

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

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CONTACT:

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

Self-worth can't be found on social media, but through the grounding of faith, says *Patti Garibay*

'It's so important that girls find their worth not through the eyes of the world but as Christ sees them — so cherished that He was willing to die for them'

CINCINNATI, Ohio — With the rise of social media and other powerful influences, it's easy for girls to feel overwhelmed or unconfident in today's hectic world. A [recent survey](#) found that compared to 2017, the percentage of girls who report feeling confident has dropped from 68% to 55%.

While many girls wrestle with complex emotions surrounding self-worth and identity, *American Heritage Girls* (AHG, www.americanheritagegirls.org) Founder and Executive Director *Patti Garibay* knows firsthand that the way to raise strong, resilient girls in today's modern world is to ground them in their faith instead of allowing them to succumb to the pitfalls of social pressure.

"Society is telling girls that in order to feel validated, they must adhere to worldly standards and deny their innate, biblical femininity," said Garibay. "But the key to true contentment is to cultivate strength and boldness through their identity in Christ. A true girl of God doesn't define herself by how she is seen by the world, but by how her loving Father in heaven sees her!"

Founder of AHG, the premier faith-based, scout-type leadership development program for girls ages five to 18, *Garibay* recently spoke with Sarah Stonestreet, the host of the Colson Center's Strong Women podcast, on AHG's new [Raising Godly Girls \(RGG\) podcast](#). Together, they delve into the core principles of raising girls grounded in their faith. Stonestreet shares her passion for empowering young girls and the pivotal role of Biblical principles in cultivating strength and boldness. They explore how parents can redefine meekness as a powerful virtue and equip their daughters to lead with humility and confidence.

"It's so important that girls find their worth not through the eyes of the world but as Christ sees them — so cherished that He was willing to die for them," said Garibay. "It is vital that girls develop a strong sense of identity rooted in God's love so that they can navigate societal pressures while staying true to their faith. A girl's self-worth shouldn't be grounded in the ever-changing fads found online, but in Christ's all-powerful love. Unless parents and leaders of girls actively work to cultivate this in their girls, young women will find themselves struggling to maintain their faith in a faithless world. Once a girl is secure in who she is in Christ, she can boldly live out her faith and make a difference for the kingdom of heaven."

Tune in to this week's [Raising Godly Girls \(RGG\) podcast](#) and "Raising Godly Girls" one-minute [radio feature](#) to equip, affirm and strengthen those on the journey to help their girls live boldly for Christ.

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](#).