



Inter-Parliamentary Union
For democracy. For everyone.

IPU Empowerment Series

Briefings, training sessions and workshops for young parliamentarians, hosted virtually by the IPU

2026–2027

Concept note

Context and rationale

While there are more young people in the world today than ever before, only 2.8% of parliamentarians are aged 30 years or under. If decision-making is to be responsive, inclusive and representative, there must be strong participation of all people, including youth. To address this issue, in 2010, the Inter-Parliamentary Union (IPU) adopted a [resolution on Youth participation in the democratic process](#). The resolution provides policy guidance to enhance the participation of young people in parliaments. It also laid the foundations for the IPU Forum of Young Parliamentarians and the IPU Youth Participation Programme.

Since the 2010 resolution, the IPU has achieved a lot in promoting youth empowerment, which is one of the Organization's core strategic objectives. To achieve this objective, the IPU acts as a convener of young parliamentarians from around the world to coordinate action, share good practices and build capacities. In addition to promoting increased numerical representation of young people in parliaments by providing networking and capacity-building platforms at the global, regional and national levels, the Organization also works to empower young MPs already in office and enhance their skills, so they can become more impactful politicians.

Parliaments are not always open environments for young people. MPs of all ages must consider how they can support and empower their younger colleagues to help them reach their full potential. Young parliamentarians need support to increase their influence and contribute to shifts in cultural norms so that youth leadership is more widely recognized. Having acknowledged the importance of capacity-building for young parliamentarians to be able to contribute to, influence and lead the work of parliaments, the IPU Forum of Young Parliamentarians requested the IPU's support in this regard.

The *IPU Empowerment Series* was launched in March 2022 in response to this request, with the aim of supporting young MPs from around the globe in enhancing their knowledge and capacities in a variety of policy areas. The topics of the briefings are identified by the young MPs themselves and are aligned with the policy areas of the [IPU Strategy for 2027–2031](#), without being strictly limited to them.

Since its launch, the series has offered nearly 20 online briefings to hundreds of participants (parliamentarians and parliamentary staff). The briefings have covered topics such as youth and women's political empowerment, artificial intelligence, peace and security, climate change, human rights and more.

The *IPU Empowerment Series* will continue in 2026–2027, helping young MPs enhance their political knowledge, experiences and skills. The topics of the sessions will be aligned with the interests of young parliamentarians, as identified through regular surveys.

Objectives

The main objectives of the *IPU Empowerment Series* are as follows:

- **Support young MPs in building knowledge and capacity:**
 - Build knowledge on parliamentary affairs, multilateralism and policymaking, including in policy areas related to youth empowerment.
 - Build the capacities and skills of young MPs to help them build their influence in parliament.
 - Support peer-to-peer exchanges of knowledge, experiences, good practices, lessons learned and advice among young MPs.
- **Support the influence of young MPs on policymaking, globally and nationally:**
 - Identify legislative, oversight and budgetary actions that parliaments can take in favour of youth empowerment.
 - Inspire parliamentary actions for more youth-responsive legislation and policies, with due consideration of different national contexts and specific needs.
 - Contribute a youth perspective to global processes and initiatives at the IPU and beyond.

Methodology

The *IPU Empowerment Series* is conducted by the IPU Bureau of Young Parliamentarians on behalf of the Forum, the permanent body that guides the Organization's decisions and work on youth empowerment.

The series consists of online sessions comprising:

- Academic briefings by university professors, policymakers, researchers and practitioners, followed by question-and-answer sessions
- Training sessions delivered by trainers, political officials, and professionals from different sectors
- Thematic workshops

The meetings are moderated to facilitate discussions and the sharing of good practices, and to allow for peer-to-peer exchanges among young MPs in attendance.

Simultaneous interpretation is provided in Arabic, English, French, and Spanish.

Participants

- The youngest members of parliament (men and women)
- Parliamentary staff
- Representatives of international organizations, non-governmental organizations, the private sector and academia

Timeline

The online meetings are scheduled to take place every three months in 2026 and 2027. Each session will last between one-and-a-half and two hours.