

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

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Choosing sanctity over self: *AHG* equips girls to live counterculturally

*‘Instead of focusing on the self, we empower girls to consider how they can best serve others and foster their faith,’ says *AHG*’s Rachael Culpepper*

CINCINNATI, Ohio — Today’s twisted culture promotes “me, me, me,” directly impacting the mental, emotional and spiritual well-being of today’s girls. Eighty-one percent of American teens [reported](#) feeling negative pressure with achievement, appearance, and having a game plan for the future being the most common sources of distress. In the face of such burnout and egotism, how can parents of girls help foster a sense of humility and generosity to form them into godly women of character?

American Heritage Girls (AHG, www.americanheritagegirls.org), the nation’s premier Christ-centered scout-type organization for girls ages five to 18, has helped families nurture faith and sincerity in their girls for more than 30 years. When it comes to the pressure to be “perfect,” *AHG* teaches girls to reframe their sense of self and see themselves as God sees them.

*“What does it take to free girls from the burden of self-focused living?” said *AHG* Executive Director Rachael Culpepper. “The Bible makes it clear that [believers are meant to](#) ‘do nothing from selfish ambition or conceit, but in humility count others more than yourself.’ What does that look like in today’s corrupted culture? It’s our goal to cultivate this Christian virtue throughout a girl’s journey without the pressure to live it perfectly. Instead of focusing on the self, we empower girls to consider how they can best serve others and foster their faith.”*

AHG resources offer age-based, practical ways for girls to garner a sense of humility with God and one another. [AHG’s Stars & Stripes Award](#) teaches girls perseverance, self-respect, and a strong feeling of satisfaction. The goal of the *Stars & Stripes Award* is the experience and the realization of the servant’s heart that is needed to lead with integrity and humility. Through the process of earning the *Stars & Stripes Award*, candidates gain a first-hand understanding of the servant’s heart required to lead with integrity and humility, preparing girls for responsibility as they transition to adulthood.

On an upcoming episode of *AHG*’s [Raising Godly Girls \(RGG\) podcast](#), *AHG* Founder and Executive Director Emeritus Patti Garibay spoke with bestselling author and pastor Sharon Hodde Miller about the pressure to curate a socially-approved “self.” Together, Garibay and Miller explore what “self-forgetfulness” actually looks like in everyday motherhood, how comparison silently steals a girl’s joy, and how families can build rhythms that help everyone in the home look up instead of inward.

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 help their girls experience the deep freedom that comes from fixing her eyes on the Savior rather than on herself.

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.