



Inter-Parliamentary Union  
For democracy. For everyone.

## The Empowerment Series

*Briefings, trainings, and workshops for young parliamentarians  
hosted virtually by the IPU*

**2024-2025**

### Concept note

#### Context and rationale

While there are more young people in the world today than ever before, only 2.8 % of parliamentarians are under 30. If decision-making is to be responsive, inclusive, and representative, there must be strong participation of all people, including that of youth. To address this issue, in 2010, the IPU adopted a resolution on youth participation in the democratic process. The [resolution](#) provides policy guidance to enhance the participation of young people in parliament. It also lays the pillars 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 IPU'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 parliament, by providing networking and capacity-building platforms at the global, regional and national level, the IPU also works to empower young MPs already in office and enhance their skills to be 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 recognized the importance of capacity building for young parliamentarians to be able to contribute to, influence, and lead the work of parliament, the IPU Forum of Young Parliamentarians requested IPU's support in this regard.

In response to this request, the Empowerment Series was launched in March 2022 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 2022–2026, without being strictly limited to them.

Since March 2022, the Series has offered seven online briefings and training sessions on leadership and communication to more than 300 participants (parliamentarians and parliamentary staff). The topics of the briefings were: policies to empower women; health and nutrition; youth empowerment and political participation; youth, peace and security; forced labour and human trafficking; youth in climate negotiations; and human rights of youth.

The Empowerment Series will continue in 2024-2025 to help young MPs to enhance their political knowledge, experiences and skills through training sessions and workshops, engagement and networking. The topics of the briefings will be aligned with the interests of young parliamentarians, as identified through the survey conducted in October 2023.

#### Objectives

The main objectives of the Empowerment Series are to:

**(1) Support young MPs in building knowledge and capacity**

- Build knowledge on parliamentary affairs, multilateralism and policy-making, including in policy

areas related to youth empowerment.

- Build capacities and skills of young MPs to support their influence in parliament.
- Support peer-to-peer exchanges of knowledge, experiences, good practices, lessons learned and advice among young MPs.

## **(2) Support the influence of young MPs on policy making globally and nationally**

- Identify legislative, oversight and budgetary parliamentary actions for 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 Empowerment Series is conducted by the IPU Board of the Forum of Young Parliamentarians on behalf of the Forum which is the IPU's permanent body that guides the Organization's decisions and work on youth empowerment.

The Empowerment Series consists of online sessions held every three months comprising:

- Academic briefings by university professors, policy makers, researchers and practitioners followed by Q and A
- Trainings by trainers, political officials and professionals from different sectors
- Thematic-based workshops.

The online meetings will be moderated to facilitate discussions, the sharing of good practices, and to allow peer-to-peer exchanges among the young MPs. They are organized by the IPU as well as academic institutions, international organizations and other relevant bodies.

Simultaneous interpretation will be provided in: Arabic, English, French, and Spanish.

## **Participants**

- Youngest male and female members of parliament
- Parliamentary staff
- Representatives of international organizations, NGOs, the private sector, and academia.

## **Timeline**

The online meetings are scheduled to take place on a regular basis, every three months in 2024 and 2025. Each session will last between two to three hours maximum.