

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

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OCTOBER IS NATIONAL BULLYING AWARENESS MONTH

***AHG* equips girls to fight fear with faith in the face
of cultural persecution**

‘It is my prayer that we at AHG can equip and empower our girls to go out into a world that condemns them for their beliefs and turn back the tide for the Gospel’

CINCINNATI, Ohio — As the number of Christians in America [rapidly dwindles](#), the cultural attitude towards Christianity as a whole continues to plummet. [Two-thirds of American Evangelicals](#) believe there is conflict between their own religious beliefs and mainstream American culture. For young Christians, this can be particularly difficult to navigate, as many face bullying and ostracization for their beliefs. How can parents bolster their child’s faith and confidence amidst a world of hate and confusion?

American Heritage Girls (AHG, www.americanheritagegirls.org), one of the nation’s premier scout-type organizations for girls ages five to 18, provides support, encouragement and advice for parents questioning how they can help their girls navigate the overwhelming noise of today’s polarized world. In a time when sensationalized news often overshadows the truth, giving girls the tools and knowledge to stand firm in their faith is more important than ever before.

“We live in an incredibly fractured society right now,” said AHG Founder and Executive Director Patti Garibay. “It can be hard to trust your neighbor or make new friends if you are worried they will attack you for your convictions. For girls just looking to fit in, the fear of being bullied for their faith can become so consuming that the light of their spirit will start to diminish. It is our responsibility as parents and leaders of girls to remind them that when a bully cuts to their heart, they must rely on God’s truth because it is the first step on the road back to the Lord.”

In this weekend episode of AHG’s [Raising Godly Girls \(RGG\) podcast](#), special host Natalie Ambrose sat down with Kathleen Wadkins, head of content for [The Pour Over](#), to discuss how families can help their girls navigate the twists and turns of being a Christian in an un-Christian world. Together, Ambrose and Wadkins explore the challenges Christians face when standing for truth in a culture often antagonistic toward Biblical values. Additionally, Wadkins opens up about her personal journey — from starting as a contributor at The Pour Over to becoming a mom of two and the head of content — showcasing the impact of a Christ-centered approach to news and media. She discusses practical strategies for fostering discernment in girls, helping them learn to seek truth with wisdom and grace while remaining respectful of all viewpoints.

“As Christians, we are called to be salt and light to the world, no matter how loud the naysayers can be,” commented Garibay. “It is my prayer that we at AHG can equip and empower our girls to go out into a world that condemns them for their beliefs and turn back the tide for the Gospel.”

Tune in to this week’s [Raising Godly Girls \(RGG\) podcast](#) and “Raising Godly Girls” one-minute [radio feature](#) to hear about how **AHG** is equipping parents and loved ones with the tools to help their girls with the overwhelming noise of today’s polarizing world and learn to seek truth with wisdom and grace while remaining respectful of all viewpoints.

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](#).