardship.

American Heritage Girls (AHG, www.americanheritagegirls.org), one of the world’s largest Christian scout-type organizations, is proud to introduce “[A Raising Godly Girls Guide to Resilience](#),” a powerful and helpful guide for parents looking to teach their girls the importance of resiliency in the face of failure. Dedicated to building women of integrity through service to God, family, community, and country, AHG has positively impacted the lives of tens of thousands of girls and their families over nearly 30 years by providing age-appropriate programming that teaches valuable life lessons while instilling lifelong faith in Christ.

“Grit. Moxie. Toughness. Whatever you call it, part of helping grow a godly girl into a woman of integrity is establishing resilience,” said AHG Founder and Executive Director Patti Garibay. “Resilience is a popular word in parenting circles. In my nearly 30 years of ministering to girls, I’ve talked a lot about raising resilient girls to become strong women (and I like to think that I did just that in raising my three daughters). Raising Godly Girls is here to equip families as they raise relational girls who invest in positive and loving relationships with others and cling to Christ when navigating emotions.”

“[A Raising Godly Girls Guide to Resilience](#)” includes Biblically-based advice, meaningful Scripture references, helpful definitions of key terms, practical strategies for long-term success, and more. Throughout the guide, girls and their families will learn how to:

- Define resilience and grit through a biblical worldview.
- Affirm a girl in her reliance on God.
- Recognize and address burnout.
- Build emotional intelligence.
- “Fail forward.”
- Apply resilience skills in real life.

Garibay spoke to Founder of Celebrate Kids and parenting expert Dr. Kathy Koch on the [Raising Godly Girls \(RGG\) podcast](#) about how to encourage resiliency in girls struggling with a fear of failure. In Episode 018, *Garibay* and Dr. Koch explore the impact of the fear of failure on girls, building a safe-to-fail environment, and the concept of failing forward. Dr. Koch also shares actionable tips for parents to cultivate resilience in their homes, drawing from her extensive experience and highlighting key insights from her recent written works.

“We know that girls can feel chained by the expectation of perfection,” said Garibay. “For so many girls, the fear of failure is what keeps them from trying in the first place. But when a girl’s natural curiosity for the world around her is fostered at home, church, her AHG Troop, and school, she is more likely to courageously dive in and try new things without fear of failure. By incorporating chances to take risks and try without fear of failure, girls are actually able to fail forward. A girl is left feeling capable and empowered, not because of what she has accomplished, but because she knows that her accomplishments (or failures) don’t define her — God does.”

Tune in to this week’s [Raising Godly Girls \(RGG\) podcast](#) and “*Raising Godly Girls*” one-minute [radio feature](#) to equip, affirm, strengthen and teach girls how to have a biblical worldview.

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 offers various resources under [“Raising Godly Girls,”](#) including a [weekly podcast](#), one-minute radio features, a blog, and guides for parents. All “*Raising Godly Girls*” platforms and materials offer guidance and biblically-based advice on various topics affecting girls today, such as bullying, identity, anxiety, and body image issues. “*Raising Godly Girls*” provides parents, educators, and faith community leaders with tools, resources, and Scripture-based advice to help raise girls after God’s own heart.

AHG’s new podcast, [“Raising Godly Girls,”](#) features fresh episodes every Tuesday, Thursday, and Saturday. Subscribe and follow on any major podcast platform or visit [raisinggodlygirls.com](#). Additionally, 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, Beth Bogucki, 610.584.1096 ext. 105, or Jeff Tolson, ext. 108.

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