



Inter-Parliamentary Union
For democracy. For everyone.

153rd IPU Assembly

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Forum of Young Parliamentarians

Youth-related activities in 2026

Report on activities carried out since April 2026 and upcoming activities

The IPU works for the empowerment of young parliamentarians to strengthen and rejuvenate democracies and make them more representative of all generations. In 2010, IPU Member Parliaments adopted a landmark [resolution](#) to promote youth participation in the democratic process, which led to the creation of the Forum of Young Parliamentarians. The Forum held its first meeting in 2014.

The Forum and its Bureau advance youth participation by: monitoring the age demographics of parliaments, as reflected in the IPU's [Parline](#) database and its *Youth participation in national parliaments* report series; organizing the annual Global Conference of Young Parliamentarians; empowering young MPs via training courses and *Empowerment Series* briefings; providing national support to parliaments; and facilitating the engagement of young MPs in the larger global youth agenda.

The level of youth representation in parliament, as measured regularly by the IPU, remains low. According to the IPU's data, despite half of the world's population being under age 30, only 2.8% of MPs globally are aged 30 or under, with no progress registered since 2023. To address the gap in youth representation, the IPU launched the [I Say Yes to Youth in Parliament!](#) campaign, comprising six pledges identified by young MPs: promoting youth quotas, aligning the age of eligibility with that of voting, supporting youth channels in parliament, empowering young parliamentarians, mentoring young aspirants, and advocating for youth participation. As of 25 September 2026, more than 2,700 changemakers have already joined the campaign, including 1,220 MPs and 104 Speakers of parliament.

Since April 2026, the IPU has organized the following activities:

- Meetings of the Forum of Young Parliamentarians and its Bureau at the 152nd IPU Assembly in Istanbul (April 2026), including a training session entitled *Empowering norm-shapers: Intergenerational training session for MPs to transform social norms holding women back*
- Launch of the IPU report [Youth participation in national parliaments: 2025](#) (18 April 2026)
- The 12th IPU Global Conference of Young Parliamentarians, which took place in Samarkand, Uzbekistan, on *Reclaiming human rights, justice and dignity for all in turbulent times* (4–6 September 2026)
- Continued promotion of the *I Say Yes to Youth in Parliament!* campaign
- Two *Empowerment Series* sessions for young MPs, the first entitled *Masterclass on using AI in day-to-day work* (17 June 2026), and the second entitled *International Youth Day 2026: Building younger and more diverse parliaments* (12 August 2026)
- National-level activities to empower young parliamentarians and youth in Gabon, Namibia and Vanuatu

More information about these and future activities can be found below.

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1. OVERVIEW OF ACTIVITIES SINCE APRIL 2026

Meeting of the Forum of Young Parliamentarians and its Bureau at the 152nd Assembly

The Forum of Young Parliamentarians met on 16 April 2026, bringing together 61 young MPs – 34% of whom were women – from 41 countries. Following a presentation of the IPU's latest data on youth participation in parliaments, the young MPs updated the Forum on recent developments in their countries, highlighting the importance of lowering the age of eligibility to run for office, supporting youth in political parties and eliminating violence in politics.

Contributing to the work of the 152nd IPU Assembly from a youth perspective, young MPs called for stronger youth inclusion in peacebuilding and governance and for greater assessment of the impact of trade policies on youth.

In preparation for the 153rd IPU Assembly, the Forum appointed Mr. A. Koko Abdelgader (Chad) as youth rapporteur for the proposed resolution on *Inclusive social development for all: Parliamentary strategies to promote the rights and empowerment of persons with disabilities*. The Forum discussed the topic of the resolution to inform the Rapporteurs' work. The Forum also held a hearing with candidates for the post of IPU Secretary General and paid tribute to the outgoing Secretary General.

Earlier in the day, the Bureau of Young Parliamentarians reviewed youth participation at the 152nd Assembly. It lamented the fact that only 12.5% of Assembly delegates were young MPs and urged parliaments to ensure greater participation of parliament's youngest MPs. The Bureau also met with the United Nations High Commissioner for Refugees and expressed common solidarity on protecting the rights and dignity of refugees.

A pilot training session, entitled *Empowering norm-shapers: Intergenerational training session for MPs to transform social norms holding women back*, was held during the Assembly. Through interactive discussions and role-playing exercises, the session led to greater recognition among MPs of how to identify social harmful norms and take action to address them. Insights fed into the further development of training materials. The event brought together 17 MPs: 4 men (1 under age 40) and 13 women (4 under age 40).

Launch of the IPU report *Youth participation in national parliaments: 2025*

The IPU report [*Youth participation in national parliaments: 2025*](#) was launched on 18 April 2026 during the 152nd IPU Assembly in Istanbul, Türkiye. The report provides updated data and information on levels of youth participation in national parliaments, including: ages of MPs; disaggregated data based on sex; information on youth quotas, committees and caucuses of young MPs; and more. The report also reveals new areas of research, including the relationship between term limits and youth participation, as well as an initial enquiry into retention rates of young MPs. Highlights include the following:

- Only 2.8% of MPs worldwide are aged 30 years or under (unchanged since 2023), indicating stalled progress.
- The proportion of women MPs aged 30 years or under declined from 1.4% in 2023 to 1.2% in 2025.
- In 37.1% of parliamentary chambers, there are no MPs aged 30 years or under.

The report also focuses on the voices of young MPs. Informed by over 60 interviews, it highlights the pathways of young people into politics and the challenges that continue to limit meaningful youth engagement.

***I Say Yes to Youth in Parliament!* campaign**

As of 25 September 2026, more than 2,700 changemakers have signed up to the *I Say Yes!* campaign, including 1,220 MPs and 104 Speakers of parliament, several Heads of State, and heads of UN agencies and other international organizations.

The IPU continued promoting the campaign at IPU events, including at the 152nd IPU Assembly and the 12th IPU Global Conference of Young Parliamentarians, and continued to support parliaments in launching the campaign at the national level and implementing pledges.

National-level activities

Following a training session on leadership, mentorship and communications held in March 2026 with young MPs from Namibia, the IPU continued support in the establishment of a Youth Parliamentary Caucus, including through the development of a constitution and a strategic plan. A follow-up session is planned for October 2026, when young MPs are expected to adopt the constitution and strategic plan and elect the caucus' leadership.

On 16 June 2026, the Parliament of Gabon, in partnership with the IPU, organized a capacity-building session to support members of the new legislature following the country's political transition and to strengthen efforts towards making the Parliament more inclusive, representative and youth-responsive. With 21 parliamentarians taking part, the session also marked the national launch of the IPU's *I Say Yes to Youth in Parliament!* campaign in Gabon.

In August 2026, the IPU also supported the Parliament of Vanuatu's youth parliament, including by facilitating an exchange of experience with a young MP from the National Assembly of Seychelles.

Empowerment Series for young parliamentarians

The IPU continued its *Empowerment Series* for young MPs, with one online briefing organized under the auspices of the Women and Youth Democratic Engagement (WYDE) | Women's Leadership Initiative.

A briefing entitled *Masterclass on using AI in day-to-day work*, held on 17 June 2026, aimed to strengthen the capacity of young MPs to use AI tools effectively, safely and responsibly in their parliamentary work. Through practical demonstrations and interactive discussions, the session provided guidance on effective prompting and responsible use, while creating an opportunity for young MPs to share experiences and learn from one another. Some 80% of respondents to a survey said they had acquired new skills and knowledge.

A second briefing, entitled *International Youth Day 2026: Building younger and more diverse parliaments*, was held on 12 August 2026 to mark International Youth Day. The session highlighted the importance of younger and more diverse political representation in parliament and explored practical tools, and research and advocacy strategies, to promote diversity. The briefing was open to young parliamentarians, WYDE partners, experts and representatives of civil society, including from the Generation Equality Forum. In a survey, 100% of respondents said they felt more empowered to take action to strengthen the representation of women from diverse groups in parliament.

The two online events brought together a total of 93 participants – 58% of whom were women – including 31 parliamentarians as well as parliamentary staff and representatives of international organizations and civil society.

12th IPU Global Conference of Young Parliamentarians

The 12th IPU Global Conference of Young Parliamentarians was held on 4–6 September 2026 in Samarkand, Uzbekistan. It brought together approximately 100 young parliamentarians – 47% of whom were women – from 50 countries. Young MPs were joined by 39 more senior parliamentarians, as well as over 20 representatives of international organizations, civil society groups, youth organizations and academia.

In line with the 2026 IPU priority theme of human rights, parliamentarians addressed the topic *Reclaiming human rights, justice and dignity for all in turbulent times*. They reaffirmed their commitment to reclaim human rights and use their parliamentary mandates to further protect them. They expressed strong support for IPU's new [Bring human rights into focus](#) campaign. As detailed in the [Conference outcome document](#), the young MPs focused their discussions on human rights related to conflict, digital technologies and climate change, as well as economic and political opportunities, and proposed a series of actions to advance youth participation and protect fundamental freedoms in these areas. Throughout, the young MPs stressed the close links between human rights and the Sustainable Development Goals, as well as the central role of parliaments in advancing both.

The Conference once again served as an incubator of innovation, including through training sessions for MPs to address violence against women in politics – held under the WYDE | Women's Leadership Initiative – as well as an “Unconference” in which young MPs were invited to propose and vote on topics for discussion.

Following the Conference, survey results indicated that 90% of participants said they had acquired knowledge on good parliamentary practices useful to their work, while 88% said the Conference had highly or very much empowered them to take action at the national level.

2. UPCOMING YOUTH-RELATED ACTIVITIES IN 2026–2027

- Parliamentary event on the occasion of the UN Youth Townhall, in partnership with the UN Youth Office (8–10 December 2026, Heidelberg, Germany)
- Online briefings as part of the *Empowerment Series* for young MPs
- National support activities to help parliaments promote and implement the *I Say Yes!* campaign, including assistance with launching the campaign in national parliaments and technical support for the implementation of pledges (with activities planned in Chad, Namibia and Seychelles)
- Online and offline training sessions, such as IPU modules on leadership, mentorship and communication for young parliamentarians
- Activities related to the WYDE | Women's Leadership Initiative

Partnerships

The IPU youth programme maintains partnerships with the UN Assistant Secretary-General for Youth Affairs, the UN Development Programme (UNDP), the Office of the UN High Commissioner for Human Rights (OHCHR), the World Health Organization (WHO), the Generation Equality Forum (GEF), the Partnership for Maternal, Newborn and Child Health (PMNCH), the World Bank Group, the International Monetary Fund (IMF), the Kofi Annan Foundation (KAF), the National Democratic Institute (NDI), Plan International, various international, regional and national youth organizations, academics, and many other partners.

Since 2024, youth-related activities have also taken place within the framework of the IPU's engagement in the WYDE | Women's Leadership Initiative, a collaborative effort funded by the European Union (EU) and implemented by UN Women, together with the International Institute for Democracy and Electoral Assistance (International IDEA), the IPU, and United Cities and Local Governments (UCLG).