

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

For Immediate Release
November 18, 2024

CONTACT:

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

In a technology-crazed society, *AHG* teaches girls to be responsible digital citizens

‘AHG works to empower girls and their families to foster healthy relationships with technology through intentional curriculum, cultivating badge programs and engaging outdoor activities’

CINCINNATI, Ohio — Today’s youth have become true digital natives. [Ninety-six percent of teenagers](#) report using the internet daily, with 46% reporting being on the internet almost constantly (up from 24% in 2015). With the holidays just around the corner, many parents are wondering if their child is ready for the responsibility — and dangers — of a smartphone, but with societal pressure mounting, it seems impossible to delay the inevitable onslaught of modern technology in the home.

Practicing safe and healthy relationships with technology is critical to the development of young girls in today’s world, according to *American Heritage Girls (AHG)*, www.americanheritagegirls.org **Founder and Executive Director Patti Garibay**. In today’s digital landscape, young Christian girls must be prepared to dive into the web of false information, constant comparison and inappropriate content circulating the internet.

“Screens are becoming an all-too-common facet of modern households,” said Garibay. “It seems that everywhere you turn, technology is demanding more of our attention. AHG works to empower girls and their families to foster healthy relationships with technology through intentional curriculum, cultivating badge programs and engaging outdoor activities.”

AHG offers several technology-based badges that girls can earn, including a Digital Citizenship Badge and a Communication and Technology Badge. These badges are designed to teach girls about technological advancements throughout history, how to responsibly interact with technology, as well as any etiquette and expectations they need to know to navigate the internet.

On *AHG’s* [Raising Godly Girls \(RGG\) podcast](#), **Garibay** recently sat down with Paul Asay, a seasoned media reviewer and author of “Becoming a Screen-Savvy Family.” **Garibay** and Asay dive deep into the pressing question of how to navigate the media-saturated world that our children are growing up in. They discuss the alarming statistics regarding children’s screen use, including a study revealing that the average American child receives their [first smartphone at around 11 years old](#). Asay offers practical strategies for fostering healthy, Christ-centered relationships with technology, emphasizing the importance of open dialogues with children about media trends.

“Technology doesn’t have to be the enemy,” commented Garibay. “Romans 8:28 tells us that all things can work together for good — screen time included! We just need to be mindful of our interactions online.”

Tune in to this week's [Raising Godly Girls \(RGG\) podcast](#) and "[Raising Godly Girls](#)" one-minute [radio feature](#) to equip parents and loved ones toward helping their girls navigate technology in a way that honors God and nurtures their hearts.

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.

###

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.](#)