

Last week, the UN reminded us that there are 1.1 billion girls in the world, and "every one of them deserves equal opportunities for a better future. They are a source of energy, power and creativity. They can drive change and help build a better future for all. Yet, most girls face disadvantage and discrimination on a daily basis, and those living through crises are suffering even more."

The global rights agency called on all of us to do what we can to "empower girls, before and after crisis." When we do, we build a better, fairer and more equal world.

That crisis can be a war zone half a world away, institutional sexism at home or the abuse of power by a Hollywood mogul.

They are all dehumanizing. And we can all do something. We can empower a girl in our lives.

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