

I CHOOSE TRUTH PATCH PROGRAM (FOR TENDERHEARTS* & EXPLORERS)

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, being a girl, boys, and more.

Troops will get the most out of this patch program if each girl works through her own copy of *Lies Girls Believe & the Truth That Sets Them Free*. Unit Leaders will need a copy of *A Mom's Guide to Lies Girls Believe* by Dannah Gresh.



There are TWO WAYS to earn the I Choose Truth Patch for Tenderhearts* & Explorers!

To earn the I Choose Truth Patch, each girl must complete the reading and homework in *Lies Girls Believe*. There are two ways to accomplish this.

1. Do the Lies Girls Believe 6-week video Bible study.

- Join True Girl Dannah Gresh and Janet Mylin for Lies Girls Believe Video Bible Study, a 6-session on-demand interactive experience that has been experienced and loved by more than 160,000 moms and their tween daughters!
- Find a creative way for girls to take these truths with them after the study is complete. For example, craft a keychain of truth cards to attach to a book bag or purse, laminate verse cards and glue on magnets to post on a refrigerator or locker, write notes on sticky notes to hang around the house, or create a "Belt of Truth" by decorating a plain belt in a way that helps girls remember what they have learned.

Purchase your books and video Bible study at mytruegirl.com and receive a **20% DISCOUNT!**

Code: AHGTRUTH

2. Do a Lies Girls Believe 10-week book club!

Journey with your girls through *Lies Girls Believe & the Truth that Sets Them Free* on your own. We recommend a 10-week schedule. Here is how to break down the reading and homework.

- **WEEK 1:** CHAPTERS 1-3 TRUTH...OR PROBLEMS!
- **WEEK 2:** CHAPTER 4 LIES ABOUT GOD
- **WEEK 3:** CHAPTER 5 LIES ABOUT MYSELF
- **WEEK 4:** CHAPTER 6 LIES ABOUT FAMILY
- **WEEK 5:** CHAPTER 7 LIES ABOUT SIN
- **WEEK 6:** CHAPTER 8 LIES ABOUT BEING A GIRL
- **WEEK 7:** CHAPTER 9 LIES ABOUT BOYS
- **WEEK 8:** CHAPTER 10 LIES ABOUT FRIENDSHIP
- **WEEK 9:** CHAPTER 11 LIES ABOUT THE FUTURE
- **WEEK 10:** CHAPTERS 12-14 THE TRUTH THAT SETS YOU FREE

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Optional Ideas

At the end of each chapter, you'll see the words “Put On Your Lab Coat” written on a pink pencil. Encourage the girls to choose at least one lie she wants to combat and be prepared to share about it at a Troop meeting.

Get the moms in your Troop involved. Order each of them a copy of *A Mom's Guide to Lies Girls Believe* and invite them to have a mom's group during the time you work with their girls or to take turns leading your 10-week book club. **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.**

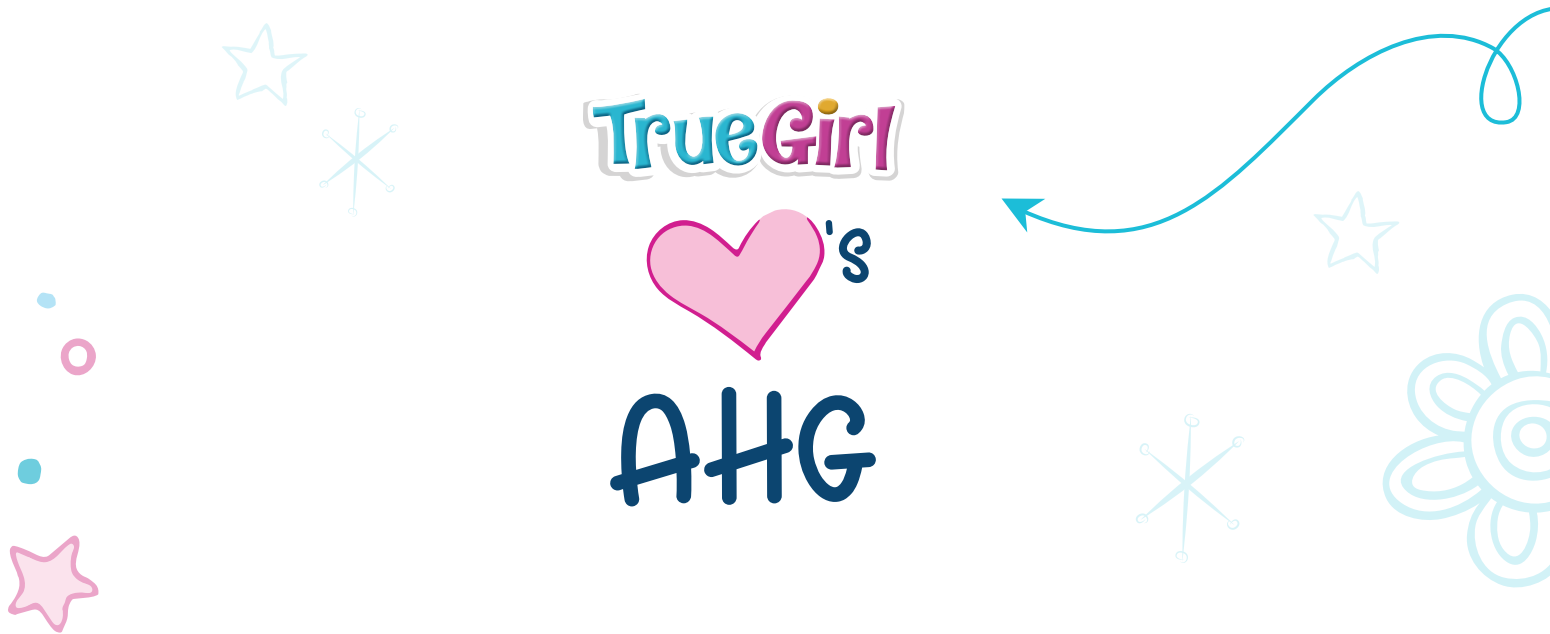
Get the Patch



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 Girls Believe* is written for girls aged 8-12. Young Tenderhearts will need extra support to accomplish the homework. Older Tenderhearts and all Explorers will be able to work independently.



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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		