

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

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## **Raising girls in difficult times: *American Heritage Girls* shares how Christ transforms homes**

*'We must model this sense of peace for our young girls, inviting them to pause, pray and reset their hearts amidst the stressors and strife of the day,' says AHG's Rachael Culpepper*

**CINCINNATI, Ohio** — It is an increasingly stressful time to be a parent, particularly for parents of young girls. According to a [Pew Research survey](#), 70% of parents believe that parenting is more difficult now than it was 20 years ago, and [many claim](#) that the stress of raising girls is higher than that of raising boys due to the emotional intensity and complexities of the mother-daughter bond. All this compounded stress has a [profound negative impact](#) on young girls in the home, often leading to poor behavior, mental instability and long-term health issues.

The key to raising girls in a positive, uplifting manner is to foster a sense of biblical peace within the home, according to *American Heritage Girls (AHG, [www.americanheritagegirls.org](http://www.americanheritagegirls.org)) Executive Director Rachael Culpepper*. The nation's premier Christ-centered scout-type organization for girls ages five to 18, *AHG* encourages parents to surrender their homes — and sense of control — to the Prince of Peace and witness how their families transform.

*"Shalom' is the Hebrew word for 'peace,' and it has never been needed in the home like it is today," said Culpepper. "The idea of 'shalom' implies the deep, abiding sense of peace God intends for His people. But why is it so hard for us as parents and leaders of girls to invite Christ and His peace into our homes? Shalom isn't just the absence of chaos; it's the deep, soul-level peace God intends to flourish inside Christian homes today. We must model this sense of peace for our young girls, inviting them to pause, pray and reset their hearts amidst the stressors and strife of the day."*

On an upcoming episode of *AHG's [Raising Godly Girls \(RGG\) podcast](#)*, founder and executive director emeritus Patti Garibay welcomes Bible teacher, theologian and author Elizabeth Woodson. Together, they explore how understanding God's grand redemptive story — from beginning to forever — can transform the way families experience peace, purpose and joy. This episode is for the mom who feels stretched thin, for the family navigating tension or unmet expectations, and for every parent who wants her daughter to grow up anchored in God's truth rather than the world's definition of peace.

*"The Bible reveals that God's heart for His children is one of profound peace," noted Culpepper. "Children absorb the energy found within their own home and internalize it — it's vital that Christian parents and guardians create this sense of 'shalom' and pass it on to the next generation."*

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 work toward homes that reflect peace rather than pressure.

**About *American Heritage Girls*:** Marking the organization's 30<sup>th</sup> 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](mailto: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.