

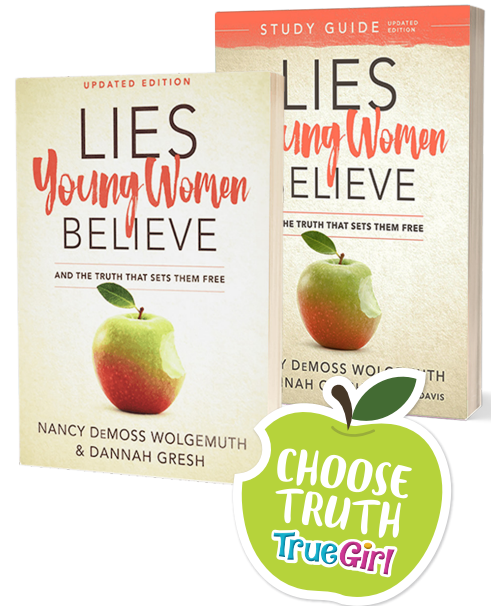
I CHOOSE TRUTH PATCH PROGRAM (FOR PIONEERS* & PATRIOTS)

A MINISTRY ALLIANCE BETWEEN AMERICAN HERITAGE GIRLS & TRUE GIRL

Walk your Troop through 8 categories of lies many tween girls believe, and discover the TRUTH that sets them free!

Today's girls face a number of lies we never dealt with at their age. From skyrocketing anxiety rates to bullying on social media to gender confusion, the Enemy's lies are everywhere. Teach your American Heritage Girls Troop to find answers in God's Word. This study will give each girl the lifelong skill of identifying lies, ripping them up, and replacing them with God's Truth. Topics include lies about God, friendship, the future, their identity, sexuality, boys, and more.

We recommend each girl and Unit Leader have a copy of [*Lies Young Women Believe & the Truth That Sets Them Free*](#) by Nancy DeMoss Wolgemuth & Dannah Gresh. The Unit Leaders would also need a copy of the [*Lies Young Women Believe Study Guide*](#) that accompanies the book. We would recommend the girls have a copy of the study guide but it is not required. If the Troop is planning to do all the reading at meetings and budget is an issue, only the Unit Leader will need the books.




Here's how to earn the I Choose Truth Patch for Pioneers & Patriots!

To earn the I Choose Truth Patch, each girl must complete the reading and homework for *Lies Young Women Believe*. The study guide will provide prompts for when to read the main book and homework to digest the content, or the Unit Leader can assign this each week.

1. Do the *Lies Young Women Believe* 9-week Bible study.

Journey with your girls through *Lies Young Women Believe & the Truth that Sets Them Free* using the study guide. Here is a break down of the nine-week schedule.



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- **WEEK 1:** THE LANDSCAPE OF LIES
 - **WEEK 2:** LIES ABOUT GOD
 - **WEEK 3:** LIES ABOUT SATAN AND LIES ABOUT MYSELF
 - **WEEK 4:** LIES ABOUT SEXUALITY
 - **WEEK 5:** LIES ABOUT RELATIONSHIPS
 - **WEEK 6:** LIES ABOUT FAITH
 - **WEEK 7:** LIES ABOUT SIN
 - **WEEK 8:** LIES ABOUT MEDIA AND LIES ABOUT THE FUTURE
 - **WEEK 9:** A COLLISION WITH TRUTH

2. Put Truth into action.

Choose one or more “ACT” activities to reinforce and remind you of the Truths you have learned through this study. You may choose from the options below or from other ACT options described in the study guide. (Ask your Unit Leader for other options if you do not have the study guide.)

Option 1: Week 2, Day 4—Become a LYWB roving reporter!

Have girls interview family, friends, and Troop Members to ask who they think God is. Discuss how their responses relate to the Truths girls have learned about God through this study. Consider recording these interviews on video and creating a video montage, with girls responding to interviewees’ statements with Bible-based Truths.

Option 2: Week 7, Day 4—Make a survival kit.

Work with girls to identify specific Scriptures that help them see Truth clearly during times of high stress and hormonal changes. This may include verses about joy to combat depression, verses of hope to bring them through discouragement, and verses that speak peace when faced with anger. Find a creative way to record these verses so girls can turn to them during times of emotional turmoil. Examples include sticky magnets, keychain notecards, and embellished artwork that can be hung in a special place in her house.

Option 3: Week 9, Day 4—Make a Truth bracelet.

Guide girls in creating a wearable reminder to always pursue Truth. Talk through different elements that may help them remember specific concepts through this study, such as colors (i.e., red = God’s love) or charms (i.e., praying hands = a direct and personal relationship with God). Discuss when they will wear their bracelets and how they believe it will help them remember Truth.

Purchase your books at mytruegirl.com and receive a **20% DISCOUNT** just for American Heritage Girls!

Code: AHGTRUTH

Optional Ideas

Get the moms in your troop involved. Order each of them their own copy of *Lies Young Women Believe & the Truth That Sets Them Free* and invite them to have a mom's group during the time you work with their girls so they are prepared for at-home discussion after each girl meeting. You might also recruit moms who are AHG-registered Adult Members to take turns leading portions of the study. **Use the I Choose Truth Patch Program Permission Slip to inform parents about what their daughters will be learning and prepare them for engaging in discussions afterward.**

Get the Patch



Order your True Girl I Choose Truth Patch online from True Girl and present it to the girls upon accomplishment of reading the book and completing their homework.

truegirl.com/ahg

NOTE: **Lies Young Women Believe* is written for girls aged 13-19. Young Pioneers may be better served by going through *Lies Girls Believe*.

TrueGirl



AHG



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FAITH | SERVICE | FUN



I Choose Truth Patch Program Permission Slip

This form is used for Troops completing the I Choose Truth Patch Program to inform parents of the subject matter that will be covered.

Please return this form to the Troop by:		
Is this activity being held virtually?		Yes <input type="checkbox"/> No <input type="checkbox"/>
Girl Name		
Troop Number		
Trip, Activity, or Event Information	Location/Facility Name	
	Location/Facility address	
	Date(s)	
	Time(s)	
	Leaving From	
	Returning To	
	Activities Include	I Choose Truth Patch Program
Emergency Contacts	Name	
	Relationship	
	Phone Number	
	Name	
	Relationship	
	Phone Number	
My daughter can be released to the following people:		
I have submitted a Health and Medical Form with my daughter's current health information.		Yes <input type="checkbox"/> No (Please submit along with this form.)
<p>As the parent/guardian, I authorize my daughter to participate in the above AHG Troop trip, activity, or event, and I understand this event may be held virtually. I approve of my daughter completing the I Choose Truth Patch Program at this meeting/event. I have reviewed the I Choose Truth Patch Program patch requirements and related book, and I am prepared for questions from and discussion with my daughter afterward, including such topics as sexuality, relationships, menstruation, and media use.</p>		
Parent/Guardian Signature		
Date		