

AHG's family-friendly multi-level structure means that girls from all Program Levels meet together as a single Troop at the same time. During Troop meetings, girls and leaders break into Units where programming is tailored to the different age groups and abilities. This structure allows for natural mentorship for younger girls and leadership opportunities for older girls.

GROWING & PROGRESSING THROUGH THE 5 PROGRAM LEVELS

American Heritage Girls is designed to celebrate girlhood in every way. Unlike other extracurricular activities that exist to push a child into mastery, the Program Levels do not serve to rush a girl through learning and experiencing all that AHG has to offer. Rather, the five Program Levels of AHG exist to guide a girl towards becoming a **woman of integrity** in her own way through exploring life skills, faith, and service.

A GIRL'S AHG JOURNEY

Age 5-6

PATHFINDER

Under tender and loving leadership from volunteers and older girls in the Troop, Pathfinder girls grow in knowledge and spirit. These younger girls can foster their natural curiosity and creativity about what it means to be an American Heritage Girl during fun Troop activities. Pathfinders become anchored in Christ early on through fundamental faith lessons and Troop service events. These girls receive a taste of the well-rounded AHG Program with lessons on life skills, outdoor adventure, leadership and social interaction. Parents are encouraged to experience the AHG Program together with their daughters within the Pathfinder Level.



Age 6-9

TENDERHEART

As Tenderhearts, young girls learn to boldly explore the world around them through the wide-breadth of the AHG Program. Tenderhearts learn life skills and grow in faith through Troop activities, Badge and Patch Programs, service opportunities, and outdoor adventure. This recognition-inclusive programming teaches young girls to set goals and strives to achieve them through dedication and perseverance. As a Tenderheart, each girl has the opportunity to grow beyond what she finds in her every day learning and to discover new passions and interests.



Age 9-12

EXPLORER

Ready to take on more responsibility as they mature, Explorers are eager to grow in all areas of their AHG experience. Building on the foundational premises of service to God, family, community, and country, Explorers are given a set of more extensive requirements on all activities resulting in recognition, like service and badge work. Explorer Level-aged girls especially love the welcoming and fun environment AHG provides!

*All AHG Program Levels place great emphasis on developing Christ-following servant leaders who are **honoring, relational, anchored, and competent.***

Girls are welcome to join American Heritage Girls at any Program Level because the Program has so much to offer at every age.

-Patti Garibay



Age 12-14
PIONEER

At the age when girls are most susceptible to peer pressure and the loss of self-confidence, Pioneers are given the opportunity to find out who they truly are. Girls are encouraged to explore their interests in an environment that recognizes and encourages them through the successes and failures of adolescence. Pioneer girls embark on the road to self-discovery surrounded by faith-filled Adult Members and mentors, allowing them to find who they are and whose they are in Christ. The Pioneer Level is where girls begin to show leadership skills by assisting the Adult Members with planning, organizing and staffing special events for AHG in the community or within their Troop.



Age 14-18
PATRIOT

Teenage girls experience the full breadth of the AHG Program. They learn life skills vital to adulthood through Troop activities and Girl Leadership opportunities. Adult Unit Leaders serve as facilitators as the Patriot girls take full ownership of their Unit, allowing girls to make decisions on a regular basis. Teens in AHG are invited to develop rich spiritual maturity and recognize who they are and whose they are in Christ in a fundamental way. Patriots have the opportunity to earn AHG's highest level award in addition to AHG's highest honor, the Stars & Stripes Award.



THE JOURNEY

EARNING BADGES, PATCHES & AWARDS

DID YOU KNOW?

A girl can earn the same badge up to three times as an American Heritage Girl! As a girl advances to the next Program Level, badge requirements build on themselves and offer a more concrete understanding of a skill or concept in its progression.

Starting at the Tenderheart Program Level, girls in AHG strive for recognition by way of formal awards and Badge and Patch Programs. Requirements for earning these various recognitions increase with each Program Level.

Service Stars acknowledge a girl's commitment to volunteerism. The hours required to earn a Service Star steadily increase as a girl ages in the Program.

AHG's Sports Pin Program recognizes girls for their hours of practice and competition, while encouraging them to maintain a healthy lifestyle through sports participation. Each Program Level also has its own specific **Level Award**, named after notable figures in American history, which acknowledges a girl's commitment to distinction in the AHG Program. Carefully-selected Badge and Patch Programs from various areas of skill and Level Award requirements keep members on track in creating balance within each Troop while promoting a standard of excellence.

Girls in all Program Levels love earning activity patches because they can do it together with their entire Troop! AHG's wide array of Patch Programs provides Troops with the opportunity to explore interests and find ways to connect the girls in their Troop to create lasting and meaningful relationships with one another and the community.

The Stars & Stripes Award is AHG's highest honor. This multi-faceted award recognizes girls who epitomize the AHG Oath and Creed. The award incorporates badge work, service, and leadership. AHG is proud to celebrate the accomplishments of hundreds of dedicated young women who have earned this most prestigious honor.