



Inter-Parliamentary Union
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IPU's Empowerment Series for Young Parliamentarians Strengthening women's and youth political participation through mentorship

Zoom, 31 March 2026, 14:00 to 16:00 CEST (Geneva time)

Despite increasing recognition of the importance of youth participation in political decision-making, young parliamentarians and those aspiring to enter politics often face challenges in accessing political networks, building capacity and navigating institutional structures. Young women in particular face compounded barriers, including from harmful gender social norms and greater exclusion from leadership positions.

Effective mentorship relationships, whether between younger and more senior parliamentarians, or between civil society activists and elected representatives, can provide essential guidance, knowledge transfer and support networks. In the case of young women, the [Call to Action on Young Women's Political Participation and Leadership](#) also highlights the important role of experienced MPs to be mentors and role-models for young women in their quest for a rightful place in politics.

How can both structured mentorship programmes and informal mentoring relationships better support the political empowerment of young men and women? What comparative experiences can be showcased? What role can intergenerational partnership and peer-to-peer learning play in building leadership capacity?

The Inter-Parliamentary Union (IPU) and its partners within the European Union's Women and Youth Democratic Engagement initiative (WYDE) recognize the transformative potential of mentorship in strengthening youth political participation. Drawing on two years of implementation, the WYDE | Women's Leadership programme has identified the importance of fostering curated relationships between civil society organizations and parliamentarians, and between different generations of political leaders, to enable experience-sharing and mutual learning.

This session will bring together young parliamentarians, senior MPs, WYDE and civil society partners and beneficiaries of mentorship programmes to share experiences and good practices on mentorship as a tool for youth political empowerment. The session will showcase diverse mentorship models and facilitate dialogue on how to strengthen mentorship opportunities for young people in politics, including with a focus on young women.

The briefing will be an opportunity to:

- Showcase mentorship programmes and initiatives supporting youth political empowerment between senior and young MPs as well as young aspirants and civil society actors, including programmes and initiatives specifically dedicated to young women.
- Identify strategies to strengthen and tailor mentorship networks for enhanced youth political participation, and that meet the specific needs of young women parliamentarians.
- Hear directly from mentors and mentees about their mentorship relationship experiences and the benefits it brings.

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

The briefing is being organized under the WYDE | Women's Leadership Initiative, a collaborative effort funded by the European Union and implemented by UN Women, together with the International Institute for Democracy and Electoral Assistance (International IDEA), the Inter-Parliamentary Union (IPU), and United Cities and Local Governments (UCLG), to advance women's full and effective political participation and decision-making at all levels, especially those most often left furthest behind.

[Register by clicking here.](#)

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