**\*\*\*NEWS RELEASE\*\*\***

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**CONTACT:**   
Hamilton Strategies, [Media@HamiltonStrategies.com](mailto:Media@HamiltonStrategies.com), Beth Bogucki, 610.584.1096 ext. 105, Dawn Foglein, ext. 100, or Jeff Tolson, ext. 108

**FEBRUARY 14 IS VALENTINE’S DAY**

**Approaching dating with a Biblical framework: *AHG* guides families through the modern relationship maze**

*‘Modern society teaches girls that relationships are superficial and fleeting, but the Bible is clear that it’s the heart that really counts,’ says* ***AHG Founder Patti Garibay***

**CINCINNATI, Ohio** — Starting romantic relationships is a natural part of growing up, yet most parents fear this transition into adolescence for its unpredictable nature. For Christian families, their daughter’s foray into the dating scene can be marred by concerns about the quality and character of the boys their girl is talking to. How can families prepare their daughters — and themselves —for this pivotal time in their lives?

For families wondering how to encourage their daughters to pursue godly relationships, ***American Heritage Girls (AHG,*** [***www.americanheritagegirls.org***](http://www.americanheritagegirls.org)***),*** the nation’s premier Christ-centered scout-type organization for girls ages five to 18, offers a strong, Biblically-sound curriculum that empowers girls to first seek their identity in Christ before a romantic relationship. For three decades, ***AHG*** has been coming alongside girls and their families to provide a unique program that fosters a secure faith amidst the chaos of today’s immoral culture.

***“Modern society teaches girls that relationships are superficial and fleeting, but the Bible is clear that it’s the heart that really counts,” said AHG Founder and Executive Director Patti Garibay. “From a Biblical worldview perspective, we see the need for parents to guide daughters toward Christ-centered relationships. With God at the center of a relationship, the fruits of His Spirit, like faithfulness and self-control, can blossom. Teaching girls to approach dating as a way to honor God prepares them to discern wisely, prioritize faith, and seek relationships rooted in love, respect and purpose — building a legacy of faith and glorifying God in their future commitments.”***

To celebrate Valentine’s Day, special guest host Melissa Bearden welcomes USA Today bestselling author and homeschool mom of ten, Tricia Goyer, to the [***Raising Godly Girls Podcast***](https://linktr.ee/raisinggodlygirls) ***(RGG)*** to tackle this important topic. In this insightful episode, Goyer shares practical wisdom and Biblical truths on guiding girls toward God-honoring relationships. Together, Bearden and Goyer discuss how to steer girls away from the hype of Valentine’s Day and the rush to crush, and toward a deeper understanding of true love rooted in Christ.

***“It’s so important for parents to have meaningful conversations with their girls to prepare them emotionally, physically, and spiritually for the challenges and triumphs of dating,” said Garibay. “AHG is proud to help parents guide girls through the maze to ensure they look at dating, like any other facet of girl and young womanhood, through a Biblical lens.”***

Tune in to this week’s[***Raising Godly Girls (RGG)*** podcast](https://linktr.ee/raisinggodlygirls) and ***“Raising Godly Girls”*** one-minute [radio feature](https://americanheritagegirls.org/news-media/radio/#:~:text=A%20one%2Dminute%20daily%20radio,to%20Christian%20radio%20stations%20nationwide.)to equip, affirm and strengthen those on the journey to guide their girls to approach romantic relationships and dating with a Biblical framework.

***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](https://americanheritagegirls.org/start-a-troop/structure-and-costs/) 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](https://americanheritagegirls.org/find-a-troop/)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](https://americanheritagegirls.org/start-a-troop/getting-started/). To hear more about the purpose, mission and vision of ***AHG*** from ***Founder and Executive Director Patti Garibay***, [click here](https://www.youtube.com/watch?v=487uEE8gF9w).

Today, there are [Troops](https://americanheritagegirls.org/find-a-troop/)in all 50 states and girls being served in six countries around the globe. Girls can join a Troop at any time; if a Troop is not available nearby, they can become a [Trailblazer](https://americanheritagegirls.org/trailblazer/)and enjoy the ***AHG*** program alongside their parents. A variety of Christian denominations are also represented as [Charter Organizations](https://americanheritagegirls.org/start-a-troop/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,***](https://americanheritagegirls.org/blog/)***”***including a [weekly podcast](https://linktr.ee/raisinggodlygirls), 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,***](https://americanheritagegirls.org/introducing-the-raising-godly-girls-podcast/)***”*** features fresh episodes every Tuesday, Thursday, and Saturday. Subscribe and follow on any major podcast platform or visit [raisinggodlygirls.com](https://americanheritagegirls.org/blog/). Additionally, the [***“Raising Godly Girls***](https://americanheritagegirls.org/news-media/radio/) [***Minute”*** ***with Patti Garibay***](https://americanheritagegirls.org/news-media/radio/)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**](mailto:Media@HamiltonStrategies.com)**, Beth Bogucki, 610.584.1096 ext. 105, Dawn Foglein, ext. 100, or Jeff Tolson, ext. 108.**

**To inquire about airing the** [***“Raising Godly Girls Minute”*** ***with*** ***Patti Garibay***](https://americanheritagegirls.org/news-media/radio/), **contact** [**Michael Hamilton**](mailto:mhamilton@hamiltonstrategies.com)**, 610.584.1096, ext. 101.**