

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

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How should parents address sex and sexuality with their girls in a broken and offensive world?

‘There is an entire generation searching for purpose and meaning, and instead of seeking answers from the source of life, too many are going down a dangerous and destructive path,’ said AHG founder

CINCINNATI, Ohio — Many parents dread the infamous “sex talk” with their children, but unfortunately, today’s youth are being exposed to inappropriate materials earlier than ever before. Early exposure to sexual content [often leads to risky behavior](#) later in life, [including](#) violent relationships, unplanned pregnancies, and other negative consequences. Despite any uncomfortable feelings, it is vital that parents address healthy sexual relationships with their daughters before they accidentally discover it on their own, according to *American Heritage Girls (AHG, www.americanheritagegirls.org) Founder and Executive Director Patti Garibay*. Having worked with young girls for the past three decades, *Garibay* has intimate knowledge of how to best approach touchy conversations with a biblical perspective.

“It’s important to have conversations that address the tough or uncomfortable topics your girl might bring up,” said Garibay. “Girls need to feel safe and to have space to process the information and ask questions. The society today’s girls are exposed to is teaching them that gender is fluid, sex can be casual, and that this very intimate topic is appropriate at school and not in the home. There is an entire generation searching for purpose and meaning, and instead of seeking answers from the source of life, too many are going down a dangerous and destructive path.”

Garibay addresses these difficult topics with Dr. Juli Slattery, clinical psychologist, author, speaker, and president/co-founder of [Authentic Intimacy](#), on *AHG’s* powerful new [Raising Godly Girls \(RGG\) podcast](#). Dr. Slattery is an expert on navigating the challenging terrain of discussing sexuality from a Christian perspective, and she shares invaluable insights on how to have an effective and God-honoring sex talk.

“It’s so important that parents are proactive rather than reactive when it comes to this topic,” commented Garibay. “The average age of a young person being [exposed to online pornography](#) is around 10 years old, and some children are even younger. It is vital that parents address the topic of sex and sexuality early, thoughtfully, and most importantly, biblically.”

In this [Raising Godly Girls podcast](#) episode, Dr. Slattery reveals the secret to productive, ongoing, and God-honoring conversations with girls about sex, offering practical tips for transforming difficult conversations into effective and meaningful ones. Additionally, she discusses why sexuality is a common battleground for spiritual warfare and why this topic is crucial to God. This episode is a must-listen for parents seeking to navigate this sensitive topic with grace and confidence.

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 when having hard conversations with their girls.

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 parents. 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](#).