Introduction: We have three minutes to capture your attention. Three minutes to convince you to take action about pressing issues that have plagued girls globally for decades. Nations from different corners of the world have come together to consolidate their ideas concerning population development for the Post-2015 Development Agenda. However, there is one voice that has been missing. Girl voices. Our voices.

Problems and why they exist: Around the world, girls are too often denied their fundamental human rights, all in the name of cultural beliefs. Many people are unaware of the importance of family planning and do not have sufficient access to sexual and reproductive health services. In cases where contraceptives are available, the prevalence of controversial cultural beliefs discourage use. Instead of serving its purpose as an aid to ensure quality of life, contraceptives are viewed as shameful. Another issue is girls being married and becoming mothers before they are mentally and physically capable of carrying this burden. Gender based violence, such as female genital mutilation, is another problem girls face around the world. These problems tend to stem from tradition, culture, and beliefs. Yes, traditions, cultures, and beliefs are important, but they should never hinder the fundamental rights of a human being. Girls ARE human beings and all over the world their fundamental rights are deprived, including their right to education, economic security, safety, and health, including their right to sexual and reproductive health.

Solutions: These issues have to be addressed immediately if we are to achieve sustainable development. Child marriages can be stopped by keeping girls in school longer. Education facilities that guarantee a safer environment for girls may encourage parents to keep them in school. Furthermore, comprehensive sexuality education should not be considered 'taboo', rather it should be taught so everyone can learn that young people can learn about their bodies and prevent STIs and unintended pregnancy. Moreover, nationwide and worldwide campaigns should be organized to promote the advantages and usage of contraceptives. These campaigns could distribute material in households outlining the benefits of contraceptives and debunking myths.

Implementation: It is imperative that governments work with civil society and UN agencies to improve access to health care facilities that fully address sexual and reproductive health and rights. This is possible by more community participation and organizing campaigns. Furthermore, it is necessary that government officials work harder to put an end to child marriages through policies that protect children. Sex education should be made compulsory in every school to benefit girls. These dialogues will decrease stigma and taboo surrounding sexual and reproductive health and rights. Girls at risk of harmful traditional practices should have allies and resources for support and the practices should be strictly prohibited by law. It is important to
understand that although religion and culture are important, they should not hinder an individual's access to any form of health care or the improvement of their quality of life. These ideals must be included in the post-2015 development agenda.

Conclusion: Today we stand here, our hopes up and our heads high. We dream of a world where women and girls are valued for their minds and are not treated like vessels for reproduction, where women and girls are allowed to access and use contraceptives, where women and girls freely obtain information related to reproductive health care without fear, and where women decide when and who to marry. If these basic rights are granted, girls and women will live happier and healthier lives. Without promoting these rights we will fail to achieve our collective sustainable development goals.