

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

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FEBRUARY 14 IS VALENTINE'S DAY

**Choose family instead of flowers this Valentine's Day,
says *AHG Executive Director Rachael Culpepper***

'Valentine's Day is a prime opportunity for parents to model Christlike love in ways that will shape a girl's heart for years to come'

CINCINNATI, Ohio — February is the season of love, and amidst the chocolate hearts and bouquets is the deep, innate desire for intimate connection. Experts agree that a solid, healthy understanding of love and relationships starts with the family unit. [Research shows](#) that the feeling of being loved and experiencing parental affection has positive effects on a child's [development and mental health](#), forming the framework for their personality, life choices and overall behavior that will impact them throughout their entire lives.

"Valentine's Day is a prime opportunity for parents to model Christlike love in ways that will shape a girl's heart for years to come," commented American Heritage Girls (AHG, www.americanheritagegirls.org) Executive Director Rachael Culpepper. The nation's premier Christ-centered scout-type organization for girls ages five to 18, *AHG* works with parents and loved ones to teach girls the value of the family unit and how to help preserve biblical foundations, including the [Family Helper Badge](#) and [Together as a Family Badge](#).

"Healthy, loving relationships start right in the home," noted Culpepper. "It's easy for girls to get caught up in the Valentine's Day festivities, but families that shower their girls with love and support help them understand their true worth as Christ sees them. God designed the parent-child bond as a model for how He loves us, His children — it's vital that we as parents do our utmost to point girls to the unrelenting love of Christ."

On an upcoming episode of the [Raising Godly Girls \(RGG\) podcast](#), *AHG* Founder and Executive Director Emeritus Patti Garibay is joined by beloved author and speaker Jessica Smartt, whose work encourages families to slow down, reclaim childhood and build homes marked by warmth, joy and connection. Together, Garibay and Smartt explore how biblical love shapes sibling relationships, strengthens marriages and gives girls a clear, hope-filled picture of what love is meant to be. As Valentine's Day approaches, this conversation reframes the holiday as an opportunity to model Christlike love in ways that will shape a daughter's heart for years to come.

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 and loved ones to reframe Valentine's Day through a family lens.

About American Heritage Girls: Marking the organization's 30th anniversary this year, [American Heritage Girls](#) was founded in 1995 by a group of parents who wanted a faith-based, scout-type character development

program for their daughters. At **AHG**, girls ages five to 18 meet together as a unified group and then break out into Levels. This gives **AHG** girls the important social experience of interacting with friends and Godly mentors. Girl Members also learn leadership skills within a group setting. **AHG** Troops are located in [local communities](#) across the nation. If one does not exist in a given area, families are encouraged to start an **AHG** Troop. An **American Heritage Girls** Troop Development Coach is available to provide resources and support. To hear more about the purpose, mission and vision of **AHG** from **Founder and Executive Director Emeritus Patti Garibay**, [click here](#).

Today, there are 70,000 members and 1,300 [Troops](#) in all 50 states, with 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](#) and enjoy the **AHG** program alongside their parents. [Charter Organizations](#) include a variety of Christian denominations, Christian schools and Catholic outreach. 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](#) featuring fresh episodes every Tuesday, Thursday and Saturday, [“Raising Godly Girls Minute” with Patti Garibay](#) one-minute radio feature airing on 1000+ Christian radio stations nationwide, a blog, and e-books 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.

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To schedule interviews with **Patti Garibay**, executive director emeritus of **American Heritage Girls**, or **Rachael Culpepper**, executive director of **American Heritage Girls**, contact **Hamilton Strategies**, 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.