

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

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How can girls navigate today's media landscape with a Christian mindset?

'With so many conflicting messages, girls need to learn how to listen to the one voice that matters more than anyone else — Christ's,' says AHG Founder and Executive Director Patti Garibay

CINCINNATI, Ohio — Today's girls are inundated with mixed messages from the media. American teenagers spend [nearly five hours a day](#) consuming media, with girls engaging with digital media significantly more often than their male counterparts. Not only can excessive media exposure be a distraction from schoolwork or family life, [it can also lead](#) to obesity, depression, and other mental health problems. Unfortunately, in today's digital age, it's nearly impossible to avoid all types of media. How can Christian parents help their daughters navigate today's media landscape and ensure a constructive experience?

American Heritage Girls (AHG, www.americanheritagegirls.org), one of the world's largest Christ-centered scout-type organizations, has long encouraged safe and positive interactions with the media. For nearly 30 years, *AHG* has been at the forefront of Christian scouting with innovative, advanced programming designed to grow with girls as they mature throughout the organization. When it comes to media engagement, *AHG Founder and Executive Director Patti Garibay* encourages parents to teach their girls how to be intelligent, considerate consumers of today's media.

"Today's teens are seeking information as engaged global citizens," says Garibay. "What a gift to raise girls who care so deeply for the world! But without parental guidance, 'research' and 'concern' can quickly devolve into accepting half-truths and forming emotionally charged, fact-less opinions. To combat false information, it's vital that parents teach their girls the skills of critical thinking and media literacy.

"Girls must learn to employ filters when reading or watching news: Is it true? Who created the content and for what purpose? Does the information honor God and His people? Am I getting all viewpoints? Does the information feed inflammatory emotions in me? Unless parents and leaders of girls teach them how to consider these questions when engaging with the news."

Recently, *Garibay* featured CBN News White House Correspondent Abigail Robertson on *AHG's [Raising Godly Girls \(RGG\) podcast](#)* to discuss how girls can best interact with the media. With nearly a decade of experience reporting on American politics from a Christian perspective, Robertson shares her insights on how parents can guide their daughters through the complexities of today's media landscape. In this episode, listeners will learn practical strategies to help their girls discern truth from misinformation and align their understanding of current events with biblical principles. Robertson discusses the importance of cultivating a biblical worldview, the challenges posed by biased reporting, and how to leverage news stories as teachable moments.

“In today’s digital age, it’s vital that parents are involved in their daughter’s media consumption,” says Garibay. “With so many conflicting messages, girls need to learn how to listen to the one voice that matters more than anyone else — Christ’s.”

Tune in to this week’s [Raising Godly Girls \(RGG\) podcast](#) and “Raising Godly Girls” one-minute [radio feature](#) to equip girls on how to navigate news and media with discernment.

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](#).