

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

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How can parents protect their girls from the harmful influences in today's entertainment industry?

‘Though it may not seem like it, there are still actors, writers, and creators who are committed to producing positive projects that adhere to a Christian perspective,’ said AHG founder

CINCINNATI, Ohio — Social media has become an unfortunate influence on today's teens. Unlike previous generations, today's youth are digital natives, having grown up in the technological age. While there are plenty of positive influences across many social media platforms, there are even more negative ones designed to corrupt young viewers. In 2021, more than 40% of high school students reported depressive symptoms related to social media, with girls reporting even higher rates of poor mental health and suicidal thoughts, according to [data from the U.S. Centers for Disease Control and Prevention](#).

‘Teens — especially girls — are often desperate for attention and approval from their peers, and unfortunately many users on social media prey on that desire,’ said American Heritage Girls (AHG, www.americanheritagegirls.org) Founder and Executive Director Patti Garibay.

Having worked with young girls for the past three decades, **Garibay** knows firsthand how important positive influences can be in a girl's life. Founded by parents concerned about the quality of information and education their girls were receiving, **AHG** provides age-appropriate, Christ-centered programming for girls ages five through 18.

‘In this Information Age, girls have more data available to them than any other generation in history. While there are thousands of sites, podcasts, videos, and programs on the internet that offer good leadership, communication, and goal setting, what is the most effective way to grow in the image of Christ? Hint: it doesn't come through a download,’ commented Garibay. ‘Parents must be informed and educated on what their children are exposed to, both online and through modern entertainment.’

Garibay addresses the importance of parental involvement in their child's media consumption on the latest episode of **AHG's** powerful new [Raising Godly Girls \(RGG\) podcast](#). Sitting down with actor, writer and director David Henrie, known for his roles in “How I Met Your Mother,” “Wizards of Waverly Place,” and his newest feature as Young Reagan in the upcoming film, “**REAGAN**,” **Garibay** hears how Christian actors and creators can positively influence young audiences. **Garibay** and Henrie also discuss how parents can equip their daughters to maintain a strong faith in the digital age and Henrie's firsthand insights on navigating the world of media and entertainment with discernment and a biblical worldview.

‘Though it may not seem like it, there are still actors, writers, and creators who are committed to producing positive projects that adhere to a Christian perspective,’ noted Garibay. ‘It is the God-given duty of parents

to remain vigilant when it comes to their daughters, and in today's day and age, that includes music, film, tv and other sources of online entertainment."

Tune in to this week's [Raising Godly Girls \(RGG\) podcast](#) and "[Raising Godly Girls](#)" one-minute [radio feature](#) to equip, affirm and strengthen parents toward balancing entertainment and Godly values in 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](#).