

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

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AHG presents ‘A Raising Godly Girls Guide to Body Image’

New AHG offering is ‘a timely response to culture’s deceptive messages about a girl’s body, its purpose and value, and how to care for this vessel in excellence,’ says AHG’s Rachael Culpepper

CINCINNATI, Ohio — [Studies show](#) that by age 13, 53% of American girls are “unhappy with their bodies.” This troubling statistic grows to 78% by the time girls reach 17. While peer pressure, social media and the entertainment industry might be mitigating factors, experts agree that [family influence](#) can have the strongest impact on a girl’s body image. To aid the Christian family in guiding girls through the maze of self-worth and body image, *American Heritage Girls (AHG, www.americanheritagegirls.org)*, the nation’s premier Christ-centered, scout-type organization for girls ages five to 18, is proud to announce its latest e-book, “[A Raising Godly Girls Guide to Body Image](#).”

“For women especially, it seems that embracing God’s design for our bodies is a constant journey,” said AHG Executive Director Rachael Culpepper. “At AHG, we understand that from age 0-99, a Godly girl is always in process with her Lord. From the day of the first breath, God blessed the body’s design as ‘very good.’ ‘[A Raising Godly Girls Guide to Body Image](#)’ is a timely response to culture’s deceptive messages about a girl’s body, its purpose and value, and how to care for this vessel in excellence under the Lord’s divine grace.”

In this much-needed and expertly crafted [e-book](#), girls and their families will learn what the Bible says about their bodies, how to address any misunderstandings about the inherent value of every girl’s body, and clear action steps parents and girls can take to combat any feelings of inadequacy or doubt. The [e-book](#) also lists various resources to aid families in helping girls who might struggle with their body image.

“Today’s girls are force-fed unrealistic expectations of how their bodies should look,” commented Culpepper. “Every single body, no matter how it looks, is beautifully and perfectly made. The human body is an astounding creation — one meant to reflect its Creator, to echo the beauty and glory of the Kingdom, and to faithfully serve the world around us. Raising a Godly girl who is able to overcome the pattern of body shame and self-ridicule in our broken world proves easier said than done. No parent should have to go it alone.”

Additionally, *AHG* is strategically stepping into spaces where its message resonates, including [Turning Point USA’s Women’s Leadership Summit 2026](#), June 5–7 in San Antonio, TX. Through a bold on-site presence, *AHG* will actively engage an aligned audience — casting vision, equipping young women with truth, and calling the next generation to embrace God’s design for girlhood and stand firm in today’s cultural tide. *AHG*

Staff will be present on-site, conducting interviews for the *Raising Godly Girls Podcast* and engaging with those interested in joining or starting Troops.

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 build a foundation of faith. On Saturday, June 6, hear from Answers in Genesis' Dr. Georgie Purdom, scientist, author and ministry leader, on why the Bible still matters deeply for families today.

Next week on the *Raising Godly Girls* podcast, join *AHG* for a week of conversations on the topic of practical godly money habits, with a special guest episode featuring financial author and stewardship expert Matt Bell.

About American Heritage Girls: [American Heritage Girls \(AHG\)](#) 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*, a 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.