

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

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‘Digital addiction is creating dangerously unhealthy habits for today’s girls,’ says *AHG Founder Patti Garibay*

‘It is time for girls to break free from the vice grip technology has on this generation and see the beauty and splendor not only in the real world, but also in themselves’

CINCINNATI, Ohio — Parents and experts alike are growing increasingly concerned about how attached today’s youth are to modern technology. Some critics warn against “[digital addiction](#),” noting that [half of teenagers](#) report they’re addicted to their mobile devices. Three-quarters of teens report they felt compelled to immediately respond to texts, social media posts and other notifications. Unfortunately, spending too much time in front of a screen [has been linked](#) to a lack of sleep, speech delays and poor social skills.

For parents asking how to unplug their children from their technology, *American Heritage Girls (AHG, www.americanheritagegirls.org)*, one of the world’s largest Christian scout-type organizations, provides a carefully curated program designed to encourage girls ages five to 18 to put down their tech and get back to reality. 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.

“So many kids, especially teens, choose to fill their free time with screen time instead of engaging with the real world,” said AHG Founder and Executive Director Patti Garibay. “They get sucked up in the [black hole of social media algorithm](#) suggestions and ‘next episode starting in 3-2-1’ and before you know it, it’s way past their time limit. Instead of allowing girls to get sucked into the lure of technology, it is vital that parents get their girls out in nature and [explore the amazing world God provided.](#)”

AHG’s newest Patch Program, “*Living RESTfully*,” is designed to show girls the value of unplugging from technology, taking a rest and admiring the world around them, using service-related fun activities to engage girls in caring for all aspects of God’s creation. Throughout the program, girls will learn to **R**espect the Creator, **E**dify mankind, **S**ustain animal life, and **T**end to natural resources — REST.

“When girls immerse themselves in nature — God’s creation — the reality of His almighty power and call for each human heart becomes clear,” noted Garibay. “Involving girls wholly in nature and testing their skills with a variety of outdoor adventures that challenge and [help them grow in confidence](#) is important to building strong, competent young women. With the aid of such programming, God gifts girls with self-awareness and leadership qualities, allowing them to blossom in a healthy and encouraging environment.

And, in the case of AHG, adding the Christ-centered mentorship of our leaders and program enhances the spiritual development of each girl.

“It is time for girls to break free from the vice grip technology has on this generation and see the beauty and splendor not only in the real world, but also in themselves.”

Tune in to this week’s [Raising Godly Girls \(RGG\) podcast](#) and “*Raising Godly Girls*” one-minute [radio feature](#) to hear more about teaching girls how to break free from their screens and life beyond social media.

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](#).