

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

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Girls today experience higher rates of diagnosed anxiety than ever before; they need God's help

AHG equips parents to lead their girls through worry and fear with 'A Raising Godly Girls Guide to Tackling 8 Stressors Girls Face Today' e-book

CINCINNATI, Ohio — In this paradoxical world where technology creates more time for leisure and relaxation than ever before, almost [32% of all youth have been clinically diagnosed with an anxiety disorder](#). It's also shown that girls are 38% more likely to suffer from anxiety and worry.

"With all that is going on in our world today, it's no surprise that today's teens are experiencing the effects of worry, along with its parent cause, fear, in unprecedented numbers," says Patti Garibay, founder and executive director of American Heritage Girls (AHG, www.americanheritagegirls.org). "Fear is debilitating. It manifests itself in a variety of unhealthy behaviors, causing many sleepless nights."

Fear is part of the human condition, but as part of the Body of Christ, [Christians are called to faith over fear](#). God has provided reassurance to Christians in the Bible, telling them not to fear. The Lord warns Christians that fear that results in worry is not from Him; it is from the adversary. Teaching girls to focus and trust in God allows their faith and confidence in His Word to become bigger and their fears to dwindle.

Garibay's [recent op-ed](#) highlights the major issues facing a girl today: diagnosed anxiety, worst-case scenario thinking, panic attacks, worrying, feelings of inadequacy, fear of the future, and struggling to find her place.

"American Heritage Girls stands ready to assist parents in helping their daughters through this crazy time," says Garibay. "Our Raising Godly Girls E-book, '[Tackling 8 Stressors Girls Face Today: A Raising Godly Girls Guide](#)' dives deep into these topics and provides simple, concrete, and actionable tips, including comprehensive biblical support as an additional foundation for parents to help them work through these issues with their daughters. It even has an activity in the back for girls to help cope with their stress.

"My prayer at this time of anxiety and distress is for each of us to dismiss fear and shine as a beacon of certainty that we serve a sovereign God who is the creator of the earth, the Prince of Peace, the Alpha and the Omega, and the Lord that provides."

Tune in to this week's [Raising Godly Girls \(RGG\) podcast](#) and "Raising Godly Girls" one-minute [radio feature](#) to learn more about the eight stressors girls face today and how they can use God's guidance to help cope with their stress.

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](#).