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Youth participation in national parliaments: 2025

The voices of young MPs



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Author: Devin Joshi

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Inter-Parliamentary Union

Chemin du Pommier 5

CH - 1218 Le Grand-Saconnex/Geneva

Tel.: +4122 919 41 50

Fax: +4122 919 41 60

Email: postbox@ipu.org

Website: www.ipu.org

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Foreword

Around the world, parliaments stand at a critical moment in history. The current challenges – including environmental degradation, conflicts and wars, and rapid technological shifts – are defining the trajectory of the coming decades. These forces are shaping, and will continue to shape, the daily realities and long-term prospects of the world’s youngest generations.

Against this backdrop, young people are becoming more vocal in their expectations to be included in political decision-making. Recent waves of Gen Z mobilization across regions – whether driven by concerns over economic insecurity or democratic accountability – show that young people are not content to wait for institutions to enhance their inclusion. They are demanding action, representation, and politics that respond to their realities, interests and expectations. Their message remains as relevant today as when it was first voiced at the Inter-Parliamentary Union (IPU) over 10 years ago: no decisions about youth, without youth.

The IPU has recognized this imperative for over a decade now, and our biennial report on youth participation in national parliaments has been a cornerstone of efforts to advance democracy. It has become the leading global reference for data on youth in parliaments, informing efforts towards the Sustainable Development Goals, and inspiring and guiding reforms by parliaments and political actors worldwide.

This 2025 report delivers one of the most troubling findings to date: for the first time since 2014, when the IPU started collecting data on young people in parliament, youth representation has stagnated globally, with 2.8% of MPs aged 30 and under. No meaningful improvement has been witnessed over the past two years. Even more alarming is the fact that the proportion of young women MPs has declined over this same period: from 1.4% to 1.2% for women MPs aged 30 and under, and from 7.9% to 6.9% for women MPs aged 40 and under. These findings expose persistent inequalities and underscore the fragility of progress. At a time of rising youth mobilization and important youth needs and interests, this stagnation should concern every parliament. This iteration of the report is also distinctive in its reflection of the voices of young MPs themselves. Their testimonies provide direct, unfiltered insight into political life from the perspective of those who have entered institutions often not designed and organized with them in mind. These accounts illuminate the structural, cultural and gendered barriers that continue to limit youth participation, offering practical guidance for reform. Together, the data and the voices form a compelling and urgent case for change.

The IPU’s [*I Say Yes to Youth in Parliament!*](#) campaign is one initiative that has helped open doors, giving rise to reforms such as lower ages of eligibility and the establishment of new youth caucuses. Yet this report makes clear that incremental progress is not enough. Parliaments must reinforce and accelerate efforts to remove barriers, step up conducive measures such as quotas, empower young leaders, reform institutional settings, and build institutional cultures that value and amplify the contributions and leadership of young men and women MPs.

Ensuring that young people’s energy and expectations are reflected in our parliaments is not just a democratic responsibility: it is essential for building resilient, forward-looking institutions capable of meeting the challenges of our time. This report is therefore both a reality check and a call to action. It shows where youth participation stands in parliament – and what bold steps parliaments must take to enact the necessary change.



Martin Chungong
Secretary General

Key findings

This 2025 report is the sixth IPU review of youth participation in national parliaments. It maps the presence of young members of parliament (MPs) worldwide, providing the most recent data on the proportion of MPs aged 30 and under, and MPs aged 40 and under, at the time of the most recent election or renewal.¹

The report also provides insights on good practices to increase youth participation in parliament. Age data in this report comes from 210 parliamentary chambers in 155 countries and is current as of 31 July 2025.

The following are key findings of the 2025 IPU report on youth participation in national parliaments.

The big picture

- Youth representation in national parliaments has stalled, with only 2.8% of the world's parliamentarians aged 30 and under, which is the same as in 2023; however, it is 75% higher than in 2014 (1.6%).
- 19.0% of MPs in national parliaments are aged 40 and under. This is only a slight increase of 0.2 percentage points since 2023; however, it is nearly 50% more than in 2014 (12.9%).
- Young MPs aged 30 and under comprise 3.2% of all MPs in single and lower chambers and 0.5% of all MPs in upper chambers.
- Young MPs aged 40 and under comprise 21.4% of all MPs in single and lower chambers and 6.3% of all MPs in upper chambers.
- Some 37.1% of parliamentary chambers have no MPs aged 30 or under. This includes 21.3% of single and lower chambers and 76.7% of upper chambers.
- Some 7.1% of parliamentary chambers have no MPs aged 40 or under. This includes 1.3% of single and lower chambers and 21.7% of upper chambers.

Regional breakdown

- The region with the highest proportion of young MPs aged 30 and under is the Americas (3.8%), followed by Europe (3.2%) and sub-Saharan Africa (2.3%).
- The subregion with the highest proportion of young MPs aged 30 and under is the Nordic countries (6.7%), followed by Central America (5.8%) and the Caribbean (4.8%).
- The regions with the highest proportions of young MPs aged 40 and under are the Americas (23.5%), sub-Saharan Africa (20.4%) and Europe (20.3%).
- The subregions with the highest proportions of young MPs aged 40 and under are East Africa (30.8%), Central America (30.5%) and the Nordic countries (30.3%).
- The regions with the fewest MPs aged 30 and under are the Pacific (1.7%), the Middle East and North Africa (2.0%), and Asia (2.1%). The same regions rank lowest for MPs aged 40 and under, namely the Pacific (12.8%), Asia (13.0%), and the Middle East and North Africa (16.9%).
- The lowest proportions of young MPs aged 30 and under are in the Middle East (1.1%), East Asia (0.4%) and the Pacific Islands (0.4%). The lowest proportions of young MPs aged 40 and under are in South Asia (10.3%), the Pacific Islands (9.5%) and East Asia (7.2%).

Other key findings

- In 69.7% of parliamentary chambers, a person can be too young to hold office even if they are old enough to vote.
- There are 10 Speakers of parliament 40 years of age and under: 3 women and 7 men. This is a decrease from 15 Speakers in 2023, 5 of whom were women.
- Some 42% of chambers of parliament have a committee dedicated to youth affairs and 16% of chambers of parliament have a youth caucus or network.
- Youth quotas are present in 16 chambers of parliament, with almost all being in single or lower chambers of parliament. This is up from 14 in 2023.
- In addition to being in more parliaments, youth quotas appear to be getting stronger over time. For example, in 1993, Uganda allocated about 1% of its seats to young people, while in 2025, Gabon required 20% of candidates to be young people.
- As of 31 July 2025, over 2,400 leaders including 1,027 MPs from 156 countries and 93 Speakers of parliament had endorsed the IPU's *I Say Yes to Youth in Parliament!* campaign.

¹ In October 2024, the IPU amended its Statutes to define a young MP as below the age of 40 years. Previously this limit was 45. To be sensitive to national variations in the meaning of "young" as well as variations in the age of eligibility to hold parliamentary office, this IPU report explores trends in relation to two age categories: 30 and under, and 40 and under.

Initial insights on the effect of term limits and retention of young MPs

- Parliaments with term limits have significantly higher proportions of young MPs compared to global averages. In single and lower chambers with term limits, young MPs aged 30 and under comprise 5.2% of members, nearly double the global average of 2.8%. In these same chambers, young MPs aged 40 and under comprise 29.7% of members, 10.7 percentage points higher than the global average of 19.0%.
- Recently collected data shows that in a sample of 38 chambers, 50.7% of MPs aged 40 and under remained in parliament following the most recent election or renewal. This is lower than the retention figure for MPs of all ages, which is 74.6% – a difference of 23.9 percentage points.

Best performers

1. MPs aged 30 and under

- In single and lower chambers, the proportion of young MPs aged 30 and under is highest in Armenia (16.8%), followed by Ecuador (13.9%) and Turkmenistan (13.7%).
- In upper chambers, the highest share of MPs aged 30 and under is in Antigua and Barbuda (5.9%) and Jamaica (5.9%), followed by Australia (4.2%).
- Armenia is the only parliament meeting the IPU's target of 15% for MPs aged 30 and under.
- Since the 2023 report, the proportion of young MPs aged 30 and under has increased considerably in the single and lower chambers of Turkmenistan (1.6% to 13.7%), Ecuador (5.1% to 13.9%) and Paraguay (1.3% to 7.5%). In the upper chamber of Mexico, the youth share has nearly doubled from 2.0% to 3.9%.
- The biggest declines in the proportion of young MPs aged 30 and under in single and lower chambers have occurred in Suriname (9.8% to 2.0%), Iceland (7.9% to 3.2%) and Poland (4.4% to 0.7%).
- A large decline in the proportion of young MPs aged 30 and under has occurred in the upper chamber of Belgium (from 10% to 0%).

2. MPs aged 40 and under

- In single and lower chambers, MPs aged 40 and under comprise the majority of members in Armenia (56.1%), Turkmenistan (54.8%) and Ethiopia (51.2%).
- Some 12% of single and lower chambers meet the IPU's target of 35% for MPs aged 40 and under.
- The top countries for young MPs aged 40 and under in upper houses are Bolivia (Plurinational State of) (30.6%), Antigua and Barbuda (29.4%) and Jamaica (29.4%). No upper houses currently meet the IPU's target of 35%.
- Major gains in the proportion of young MPs aged 40 and under in single or lower chambers have been observed in Senegal (15.2% to 31.5%), Ecuador (33.6% to 47.7%) and Thailand (16.6% to 29.2%).
- Large declines in the proportion of young MPs aged 40 and under in single or lower chambers have occurred in the United Arab Emirates (25.0% to 7.5%), Suriname (37.3% to 22.0%) and Rwanda (25.0% to 13.8%).
- In upper houses, notable increases in the proportion of young MPs aged 40 and under have taken place in the Dominican Republic (0.0% to 6.5%) and Mexico (14.7% to 19.7%). However, there have also been decreases in Bhutan (54.2% to 24.0%) and Belgium (41.7% to 18.6%).

Gender of young MPs

- The proportion of young women MPs in parliament has regressed. Women aged 30 and under constitute 1.2% of all MPs worldwide. Women aged 40 and under comprise 6.9% of MPs. This is a decrease from 1.4% and 7.9% respectively, from the previous report in 2023.
- Gender balance is greater among younger MPs: women make up 42.8% of MPs aged 30 and under and 36.2% of MPs aged 40 and under, compared with just 27.2% across all age groups, and 21.1% for those above 40 years.
- The highest shares of women aged 30 and under among all MPs in single and lower chambers are in Armenia (9.4%), Ecuador (8.6%) and Malta (7.1%).
- In upper chambers, the top countries for women aged 30 and under as a share of total MPs are Jamaica (5.9%), Mexico (3.2%) and Australia (2.8%).
- The highest shares of women aged 40 and under among all MPs in single and lower chambers are in Ethiopia (30.2%), Ecuador (26.5%) and Armenia (25.2%).
- In upper chambers, the top countries for women aged 40 and under as a share of total MPs are Bolivia (Plurinational State of) (19.4%), Saint Lucia (18.2%), and Antigua and Barbuda (17.7%).

Introduction

Since 2014, IPU reports on youth participation in national parliaments have provided data on young MPs, identified reasons behind the presence or absence of youth in parliaments, and offered recommendations on ways to enhance youth participation. Like previous editions, this 2025 report – the sixth in the series – provides updated data, information, analysis and recommendations. However, it also includes a special focus on the voices of young MPs: 64 current and former young MPs “speak” in and through this report, offering important perspectives and sharing their personal experiences. Making the voices of young MPs heard in this way helps to identify enablers of, and obstacles to, youth representation, providing a wealth of insights into what young parliamentarians value and prioritize. The hope is that this approach will expand knowledge and understanding of what works well – and not so well – across parliaments, exposing pressing issues, enduring problems and creative solutions that might otherwise remain hidden. Ultimately, the aim of this report is to inform and inspire policymaking in favour of youth participation in parliaments.

About this report

This 2025 report presents numerical and descriptive information about parliaments, much of which is also freely available on the [IPU Parline database](#), which is celebrating its 30th anniversary in 2026. This data has been provided by national parliaments to the IPU and supplemented by online data collected from parliamentary websites.

This report is based on an analysis of available data for 210 parliamentary chambers: 150 single or lower chambers and 60 upper chambers. The data, which is correct as of 31 July 2025, reflects the age distribution of MPs following the most recent election or renewal for each parliament or chamber. The report also draws on information from questionnaires sent to individual parliaments by the IPU to ascertain the current status of measures such as youth quotas, youth caucuses and youth outreach programmes.

In addition to data collected from parliaments, the report builds on insights from interviews with 64 current and former young MPs from 53 countries, who were asked about their perspectives on a number of key issues, including pathways by which young people can enter parliament; obstacles faced by young MPs; the experience of women MPs; the impact of diversity, in terms of ethnicity and class, on the experience of young MPs; how young MPs approach digital engagement; and young MPs’ recommendations for improving youth participation in national parliaments.

Methodology

The findings in this report are the result of both quantitative and qualitative analysis. Data from the IPU’s Parline database, and from biennial questionnaires sent to parliaments on measures they are taking to support youth participation, were combined with information gleaned from face-to-face interviews with, and questionnaire responses from, young parliamentarians. About half of the MPs contacted were involved in various IPU activities. Some were past or present members of the IPU Bureau of Young Parliamentarians while others had recently attended an IPU Assembly or were an IPU representative for their parliament. The other half were parliamentarians who were identified in the Parline database as currently being the youngest MP in their respective country, or who were referred by other parliamentarians. Although most of the MPs interviewed met the definition of “young MP” and were still serving in parliament at the time, a few were still in parliament but no longer qualified as a “young MP” or were former members who had left parliament.

In total, interviews were held with 34 men MPs and 30 women MPs from 53 countries. The analysis in this report draws primarily from 40 face-to-face interviews conducted in 2025. The remaining interviews were held with MPs at previous IPU meetings. For most of the interviews conducted in 2025, a semi-structured interview format was applied in both longer format (nine questions) and shorter format (five questions). These interviews typically lasted between 30 and 60 minutes, with some extending over an hour. Interview respondents were split almost evenly between men (53%) and women (47%) and the interviews covered MPs from all regions. The complete list of interviewees can be found in annex 11.

The importance of youth participation

There are many benefits to be gained from having strong youth participation² in parliaments. Some of these are detailed below.

Demographic representation

A major benefit of having more young MPs is that it helps to bring the average age of MPs in a national parliament closer to the average age of the population. Right now, almost 50% of the world’s population is under age 30 and nearly 20% of people worldwide are aged 18–30. Yet only 2.8% of members of national parliaments are aged 30 and under. Since parliaments are supposed to represent the profile of a country’s population, this mismatch reflects a very large demographic and democratic deficit and can pose a threat to global human development.³ To help address this, in 2018, the IPU’s Forum of Young Parliamentarians identified a set of targets to be reached by 2035 to better align the proportion of young MPs with age groups within the global population. These targets are explained further in the chapter “Youth representation targets and initiatives”.

2 In this report, the term “youth representation” refers specifically to young men and women serving as parliamentarians. The term “youth participation” refers more broadly to the engagement of young people (parliamentarians and otherwise) in parliamentary processes, including in between elections or renewals.

3 Roni Kay M. O’Dell and Devin K. Joshi, *Globalization and Human Development: From Counter-Ideology to the SDGs* (Lanham, MD: Rowman & Littlefield, 2024).



President of the IPU Bureau of Young Parliamentarians during the Forum of Young Parliamentarians at the 150th IPU Assembly in Tashkent, Uzbekistan. April 2025.
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Invigorated democracy

When youth are absent from a parliamentary chamber, or if there are only a few token young MPs, this weakens the legitimacy of the institution and undermines popular support for democracy. If young people see no one their own age in parliament, they may feel left out and disconnected, perceiving the legislature as foreign to their concerns. And when parliaments do not sufficiently include youth, there is a risk that young people may express their concerns in other ways, including on the streets or in digital spaces. Recent Gen Z protests across the world further underscore this risk and highlight the importance of parliaments continuously evolving in order to include youth and meet the needs of younger generations in a fast-changing world.

Different approaches and fresh perspectives

Another major benefit of electing young MPs is that it supports healthy turnover and rejuvenation. If MPs remain in parliament for several terms and young people do not join the institution, parliament risks becoming stale and short of new ideas and energy. As discussed further in the chapter “Young parliamentarians”, the turnover rate is higher among young MPs than among their older counterparts. This indicates that young people are finding it harder to stay in parliament while more senior MPs are more successful at retaining their positions. A greater flow of young MPs into parliament would also bring in fresh perspectives and new approaches to public policy. In

2016, this principle was highlighted by the IPU in *Rejuvenating democracy, giving voice to youth*,⁴ the outcome document of the General Debate at the 134th IPU Assembly, held in Lusaka, Zambia, in 2016.

All MPs can potentially bring new and pressing issues into the policy agenda, enriching public debate, new laws and constitutional amendments. But given their age and different life experiences, young MPs are often attuned to certain concerns that are particularly relevant to young citizens, such as climate change and environmental protection, affordable housing, decent employment and meaningful education. Young MPs interviewed for this report also mentioned that they were more likely to bring up different perspectives than their older counterparts, especially on issues such as gender equality, animal welfare, drug policy, gun control, mental health, sport, privacy and disinformation. The overrepresentation of older adults in parliaments might therefore lead to skewed policies and agendas that are less consistent with the priorities of young people.

Young parliamentarians tend to speak out and place more emphasis on taking action on issues affecting young people and those with families, including higher education and the cost of living and housing.⁵ Mr. Andrea Menicucci, a 21-year-old MP from San Marino, emphasized that important issues for young parliamentarians like himself were to “create communities of citizens that are increasingly cohesive and supportive; and on an international level, to restore the spirit

4 Inter-Parliamentary Union (IPU), *Outcome document of the General Debate on Rejuvenating democracy, giving voice to youth* (Geneva: IPU, 2016).

5 Robin J. Rentrop, “Do Young MPs Represent Young Voters? A Quantitative Text Analysis of Substantive Youth Representation in the Bundestag”, *German Politics* (2025), 1–36.

of cooperation as the primary tool for resolving disputes.” Mr. Menicucci also noted that he considered “the protection of people’s quality of life to be crucial [including through] policies that reduce environmental impact and encourage more sustainable practices.” A young MP from Africa stated that “what motivated me to become a parliamentarian was the deep desire to represent the often marginalized voice of young people ... and to restore peace to my country.” In his view, the most urgent social challenges were “combating terrorism and restoring territorial integrity; responding to the humanitarian crisis affecting many displaced populations; strengthening social cohesion; and improving access to education and vocational training, particularly in rural areas, to fight youth unemployment.” He concluded by saying that “as a young deputy, I defend positions that reflect the concerns of my generation, particularly in terms of digital transition, environmental protection, education and youth employment”

Young MPs can also help build a closer connection between parliaments and young citizens. Mr. Hassan Guedi, a young MP from Djibouti, observed that when young MPs contributed their youth perspective, older MPs and the public could become better informed and appreciate what youth added to policymaking. Young people could also better relate to young MPs, and vice versa. As a recently elected MP in his mid-twenties commented, young people connect with and communicate their needs to him because they feel more comfortable doing so and have more trust in another young person to actually represent them.

But in some countries, ageism is strong.⁶ In these societies, leadership positions are more easily accessible for older people, and there are still prejudicial beliefs around young people lacking experience.

Many young MPs have high-quality formal education and are committed to relying on science and evidence to make good policies.⁷ Some interviewees also claimed that young parliamentarians generally had a high energy level, were capable of handling high workloads, and were driven by fresh hopes and ambitions. Mr. Ibrahim Mohammed, a young MP from Nigeria, said: “If I can make a positive impact, I would be up for working the ladder to go up to the level of the president. The most important thing is to make a positive impact.”

Perceived corruption can also lead to a disconnect between young people and the institution of parliament. Looking at civic engagement more broadly, evidence suggests that in countries where youth perceive higher levels of corruption, young people’s levels of civic knowledge and public trust have eroded, and they are less inclined to consider active political participation.⁸ The assertion made by Ms. Andrea García, a former MP from Mexico, that “young people don’t participate in politics because they are fed up with corruption” suggests that anti-corruption and transparency measures may be important drivers of youth participation. This is a topic warranting further research.

Intergenerational complementarity and collaboration

Having more young people in parliaments can help to facilitate intergenerational partnership and support better-informed policymaking. According to Ms. Danielle Rowley, a former MP from the United Kingdom, “having young people in parliament with new ideas, fresh perspectives and an understanding of emerging technology, partnered with the experience and knowledge of older representatives, is the best way to succeed and to have a more rounded approach to government.”

Currently, people aged 40 and under comprise only 19.0% of members of national parliaments worldwide. Even if this proportion were to double to 38.0%, it would still mean that older generations would be in the majority. As Mr. Omar Abudl Muhsen Altabtabaee, a former MP from Kuwait, pointed out, “[youth] presence does not mean exclusion [of older generations]”. Including people from all age groups and all walks of life enables parliaments to be more accurately informed about the issues facing their populations. Mr. Fatafehi Fakafanua, the former Speaker of the Legislative Assembly of Tonga and the country’s current prime minister, explained that, in his view and “speaking from experience”, men and women had different experiences and that, in a similar way, older and younger people also had different experiences. He went on to emphasize that their participation, and partnerships between them, were key.

This sentiment has also been echoed in intergenerational dialogues among young MPs, with initiatives such as the Women’s Parliamentary Caucus in Pakistan, and *Généralions Féministes* (Feminist Generations) in France having been highlighted as examples of structures that have successfully fostered intergenerational complementarity among younger and older MPs.

Institutional transformation

Youth participation is important to foster the modernization and transformation of parliament as a workplace. Many young MPs interviewed said they would like to see parliaments become more family-friendly, including allowing babies, children and breastfeeding on the premises. They also expressed a wish for parliaments to provide parental leave, as well as to arrange substitutes for MPs who were ill or on leave. For example, Ms. Lorraine Clifford-Lee, a member of the Senate of Ireland, has advocated for greater childcare and parental leave provision in parliament. In 2021, she entered into a pairing arrangement with another member of the Senate who was on maternity leave and agreed not to participate in votes for the duration of that member’s absence.⁹

6 Daniel Stockemer and Aksel Sundström, “Do young legislators face age-based discrimination in parliament? Views from young MPs across the globe”, *Journal of Youth Studies*, 28/8 (2024), 1315–1332.

7 Longitudinal studies find that MPs today have more formal education and professional backgrounds than MPs in the past. See Heinrich Best and Maurizio Cotta (eds), *Parliamentary Representatives in Europe 1848-2000: Legislative Recruitment and Careers in Eleven European Countries* (Oxford: Oxford University Press, 2000).

8 Wolfram Schultz, “Young people’s trust in institutions, civic knowledge and their dispositions toward civic engagement”, *Large-scale Assessments in Education*, 12/23 (2024).

9 Marie O’Halloran, “Maternity leave pairing arrangement agreed between Senators”, *The Irish Times*, 5 October 2021.

Young parliamentarians

Global patterns

In 2023, 20-year-old Olympic athlete Ms. Yarisleidis Cirilo Duboys and 21-year-old author and activist Ms. Hana-Rawhiti Maipi-Clarke became members of the parliaments of Cuba and New Zealand respectively. In 2024, Ms. Cleo Wilskut joined the parliament of South Africa at age 20 and, in 2025, a number of 21-year-olds became parliamentarians, including university student Ms. Madalena Cordeiro in Portugal and political party youth wing president Ms. Charlotte Walker in Australia. Elected to national parliaments in Europe, the Americas and the Pacific at a very young age, these young women MPs made headline news. They were joined in 2025 by Mr. Dominique Elián Serrano Molina of the National Democratic Action Movement in Ecuador who, at age 19, is currently the youngest man serving in a national parliament.

While there are well-publicized cases of young people like these serving as parliamentarians, the global pattern in national parliaments, as shown in Table 1, is that people aged 18–30 currently account for a small minority of all MPs, at just 2.8%. More than 97 out of every 100 MPs are aged 31 or over. This situation represents a deep misalignment with the global population, as almost half (49.6%) of people alive today around the world are aged 30 and under.

There has also been no change in the proportion of MPs aged 30 and under at the time of their election between June 2023 and July 2025, indicating a lack of progress over the last two years. Equally concerning is that 37.1% of parliamentary chambers currently have no MPs aged 30 and under. This includes 21.3% of single and lower chambers and a large majority (76.7%) of upper chambers.

Only 3.2% of MPs in single and lower chambers are aged 30 and under, while the corresponding figure for upper chambers is just 0.5%. This means that, at the national level, young MPs are found mostly in unicameral or lower chambers of parliament. Although these numbers are low, it is worth noting that the proportion of MPs aged 30 and under is about 75% higher now than at the time of the IPU's inaugural 2014 report on youth participation in national parliaments, when it stood at 1.6%.

Table 1

Proportion of MPs aged 30 and under, and 40 and under, by type of chamber

Criteria	All %	Single and lower chamber %	Upper chamber %
30 and under	2.8	3.2	0.5
40 and under	19.0	21.4	6.3

The proportion of MPs aged 40 and under has increased slightly to 19.0% in 2025, up from 18.8% in 2023 and from 17.5% in 2021. This represents growth of 0.2 percentage points from 2023 to 2025 and a 1.3-percentage-point jump between 2021 and 2023. While there has been a noticeable drop in the rate of change in recent years, the share of MPs in

this age bracket is now nearly 50% more than it was in 2014 (12.9%). Currently, young MPs aged 40 and under comprise 21.4% of all MPs in single and lower chambers and 6.3% in upper chambers. As shown in Table 2, 71% of parliamentary chambers have no MPs aged 40 or under. This includes 1.3% of single and lower houses and 21.7% of upper houses.

Table 2

Proportion of chambers with no MPs aged 30 and under, and 40 and under

Criteria	All %	Single and lower chamber %	Upper chamber %
No under-30 MPs	37.1	21.3	76.7
No under-40 MPs	7.1	1.3	21.3

Change in the age limit defining a young MP

In previous years, IPU reports on youth participation in national parliaments provided country-level data on the proportion of MPs aged 45 and under. In 2024, IPU Member Parliaments decided to change the definition of a “young MP” to include parliamentarians aged 40 and under only. This 2025 report does not therefore provide a detailed breakdown and analysis of MPs aged 45 and under.

However, to provide a snapshot, as of July 2025, 32.7% of MPs in national parliaments worldwide are aged 45 and under. This represents a 0.6-percentage-point increase on the figure of 32.1% reported in 2023. In 2025, the regions with the highest shares of MPs aged 45 and under were the Americas (37.2%), sub-Saharan Africa (37.1%) and Europe (33.2%). The lowest proportions were found in the Middle East and North Africa (29.6%), the Pacific (26.5%) and Asia (25.3%).

While there are no or few young MPs in many countries, there are parliaments where young parliamentarians enjoy a significant presence. In single and lower chambers, the proportion of young MPs aged 30 or under is highest in Armenia (16.8%), Ecuador (13.9%) and Turkmenistan (13.7%).

In upper chambers, the highest shares of MPs aged 30 or under are found in Antigua and Barbuda (5.9%), Jamaica (5.9%) and Australia (4.2%). A more detailed breakdown of the top-ranking countries can be found in Table 3.

Table 3

Top-ranking countries for parliamentarians aged 30 and under in 2025

Single and lower chambers			Upper chambers		
Rank	Country	%	Rank	Country	%
1	Armenia	16.8	1	Antigua and Barbuda	5.9
2	Ecuador	13.9	–	Jamaica	5.9
3	Turkmenistan	13.7	3	Australia	4.2
4	Panama	11.6	4	Mexico	3.9
5	Norway	10.7	5	Lesotho	3.0
6	Malta	10.0	6	Slovenia	2.5
7	San Marino	8.3	7	Namibia	2.4
8	Cuba	7.9	8	Democratic Republic of the Congo	2.0
–	Republic of Moldova	7.9	9	Spain	1.9
10	Denmark	7.8	10	Uzbekistan	1.8

The percentages are higher when MPs aged 40 and under are included. In single and lower chambers, parliamentarians in this age bracket represent the majority of members in Armenia (56.1%), Turkmenistan (54.8%) and Ethiopia (51.2%), while the

top-ranking countries for young MPs in upper houses are Bolivia (Plurinational State of) (30.6%), Antigua and Barbuda (29.4%) and Jamaica (29.4%). See Table 4 below for more details.

Table 4

Top-ranking countries for parliamentarians aged 40 and under in 2025

Single and lower chambers			Upper chambers		
Rank	Country	%	Rank	Country	%
1	Armenia	56.1	1	Bolivia (Plurinational State of)	30.6
2	Turkmenistan	54.8	2	Antigua and Barbuda	29.4
3	Ethiopia	51.2	–	Jamaica	29.4
4	Ecuador	47.7	4	Burundi	28.2
5	Montenegro	46.9	5	Colombia	27.0
6	Ukraine	46.3	6	Bhutan	24.0
7	Guatemala	43.8	7	Mexico	19.7
8	Bolivia (Plurinational State of)	42.3	8	Ireland	19.2
9	Colombia	41.6	9	Belgium	18.6
10	Gambia (The)	41.4	10	Kenya	18.2
11	Malta	38.6	–	Saint Lucia	18.2
12	Saint Kitts and Nevis	38.5	12	Australia	16.7
13	Republic of Moldova	37.6	13	Slovenia	15.0
14	Nauru	36.8	14	Democratic Republic of the Congo	14.9
15	Burkina Faso	36.6	–	Romania	14.9

Parliaments with high proportions of young MPs are currently found in diverse parts of the world including Eastern Europe, Central Asia, East Africa, Central America and the Caribbean. Highest in the rankings is Armenia, which has a strong youth presence in its parliament on account of the 2018 “Velvet Revolution,” a political movement that has resulted in youth claiming majority representation in parliament without having to rely on youth quotas. Ms. Hasmik Hakobyan, an Armenian MP, explained: “Currently, as the youngest legislature among IPU Member Parliaments, we uphold the principle of meritocracy and do not rely on quotas ... Our youth is often associated with qualities such as non-corruptness, modern education and a genuine drive to bring about meaningful change”. Similarly, neighbouring Georgia had many young people in its parliament following the 2003 “Rose Revolution”.

Academic research has found that changes to a political regime through mechanisms such as revolutions, democratization or autocratization can significantly increase youth representation in parliaments.¹⁰ While obvious factors – such as regime changes or a different political party coming to power – can explain a strong rise in the number of youth in parliament at a particular point in time, another important cause is citizen dissatisfaction with incumbent or previous ruling parties. In cases where those politicians or parties become discredited in the public eye, young politicians and candidates who do not have a tarnished record become more appealing to voters and party leaders.

Regional patterns

In 2025, the region with the highest proportion of MPs aged 30 and under – across both single/lower and upper chambers of national parliaments – is the Americas (3.8%), followed by Europe (3.2%) and sub-Saharan Africa (2.3%). The regions with the highest proportions of parliamentarians aged 40 and under – measured on the same basis – are, again, the Americas (23.5%), sub-Saharan Africa (20.4%) and Europe (20.3%).

The relatively higher shares of young MPs in the Americas and Europe may be due to several factors. Firstly, countries in these regions have, on average, a longer history of holding democratic elections than those other parts of the world. Secondly, many countries in these regions – especially in continental Europe and South America – use proportional representation (PR) or semi-proportional electoral systems, and research has consistently found higher proportions of young MPs elected under multi-member district PR electoral systems than under uninominal systems where only one person is elected in each district.¹¹ In the case of sub-Saharan Africa, meanwhile, youth participation in parliament may also reflect the young age profile of the populations of most countries in the region.

¹⁰ Devin K. Joshi, “Global Youth Representation in Parliaments from 1971 to 2023”, in Kira Renée Kurz and Brit Anlar (eds), *Youth Political Representation: A Global Perspective on Young Adults’ Presence in Political Institutions* (New York: Palgrave Macmillan, 2026).

¹¹ Devin K. Joshi, “The Representation of Younger Age Cohorts in Asian Parliaments: Do Electoral Systems Make a Difference?” *Representation*, 49/1 (2013), 1–16; Devin K. Joshi, “The Inclusion of Excluded Majorities in South Asian Parliaments: Women, Youth, and the Working Class”, *Journal of Asian and African Studies*, 50/2 (2015), 223–238; Daniel Stockemer and Aksel Sundström, “Age representation in parliaments: Can institutions pave the way for the young?”, *European Political Science Review*, 10/3 (2018), 467–490.

By contrast, the share of MPs aged 30 and under is lower in Asia (2.1%), the Middle East and North Africa (2.0%), and the Pacific (1.7%). The proportions of parliamentarians aged 40 and under are also lower in the Middle East and North Africa (16.9%), Asia (13.0%) and the Pacific (12.8%). These are regions with fewer democratic countries and with newer democracies, and which feature more uninominal electoral systems. Some parts of Asia – especially East Asia – have relatively older populations owing to low birth rates. In these

subregions, cultural expectations in many countries have traditionally associated political and social leadership positions (such as being a parliamentarian) with being older in years, although such ideas are starting to change.

A breakdown by region of youth participation in single and lower chambers, and in upper chambers, is provided in Table 5 and Table 6 respectively.

Table 5

Proportions of young MPs in single and lower chambers by region

30 and under		40 and under	
Region	%	Region	%
Americas	4.1	Americas	24.5
Europe	3.9	Europe	24.3
Sub-Saharan Africa	3.0	Sub-Saharan Africa	24.0
Middle East and North Africa	2.5	Middle East and North Africa	18.4
Asia	2.0	Pacific	14.1
Pacific	1.9	Asia	12.8
Global	3.2	Global	21.4

Table 6

Proportions of young MPs in upper chambers by region

30 and under		40 and under	
Region	%	Region	%
Americas	1.0	Americas	12.0
Sub-Saharan Africa	0.6	Sub-Saharan Africa	8.9
Europe	0.4	Europe	5.2
Asia	0.1	Asia	3.8
Middle East and North Africa	0.0	Middle East and North Africa	0.0
Global	0.5	Global	6.3

When the figures are broken down into subregions, national parliaments fall into three categories. As shown in Table 7, the highest-ranking subregion as of July 2025 for the inclusion of parliamentarians aged 30 and under – in all parliamentary chambers (single, lower and upper houses) – is the Nordic countries (6.7%). Denmark, Finland, Iceland, Norway and Sweden, the subregion’s constituent countries, have a comparatively strong record on the representation of both young adults and women in parliament. In this subregion, many political parties have youth wings and some parties prioritize the inclusion of youth as candidates on their electoral lists. The next three most inclusive subregions for MPs aged 30 and under are all in the Americas: Central America (5.8%), the Caribbean (4.8%) and South America (4.3%). This is a region

where several countries – such as Bolivia (Plurinational State of), Costa Rica, Chile, Ecuador and Mexico – place term limits on parliamentarians. This has resulted in a higher level of MP turnover and the election of more young parliamentarians. Among subregions with the highest proportions of young MPs aged 40 and under, the Nordic countries (30.3%) and Central America (30.5%) lie just behind East Africa (30.8%). The leading country in East Africa for youth in parliament is Ethiopia, where the majority (51.2%) of MPs are aged 40 and under. At the other end of the scale, the lowest proportions of young MPs aged 40 and under are found in South Asia (10.3%), the Pacific Islands (9.5%) and East Asia (7.2%).

Table 7

Subregional proportions of young MPs (% of total in all chambers)

Region	30 and under (% of MPs)	40 and under (% of MPs)
Nordic countries	6.7	30.3
Central America	5.8	30.5
Caribbean	4.8	27.8
South America	4.3	26.1
Central Asia	4.2	26.8
East Africa	3.4	30.8
North Africa	3.2	21.0
Central and Eastern Europe	3.1	23.4
Western Europe	3.1	18.6
Southeast Asia	2.9	14.1
Australia and New Zealand	2.7	15.4
Southern Africa	2.5	18.5
North America	2.1	15.7
Southern Europe	2.0	13.4
Central Africa	1.7	15.9
West Africa	1.6	16.5
South Asia	1.2	10.3
Middle East	1.1	13.7
East Asia	0.4	7.2
Pacific Islands	0.4	9.5



Former member of the IPU Bureau of Young Parliamentarians mentoring young aspirants during a special open session of the Forum of Young Parliamentarians at the IPU 149th Assembly in Geneva, Switzerland. © IPU/Forum of Young Parliamentarians

Since the last report in 2023, the share of MPs aged 30 and under has increased significantly in the single and lower chambers of Turkmenistan (1.6% to 13.7%), Ecuador (5.1% to 13.9%) and Paraguay (1.3% to 7.5%). In the upper chamber of Mexico, meanwhile, the youth share has nearly doubled from 2.0% to 3.9% over the same period.

The 2023 election in Turkmenistan was the first to be held following the switch from a bicameral to a unicameral parliament, which may go some way towards explaining the increase in youth representation, since upper chambers often have no or very few young MPs. Nevertheless, the observed increase is quite substantial considering that the age of eligibility is set at 25 years. In the case of Ecuador, much of the increase in the share of young MPs can be attributed to a legislated quota adopted in 2022, which requires 25% of candidates in elections to be youth – meaning that at least one out of four candidates for parliamentary elections is a young adult. Among the young MPs recently elected in 2025 is Mr. Dominique Elián Serrano Molina who, at age 19, is currently the youngest man serving in a national parliament.

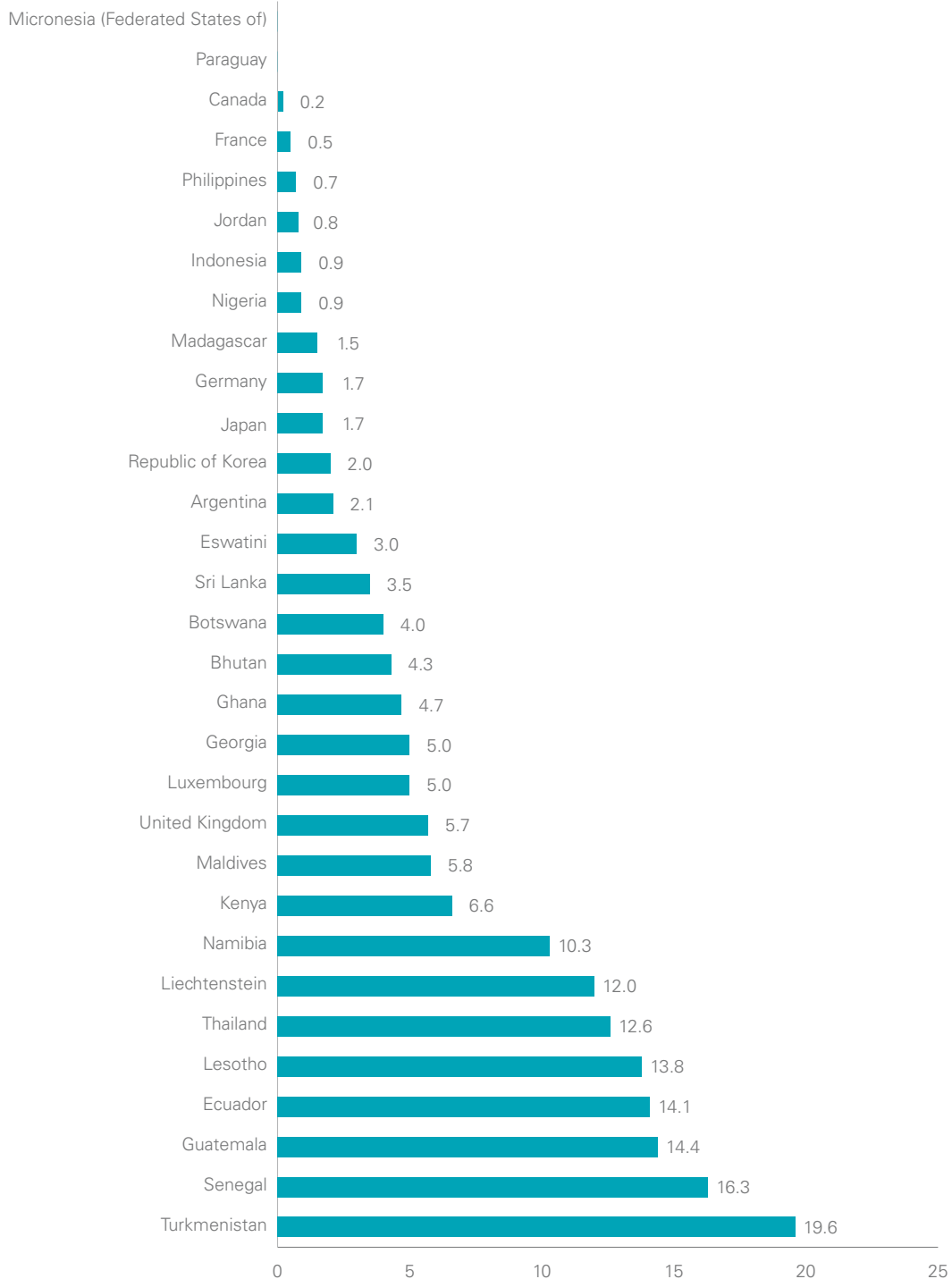
For MPs aged 40 and under, major gains in single or lower chambers have been observed in Turkmenistan (35.2% to 54.8%), Senegal (15.2% to 31.5%), Guatemala (29.4% to 43.8%), Ecuador (33.6% to 47.7%) and Lesotho (4.3% to 18.1%). In upper houses, notable increases in the proportion of MPs in this same age bracket have occurred in the Dominican Republic (0.0% to 6.5%), Uruguay (3.3% to 9.7%) and Mexico (14.7% to 19.7%).

Gains in Ecuador can be attributed both to new political movements such as the *Movimiento Revolución Ciudadana* (Citizen Revolution Movement) and to the country's legislated youth quota, as discussed above. In the case of Senegal, a wave of support in recent elections for younger politicians outside the traditional political establishment has helped to bring in a younger set of MPs and also led to the election of Mr. Bassirou Diomaye Faye who, at 44 years old, is the youngest elected president in Africa.

Figure 1 below shows increases in the proportion of MPs aged 40 and under in single and lower chambers for countries with recent elections.

Figure 1

Percentage point increases in the proportion of MPs aged 40 and under in single and lower chambers



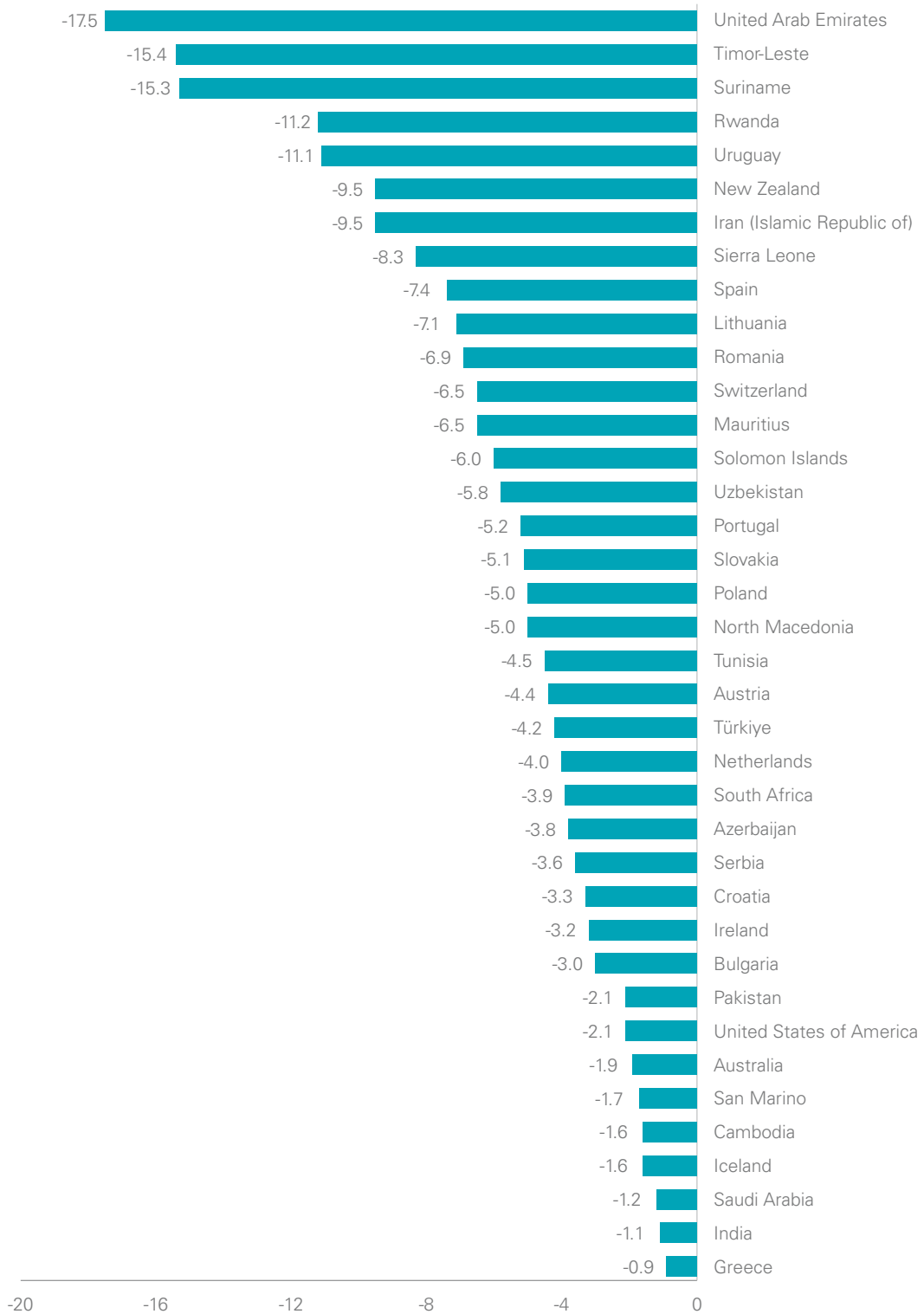
Major declines in the proportion of MPs aged 30 and under in single and lower chambers have occurred in countries such as Suriname (9.8% to 2.0%), Iceland (7.9% to 3.2%), Austria (7.7% to 3.3%) and Poland (4.4% to 0.7%). A large drop in the share of parliamentarians aged 30 and under has also been observed in the upper chamber of Bhutan (12.5% to 0.0%).

For MPs aged 40 and under, large declines in representation in single or lower chambers have taken place in countries such as the United Arab Emirates (25.0% to 7.5%), Timor-Leste (18.5% to 3.1%), Suriname (37.3% to 22.0%) and Rwanda (25.0% to 13.8%). In upper houses, there have also been significant decreases in the proportion of MPs aged 40 and under in Bhutan (54.2% to 24.0%) and Belgium (41.7% to 18.6%).

Figure 2 below shows decreases in the proportion of MPs aged 40 and under in single and lower chambers for countries with recent elections.

Figure 2

Percentage point decreases in the proportion of MPs aged 40 and under in single and lower chambers



Detailed figures on changes in all parliaments resulting from recent elections and renewals can be found in annex 9.



Students attend a demonstration to denounce violence against women, as part of International Women's Day on 8 March 2024 in Milan. © Gabriel Bouys/AFP

Age and gender patterns

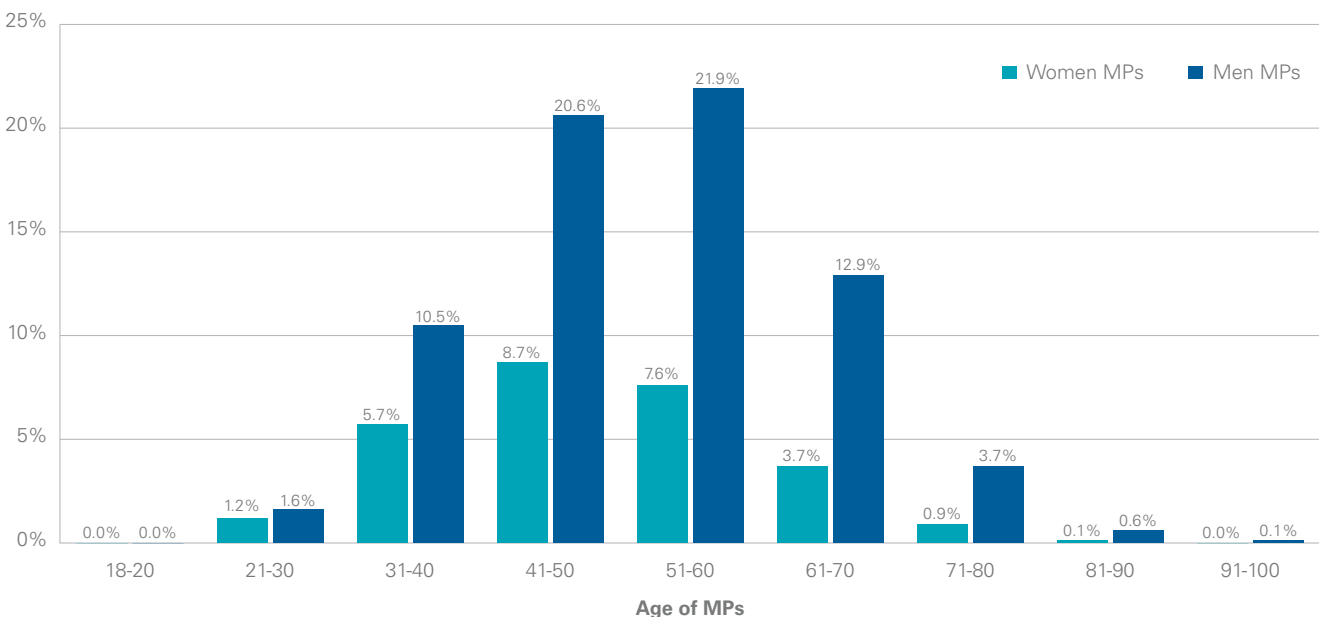
While the proportion of women in national parliaments worldwide has more than doubled from 11.3% in 1995 to 27.2% in 2025, the rate of increase has slowed.¹² Between 2024 and 2025, the increase was a mere 0.3 percentage points, from 26.9% to 27.2%. At the same time, the proportion of young women MPs in parliament has regressed. Women aged 30 and under constitute only 1.2% of all MPs worldwide, while women aged 40 and under comprise 6.9% of MPs. These figures are 0.2 percentage points and 1 percentage point lower, respectively, than those observed in the 2023 report.

On the positive side, this trend partially reflects the fact that young women MPs are being re-elected and ageing out of the "young MPs" cohort. On the negative side, there has been an increase in anti-women and anti-gender-equality attacks and harassment in a number of countries – especially on digital media, as discussed further in the chapter "Voices of young parliamentarians" – which may be leading to lower percentages of women candidates contesting parliamentary elections.

As Figure 3 below shows, the majority (55.5%) of MPs worldwide are still men between the ages of 41 and 70 years. But the gender balance among younger parliamentarians is definitely less skewed when compared with older MPs, who are predominantly male.

Figure 3

Share of MPs worldwide by age cohort and gender



¹² IPU, *Women in Parliament 1995-2025* (Geneva: IPU, 2025).

There is less gender inequality among younger MPs, i.e. those aged 40 and under. As of July 2025, women make up 42.8% of MPs aged 30 and under, and 36.2% of MPs aged 40 and under, compared with just 27.2% across all age groups and 21.1% in the over-40 age group, as shown in Table 8. The greater prevalence of women MPs in younger cohorts compared to older cohorts is connected to the fact that the average age of women MPs worldwide is about five years less than the average age of men MPs.¹³

The highest shares of women aged 30 and under among all MPs in single and lower chambers are found in Armenia (9.4%), Ecuador (8.6%) and Malta (7.1%). In upper chambers, the top countries for women aged 30 and under as a share of total MPs are Jamaica (5.9%), Mexico (3.2%) and Australia (2.8%).

The highest shares of women aged 40 and under among all MPs in single and lower chambers are found in Ethiopia (30.2%), Ecuador (26.5%) and Armenia (25.2%). In upper chambers, the top countries for women aged 40 and under as a share of total MPs are Bolivia (Plurinational State of) (19.4%), Saint Lucia (18.2%) and Antigua and Barbuda (17.7%).

Table 8

Share of parliamentary seats by age cohort (worldwide)

Age range	Women MPs (%)
18–20	80.0 ¹⁴
21–30	42.6
31–40	35.1
41–50	29.6
51–60	25.8
61–70	22.2
71–80	19.9
81–90	18.5
91–100	17.5

Young members of parliament at the IPU Global Conference of Young Parliamentarians in Hanoi, Vietnam. September 2023. © IPU/9th Global Conference of Young Parliamentarians



13 Devin K. Joshi and Malliga Och, "Early birds, short tenures, and the double squeeze: how gender and age intersect with parliamentary representation", *Politics, Groups, and Identities*, 9/3 (2019), 629–645. See also Devin K. Joshi and Malliga Och, "Talking about my generation and class? Unpacking the descriptive representation of women in Asian parliaments", *Women's Studies International Forum*, 47/1 (2014), 168–179.

14 There are only five known MPs aged 18–20.

Youth democratic deficits

Parliamentary underrepresentation of youth is severe relative to their share of the population. In most countries, young people (aged 30 and under or 40 and under) comprise the majority of the population, and young adults (aged 18–40) comprise a large share of the adult population. Yet, despite their large numbers in society, youth hold only a small proportion of parliamentary seats.

These deficits are measured using a youth representation score (YRS) for each parliamentary chamber.¹⁵ This score indicates the share of young MPs in parliament as a proportion of their share of the national adult population aged 18 and over. It is calculated by dividing the actual share of MPs aged 18–30 (or 18–40) by the share of adults (aged 18 and over) in

that country who are between ages 18 and 30 (or 18 and 40). For example, a score of 60 reveals that the share of young parliamentarians is only 60% of what it should be, given the size of the youth population. Conversely, a score higher than 100 reveals that the group is overrepresented relative to its share of the voting-age population. A score of 100 indicates perfectly proportional representation.

Currently, as shown in Table 9, no single or lower chamber has fully proportional representation of 18-to-30-year-olds. The closest is Armenia (77.3), followed by San Marino (53.6), Malta (53.4) and Norway (51.3). For upper chambers, the highest is Antigua and Barbuda (23.7), followed by Jamaica (19.5), Australia (19.3) and Slovenia (15.8). For the scores of all countries, see annexes 5 and 6.

Table 9

Top youth representation scores for the 18–30 age cohort

Single and lower chambers				Upper chambers			
Rank	Country	Most recent election or renewal year	YRS (18–30)	Rank	Country	Most recent election or renewal year	YRS (18–30)
1	Armenia	2021	77.3	1	Antigua and Barbuda	2023	23.7
2	San Marino	2024	53.6	2	Jamaica	2020	19.5
3	Malta	2022	53.4	3	Australia	2025	19.3
4	Norway	2021	51.3	4	Slovenia	2022	15.8
5	Ukraine	2019	45.4	5	Mexico	2024	12.7
6	Ecuador	2025	43.3	6	Spain	2023	12.0
7	Republic of Moldova	2021	43.1	7	Austria	N/A	9.0
8	Turkmenistan	2023	42.0	8	Lesotho	2022	7.4
9	Cuba	2023	40.9	9	Namibia	2020	6.0
10	Germany	2025	40.1	10	Uzbekistan	2024	5.7

¹⁵ For more on calculating youth representation scores, see Aksel Sundström and Daniel Stockemer, “Conceptualizing, Measuring, and Explaining Youths’ Relative Absence in Legislatures”, *PS: Political Science & Politics*, 54/2 (2020), 195–201.

Fortunately, as shown in Table 10, scores are higher for 18-to-40-year-olds. The highest scores for single and lower chambers belong to Ukraine (130.5), Armenia (129.2), Montenegro (126.1), Andorra (102.9), and Latvia (102.3). In these five countries, the proportion of young MPs exceeds the share of 18-to-40-year-olds in the national population. These five chambers are exceptional. In every other country, the

proportion of MPs aged 40 and under is less than the share of young adults aged 18–40 years in the adult population. For upper chambers, the top-performing countries are Antigua and Barbuda (66.6), Jamaica (55.9), Colombia (53.4), Belgium (52.8), Bolivia (Plurinational State of) (51.6) and Ireland (50.3). Youth representation scores for this age bracket for all countries can be found in annexes 7 and 8.

Table 10

Top youth representation scores for the 18–40 age cohort

Single and lower chambers				Upper chambers			
Rank	Country	Most recent election or renewal year	YRS (18–40)	Rank	Country	Most recent election or renewal year	YRS (18–40)
1	Ukraine	2019	130.5	1	Antigua and Barbuda	2023	66.6
2	Armenia	2021	129.2	2	Jamaica	2020	55.9
3	Montenegro	2023	126.1	3	Colombia	2022	53.4
4	Andorra	2023	102.9	4	Belgium	2024	52.8
5	Latvia	2022	102.3	5	Bolivia (Plurinational State of)	2020	51.6
6	Cuba	2023	98.1	6	Ireland	2025	50.3
7	Netherlands	2023	96.5	7	Slovenia	2022	47.1
8	Republic of Moldova	2021	96.4	8	Bosnia and Herzegovina	2023	46.0
9	Turkmenistan	2023	96.2	9	Romania	2024	44.7
10	Malta	2022	96.0	10	Australia	2025	41.4

Term limits and youth retention

Term limits for parliamentarians can potentially help increase youth participation by mandating the turnover of incumbent MPs. This automatically opens up spots for newcomers to parliament, including younger adults. In recent years, there have been a number of proposals in various countries to institute either parliamentary term limits or maximum age limits for members of national and subnational parliaments.¹⁶ In some countries, these proposals have broadly reflected the sentiment of public opinion. For instance, in 2023, a public opinion survey conducted by the Pew Research Center found that 79% of Americans favoured maximum age limits for elected officials.¹⁷ Calls for reforms in the United States of America stem in part from the fact that there have been prominent politicians approaching or exceeding 80 years

old, including the country's current and former presidents. But another reason may be that its neighbours have already institutionalized such limits. Canada has a mandatory retirement age of 75 for its upper chamber.¹⁸ Meanwhile, Mexico had long instituted a one-term limit for members of its national parliament under Article 59 of its 1917 Constitution, although this limit was amended in 2014.¹⁹

Several other parliaments also place restrictions on the number of terms – total or consecutive – that members can serve. With the prominent exception of Algeria, which has restricted MPs to no more than two terms in total since its 2020 constitutional reforms, most single and lower chambers in national parliaments currently applying term limits are found in former

¹⁶ European Parliament, *Term limits in parliamentary mandates: Democratic renewal or disruption?* (Strasbourg: European Parliament, 2025).

¹⁷ John Gramlich, "Most Americans favor maximum age limits for federal elected officials, Supreme Court justices", Pew Research Center, 4 October 2023.

¹⁸ Government of Canada, "About the Senate", 2024.

¹⁹ Instituto Nacional Electoral, "The Mexican Electoral System", 2017.

colonies of Spain (i.e. Bolivia (Plurinational State of), Chile, Costa Rica, Ecuador, Mexico, Peru and the Philippines). Term limits in single and lower chambers range from no consecutive terms in Costa Rica and Peru to no more than two consecutive terms in Bolivia (Plurinational State of), three consecutive terms in Chile and the Philippines, and four consecutive terms (since 2014) in Mexico. These limits mean that, after serving the

stipulated consecutive terms, an MP must sit out for at least one term before being eligible to re-enter parliament. In Ecuador, MPs can now serve no more than two terms in total, whether consecutive or not.²⁰ As shown in Table 11, there are also similar term limits for upper chambers in Algeria, Bolivia (Plurinational State of), Chile, Mexico, the Philippines and Rwanda.

Table 11

Constitutional term limits for MPs in national parliaments²¹

Country	Parliamentary chamber	Term limits for MPs	Legal basis
Algeria	Lower	Two 5-year terms	2020 Constitution (Article 122)
Algeria	Upper	Two 6-year terms	2020 Constitution (Article 122)
Bolivia (Plurinational State of)	Lower	Two consecutive 5-year terms	2009 Constitution (Article 156)
Bolivia (Plurinational State of)	Upper	Two consecutive 5-year terms	2009 Constitution (Article 156)
Canada	Upper	Mandatory retirement age of 75	1867 Constitution Act (Article 29(2))
Chile	Lower	Three consecutive 4-year terms	1980 Constitution (Article 51)
Chile	Upper	Two consecutive 8-year terms	1980 Constitution (Article 51)
Costa Rica	Unicameral	No consecutive 4-year terms	1949 Constitution (Article 107)
Ecuador	Unicameral	Two 4-year terms	2021 Constitution (Article 114)
Mexico	Lower	Four consecutive 3-year terms	2015 Constitution (Article 59)
Mexico	Upper	Two consecutive 6-year terms	2015 Constitution (Article 59)
Peru	Unicameral	No consecutive 5-year terms	1993 Constitution (Article 90-A)
Philippines	Lower	Three consecutive 3-year terms	1987 Constitution (Article 6)
Philippines	Upper	Two consecutive 6-year terms	1987 Constitution (Article 6)
Rwanda	Upper	Two 5-year terms	2003 Constitution (Article 81)

²⁰ Ecuador, [Constitution of 2008 \(rev. 2021\)](#).

²¹ Primary source: Francesco Bromo and others, "[Term limits in parliament and electoral disconnection: the case of the Five Star Movement](#)", *European Political Science Review*, 17/2 (2024), 297–317. See also IPU Parline database; and European Parliament, [Term limits in parliamentary mandates: Democratic renewal or disruption?](#) (Strasbourg: European Parliament, 2025).



A working group discussing intergenerational alliances for gender equality at the Global Conference of Young Parliamentarians in Lima, Peru. September 2025. © IPU/11th Global Conference of Young Parliamentarians

The available data suggests that parliaments with term limits for MPs actually have more young parliamentarians. As shown in Table 12, all eight single and lower chambers of parliaments with term limits have a higher share of young MPs than the global average in national parliaments. In parliaments with term

limits, MPs aged 30 and under comprise 5.2% of members of single and lower chambers – nearly double the global average of 2.8%. Likewise, MPs aged 40 and under comprise 29.7% of members of single and lower chambers with term limits – 10.7 percentage points higher than the global average of 19.0%.

Table 12

Youth participation in parliaments with term limits for single and lower chambers

Country	30 and under			40 and under		
	Young MPs as % of all MPs	Global average % young MPs	Difference (% pts)	Young MPs as % of all MPs	Global average % young MPs	Difference (% pts)
Algeria	3.7	2.8	+0.9	30.7	19.0	+11.7
Bolivia (Plurinational State of)	6.2	2.8	+3.4	42.3	19.0	+23.3
Chile	5.8	2.8	+3.0	31.6	19.0	+12.6
Costa Rica	7.0	2.8	+4.2	28.1	19.0	+9.1
Ecuador	13.9	2.8	+11.1	47.7	19.0	+28.7
Mexico	3.4	2.8	+0.6	26.2	19.0	+7.2
Peru	3.9	2.8	+1.1	26.4	19.0	+7.4
Philippines	5.4	2.8	+2.6	21.0	19.0	+2.0
Average	5.2	2.8	+2.4	29.7	19.0	+10.7

IPU youth reports have traditionally focused on collecting data on the *election* of young MPs. In 2025, however, a new line of enquiry was launched, with data also collected on the *retention* of young MPs – specifically, how many young parliamentarians serving in the previous legislature were retained²² in the subsequent one. This data sheds light on whether retention patterns differ between young MPs and parliamentarians of all ages, as well as between young women and young men MPs. This quantitative data also complements the qualitative evidence received from young MPs on the barriers that may hinder their likelihood of remaining in office once elected.

Thirty-eight single and lower chambers of parliament provided detailed responses to the IPU questionnaire on retention. Although this represents a smaller data set than that used for other age data,²³ the initial findings offer early-stage insights into this new area of research.

Retention of young MPs aged 30 and under (data from 30 single and lower chambers):

- Some 51.6% of young MPs in this age group were retained from the previous legislature. This compares with 76.6% of incumbent MPs in the same chambers²⁴ – a difference of 25 percentage points.
- In terms of gender, 52.2% of young men MPs were retained from the previous legislature, compared with 50.7% of young women MPs – a difference of 1.5 percentage points.

Retention of young MPs aged 40 and under (data from 38 single and lower chambers):

- Some 50.7% of young MPs in this age group were retained from the previous legislature. This compares with 74.6% of incumbent MPs in the same chambers – a difference of 23.9 percentage points.
- In terms of gender, 49.8% of young men MPs were retained from the previous legislature, compared with 52.4% of young women MPs – a difference of 2.6 percentage points.

Notwithstanding the limited number of chambers covered, these initial findings point to several notable patterns.

First, substantially smaller proportions of young MPs — both those aged 30 and under and those aged 40 and under — were retained compared to MPs of all ages. While the underlying reasons are not yet clear, this suggests that young MPs are less likely to continue from one legislature to the next, whether due to electoral outcomes or decisions not to stand for office again.

Second, the findings indicate that young women MPs and young men MPs have comparable retention rates from one legislature to the next. This more balanced pattern is consistent with broader trends showing stronger gender balance among younger cohorts of parliamentarians. As sex-disaggregated retention data for MPs of all ages was not available, future research in this area would help assess whether similar dynamics are observed among older age groups.

These preliminary results provide an important first indication of retention patterns. Further research in this area will help deepen understanding and improve the accuracy and comparability of data on the retention of young MPs.

²² Taking into account that not all MPs contest elections, and that some may leave office by choice or due to appointment procedures, particularly in appointed or indirectly elected chambers.

²³ The findings are based on data submitted by parliaments. However, in some chambers, discrepancies were identified between data received through the 2025 questionnaire and data recorded in previous years in the Parline database. These differences may stem from a range of factors, including variations in calculation methods, differing historical reference points, and changes in the composition of a chamber over the course of a parliamentary term.

²⁴ The retention rate of MPs of all ages is based on data on [first-term parliamentarians](#) from the IPU Parline database. It is calculated by subtracting the number of first-term members in the current legislature from the total number of MPs elected or appointed to that chamber. This indicator may not correspond exactly to parliamentary re-election rates, as it may include MPs who return to parliament after an absence of one or more terms.

Youth representation targets and initiatives

IPU youth targets

In 2018, the IPU established youth targets to help measure countries' progress towards increased youth participation. The first target is for at least 15% of parliamentarians to be aged 30 and under, while the second is for at least 35% of parliamentarians to be aged 40 and under. Meeting these minimum thresholds in each country ensures that parliaments will have multiple young MPs participating in the legislative process and, therefore, that youth are represented.

As of July 2025, just less than 3% of MPs worldwide are aged 30 and under, and 19% are aged 40 and under. Globally, national parliaments have therefore not met either of the IPU's youth targets.

As Table 13 shows, only 12% of single and lower chambers (18 out of 150) have met or exceeded the 35% target for MPs aged 40 and under. These chambers are in the following countries: Andorra, Armenia, Bolivia (Plurinational State of), Burkina Faso, Colombia, Cuba, Ecuador, Ethiopia, Gambia (The), Guatemala, Malta, Montenegro, the Netherlands, Nauru, the Republic of Moldova, Saint Kitts and Nevis, Turkmenistan and Ukraine. An additional 71 single or lower chambers are at

least halfway towards meeting this target. This means that, in total, nearly 60% of single and lower chambers (89 out of 150) have either met this target or are at least halfway towards meeting it.

Conversely, no upper chambers currently meet the 35% target. However, almost 20% of upper chambers (11 out of 60) are at least halfway towards meeting this target. These chambers are found in the following countries: Antigua and Barbuda, Belgium, Bhutan, Bolivia (Plurinational State of), Burundi, Colombia, Ireland, Jamaica, Kenya, Mexico and Saint Lucia.

The National Assembly of Armenia is currently the only national parliament that exceeds the IPU's 15% target for MPs aged 30 and under. However, another 10 single or lower chambers are at least halfway towards meeting this target. These chambers are found in the following countries: Cuba, Denmark, Ecuador, Malta, Norway, Panama, Paraguay, the Republic of Moldova, San Marino and Turkmenistan.

No upper chambers currently meet the 15% target and none are even halfway towards doing so.

Member of the IPU Bureau of Young Parliamentarians at the Global Conference of Young Parliamentarians in Lima, Peru. September 2025. © IPU/11th Global Conference of Young Parliamentarians



Table 13

Parliamentary chambers meeting the IPU youth targets in 2025

IPU youth target	Single and lower chambers meeting the target	Upper chambers meeting the target
15% of MPs aged 30 or under	1 out of 150 (0.7%): Armenia 16.8%	0 out of 60 (0.0%)
35% of MPs aged 40 or under	18 out of 150 (12.0%): Armenia 56.1% Turkmenistan 54.8% Ethiopia 51.2% Ecuador 47.7% Montenegro 46.9% Ukraine 46.3% Guatemala 43.8% Bolivia (Plurinational State of) 42.3% Colombia 41.6% Gambia (The) 41.4% Malta 38.6% Saint Kitts and Nevis 38.5% Republic of Moldova 37.6% Nauru 36.8% Burkina Faso 36.6% Andorra 35.7% Cuba 35.5% Netherlands 35.3%	0 out of 60 (0.0%)

Gender parity targets

In 2018, the IPU also set a target of gender parity in parliamentary youth representation within each age group. In other words, the proportion of MPs who are women in a given age cohort (such as in their twenties or thirties) should be equal or close to 50%. As noted in the 2023 report, a parliament may achieve gender parity among young MPs even when youth representation is low. However, gender parity in a parliament becomes more likely as the share of young MPs increases, as a greater number of seats held by young people enhances the likelihood of gender (and other forms of) diversity among young representatives.

Progress towards this target was measured by tracking the percentage of young MPs who were women. The proportion of parliamentary chambers where women made up at least 50% of young MPs were then identified, as were those where women made up at least 40% of young MPs.

The results are shown in Table 14. Among MPs aged 30 and under, 40.7% of chambers have at least 40% women and 32% have reached or exceeded gender parity (i.e. 50% or more women). For MPs aged 40 and under, 38% of chambers have at least 40% women and 20% have reached or exceeded gender parity.

Table 14

Gender parity among young MPs in single and lower chambers

	Percentage of chambers where women comprise at least 40% of young MPs	Percentage of chambers where women comprise at least 50% of young MPs
Young MPs aged 30 and under	40.7%	32%
Young MPs aged 40 and under	38%	20%



Young parliamentarians discussing how to unite generations for gender equality at the IPU Global Conference of Young Parliamentarians in Lima, Peru. September 2025. © IPU/11th Global Conference of Young Parliamentarians

The IPU's *I Say Yes to Youth in Parliament!* campaign

The IPU's *I Say Yes to Youth in Parliament!* campaign has gained much international support since its launch four years ago, in 2021. As of 31 July 2025, over 2,400 signatories – including 1,027 MPs from 156 countries and 93 Speakers of parliament – have endorsed the campaign, which is based on six pledges. These are discussed in turn below.

Pledge 1: Accelerating progress using youth quotas

Quotas to guarantee a minimum presence of young people in parliament have been established in a small but growing number of countries, especially in Africa and Asia. These quotas take three main forms:

- Reserved seats: parliamentary seats are set aside exclusively for young people.
- Legislated quotas: a certain percentage of candidates from every political party in parliamentary elections must be young people.
- Voluntary political party quotas: these quotas are not legislated at the national level, but are voluntarily adopted by political parties, mandating that a certain percentage of their candidates for parliamentary elections be young people.

At the time of this report, youth quotas mandated by law are present in at least 16 chambers of parliament, with most being single or lower chambers. Youth quotas are also becoming stronger with time. For example, in 1993, Uganda allocated five seats (about 1% of all seats) in parliament to youth, while in 2003, Rwanda allocated two seats (2.5% of all seats) in the Chamber of Deputies to young MPs. In 2021, Algeria brought in a new requirement for half of candidates on party lists for its lower chamber to be under age 40. As a result, 34% of members are now below the age of 40. More recently, in 2025, Gabon introduced a requirement for 20% of candidates to be aged 35 and under.²⁵

In addition to constitutional and legal quotas regulating the entire parliament, political parties in some countries have voluntarily adopted party-level youth quotas requiring them to ensure a certain minimum percentage of youth among their candidates in parliamentary elections. One example is the Social Democratic Party of Lithuania, which competes in multi-member constituencies. For each constituency, at least one young person (under age 35) must be in the top 10 candidates on the list.

25 IPU, "IPU Parline: Gabon – National Assembly".

Table 15

Examples of quotas to increase youth participation in parliaments (1993–2025)

Country	Chamber	Measure (year adopted)	Details
Algeria	Lower	Legislated quota (2021)	Fifty per cent of the candidates on a party list must be under age 40.
Burkina Faso	Single	Reserved seats (2022)	Two seats (out of 71) are reserved for youth in the Transitional Legislative Assembly.
Ecuador	Lower	Legislated quota (2022)	Twenty-five per cent of candidates in binomial and multi-member elections must be young people (aged 18–29).
Egypt	Lower	Legislated quota (2014)	Electoral lists of 15 seats must have 2 seats for youth, and lists of 45 seats must have 6 seats for youth (aged 25–35).
Gabon	Lower	Legislated quota (2025)	Twenty per cent of candidates for the National Assembly and local councils must be aged 35 and under.
Guinea	Single	Reserved seats (2022)	Five seats (out of 81) are reserved for youth in the Transitional National Council.
Jordan	Lower	Legislated quota (2022)	Party lists for the 41-member general electoral district must include one young person (under age 35) among the first five candidates.
Kazakhstan	Lower	Legislated quota (2023)	Thirty per cent of candidates on a party list and subsequently seated in the assembly must be under age 35, women or people with disabilities.
Kenya	Lower	Reserved seats (2010)	Twelve seats are reserved for young people, people with disabilities, and workers.
Kenya	Upper	Reserved seats (2010)	Two seats (out of 68) are reserved for young people (one man and woman) under age 35.
Kyrgyzstan	Single	Legislated quota (2017) ²⁶	Fifteen per cent of candidates on party lists must be under age 35 and at least 5 of these candidates must be included among the first 65 candidates.
Morocco	Lower	Reserved seats (2011)	Thirty seats (out of 395) are reserved for young people under age 40.
Philippines	Lower	Legislated quota (1995)	A minority of seats in parliament are selected by PR for different specified sectors, including young people.
Rwanda	Lower	Reserved seats (2003)	Two seats (out of 80) are reserved for young people aged 30 and under. They are elected by the National Youth Council.
Uganda	Lower	Reserved seats (1993)	Five seats (out of 499 elected seats) are reserved for young people (aged 18–30), one of whom must be a woman.
Zimbabwe	Lower	Reserved seats (2023)	Ten seats (out of 280) are reserved for young people aged 21–35. They are allocated by PR to party lists. Also, 10 holders of the 60 reserved seats for women must be aged 35 and under.

Note: The year indicates the time of adoption or implementation, or of the most recent legislative reform.

²⁶ After the reporting period for this report, the youth quota in Kyrgyzstan was removed following changes to the electoral system.

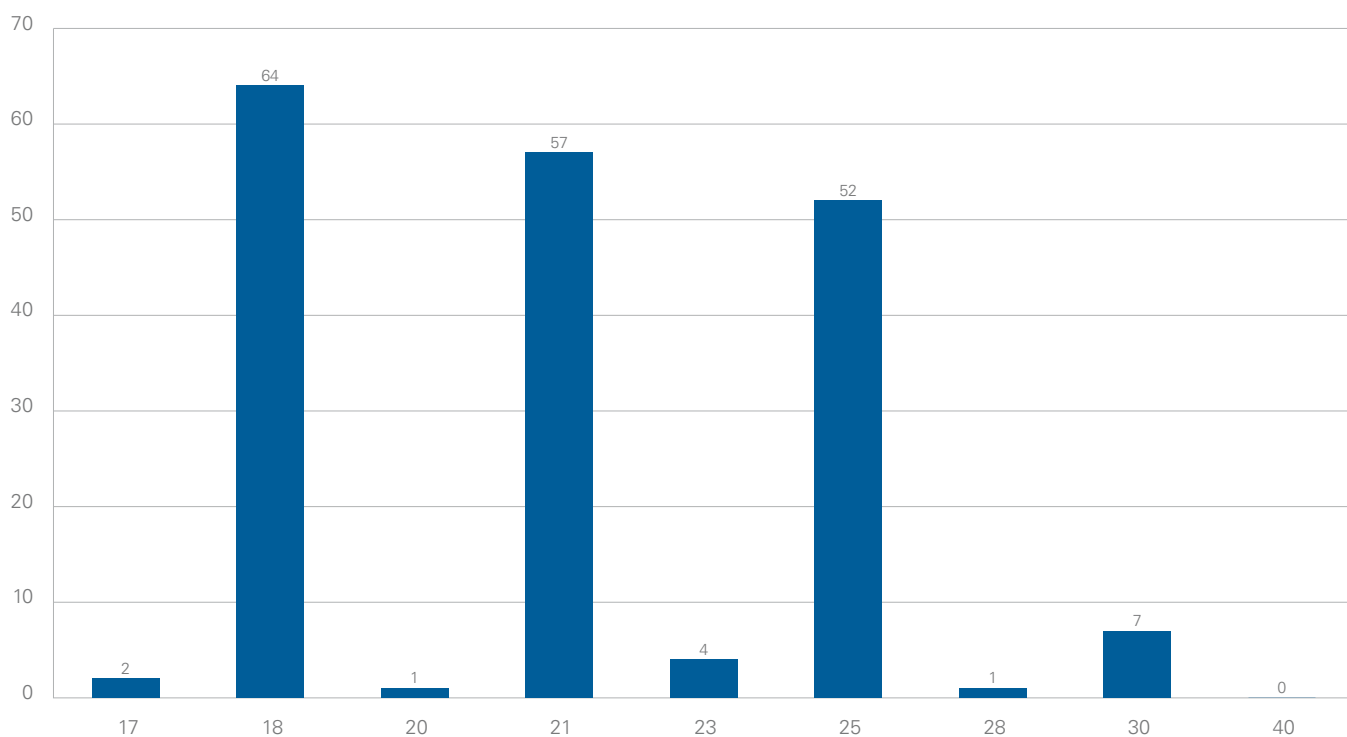
Pledge 2: Aligning voting and eligibility ages

The minimum age of eligibility to serve as an MP is a major barrier to youth participation in many parliaments. Right now, in 69.7% of parliamentary chambers, a person can be old enough to vote but still not be eligible to hold office. This is the case for 63.8% of single and lower chambers and 83.5% of upper chambers.

Simply reducing the age of eligibility and aligning it with the minimum age of voting (18 years in most countries) is a straightforward reform parliaments can make to prevent the exclusion of young MPs. Currently, 35.1% of single and lower chambers set the minimum age of eligibility at age 18 or under. Others are less inclusive, with 30.9% requiring a minimum age of 20 or 21 years, and 29.8% setting the minimum age at 23 or 25 years. As shown in Figure 4, the three most common minimum ages of eligibility – 18, 21 and 25 years – together account for 92% of single and lower chambers. There are also a few outliers. The least youth-inclusive chambers are found in countries where the minimum age of eligibility is 28 years (Iraq) or 30 years (Bahrain, Iran, Kuwait, Micronesia (Federated States of), Nigeria, Oman, Qatar and Saudi Arabia).²⁷ On the more inclusive side, the minimum age of eligibility in some countries is just 17 years (Democratic People’s Republic of Korea and Timor-Leste).

Figure 4

Age of eligibility for single and lower chambers (No. of countries)



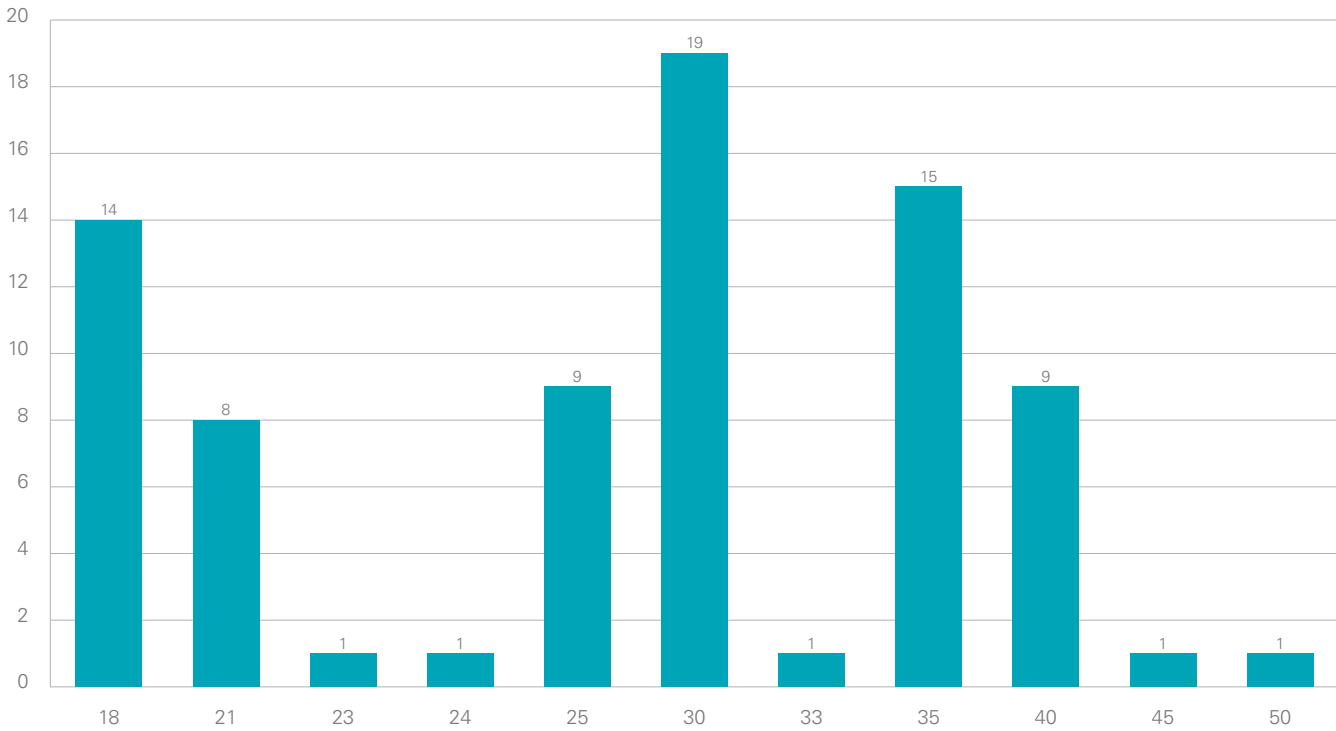
²⁷ The age of eligibility of 30 years applied in Qatar during the country's 2021 elections. Within this report's reporting period, the age requirement was eliminated and left unspecified for the renewal of the Shura Council in October 2025. See IPU, "IPU Parline: Qatar – Shura Council".

As shown in Figure 5, for upper chambers, 14 countries are leading the way on inclusion with a minimum age of eligibility of 18 years. An additional eight countries are slightly less inclusive, applying a minimum age of 21 years. However, the modal minimum age of eligibility for upper chambers is

30 years – a threshold that applies in 19 countries. There are also extreme cases of youth exclusion: in 15 countries, the minimum age of eligibility for the upper chamber is 35 years, and in 9 countries it is 40 years. Rare, extreme examples are Congo (45 years) and Gabon (50 years).

Figure 5

Age of eligibility for upper chambers (No. of countries)



A trend in recent years has been for countries to lower the age of eligibility, especially in the Middle East and other Muslim-majority countries. For instance, Jordan reduced the age of eligibility for its lower chamber from 30 to 25 years in 2022, while Türkiye lowered its age of eligibility to 18 years in 2017. Ms. Zeynep Yıldız, a former Turkish MP, explained that “after the constitutional amendment, youth can now run for elections at 18. Since then, there have been many youth running in politics.” Mexico also held its first election in 2024 since lowering the minimum age of eligibility for its lower chamber

from 21 to 18 years – a measure that has contributed to higher-than-average youth participation in its parliament. Recently, Qatar has abolished its previous age of eligibility of 30 years.

Proposals for lowering the age of eligibility and reducing the voting age at all levels have often come from young MPs. Mr. Abdulla Rifau, an MP from Maldives, noted as follows: “We managed to change the age to run for president and deputy vice president from 35 to 30.”

Pledge 3: Making parliaments fit for youth participation

There are several means by which parliaments can become more youth-friendly. One is by having a dedicated committee or commission responsible for debating, drafting and revising youth-focused legislation and policy. Currently, 42% of parliamentary chambers have committees dedicated to youth affairs. In some cases, the committee focuses only on youth affairs. In other cases, youth affairs are part of the committee's remit together with other issues such as sport or education. Examples include the Commission on Youth Affairs in Uzbekistan, the Committee for Youth and Sport in Romania, and the Standing Committee on Education, Vocational Training, Scientific Research, Youth and Sport in Tunisia.

Another measure to enhance youth participation in national parliaments is to establish a youth caucus, providing a forum for young MPs to discuss issues collaboratively and put forward proposals. Based on questionnaire responses submitted to the IPU by national parliaments, about one out of

six parliamentary chambers (16%) has set up a youth caucus or network. A list of these youth caucuses can be found in Table 16 below. In Pakistan, Thailand and Zimbabwe, youth caucuses include all young MPs in parliament, regardless of gender or political party. In Kenya, meanwhile, the Young Parliamentarians Association plays a critical role in championing youth interests. This cross-party caucus is composed of MPs under age 35 and works to build leadership capacity among young lawmakers, support youth-centred legislation and advocate for reforms such as fairer campaign financing. Another vibrant youth caucus is Tanzanian Young Parliamentarians in the United Republic of Tanzania, which has 74 MPs under age 40. Operating under the support of the Speaker of the National Assembly, this youth caucus has conducted several training courses over the past five years. In the same way that cross-party women's caucuses have sometimes dramatically helped to advance the substantive representation of women, cross-party youth caucuses can function as useful vehicles for advancing the substantive representation of youth.²⁸



Young members of the Youth Parliament of Uzbekistan at the Forum of Young Parliamentarians meeting at the 150th IPU Assembly in Tashkent, Uzbekistan. April 2025. © IPU/Murodxon

28 Devin K. Joshi and Christian Echle (eds), *Substantive Representation of Women in Asian Parliaments* (New York: Routledge, 2023).

Table 16

Examples of youth caucuses and networks in parliaments

Country	Chamber	Youth caucus or network
Albania	Parliament	Parliamentary Youth Club
Australia	Both chambers	Parliamentary Friends of Young People
Benin	National Assembly	APF Young Parliamentarians Network
Brazil	Federal Senate	Parliamentary Front in Defense of Youth Public Policies
Cameroon	National Assembly	Youth Hope Parliamentary Network
Colombia	Both chambers	Youth in Congress
Costa Rica	Legislative Assembly	Parliamentary Youth Group
Democratic Republic of the Congo	Senate	Network of Young Parliamentarians of the Senate
El Salvador	Legislative Assembly	Youth Parliamentary Group
Estonia	The Estonian Parliament	Youth Participation Support Group
Finland	Parliament	Young Parliamentarians' Network
Israel	Parliament	Caucus for the Advancement of Youth Movements and Organizations in Israel
Israel	Parliament	Caucus for Encouraging the Employment of Young People
Israel	Parliament	Caucus for Young People in Israel
Italy	Chamber of Deputies	Intergroup, Policies for Youth
Kenya	Both chambers	Kenya Young Parliamentarians Association
Lithuania	Parliament	Interim Group for Cooperation with the Lithuanian Council of Youth Organizations
Madagascar	National Assembly	Network of Young Parliamentarians
Malawi	National Assembly	Youth Caucus in Parliament
Mozambique	Assembly of the Republic	Youth Parliamentarians Cabinet
New Zealand	House of Representatives	Rito o te Pāremata
Nicaragua	National Assembly	Team for the Promotion and Monitoring of Institutional Policies of the National Assembly
Nigeria	Both chambers	Young Parliamentarian's Forum (YPF)
North Macedonia	Assembly of the Republic	Club on Youth Affairs and Policies
Pakistan	National Assembly	Young Parliamentarians Forum

Country	Chamber	Youth caucus or network
Poland	Sejm	Parliamentary Grouping for Youth Council Activities at Local Government Units
Poland	Sejm	Parliamentary Grouping for Mental Health of Children and Youth
Poland	Both chambers	Parliamentary Grouping for Youth
Russian Federation	Council of the Federation	Chamber of Young Legislators of the Federation Council
Sao Tome and Principe	National Assembly	Young Parliamentarians Network
Slovenia	National Assembly	Young Parliamentarian's Club
Sri Lanka	Parliament	Parliamentary Caucus on Youth
Switzerland	Council of States	Childhood and Youth Caucus
Thailand	House of Representatives	Young Parliamentarians Caucus of Thailand
Ukraine	Parliament	Caucus for the Development of Youth Policy
United Kingdom	Both chambers	Youth Affairs All Party Parliamentary Group (APPG)
United Republic of Tanzania	National Assembly	Tanzanian Young Parliamentarians (TYP)
United States of America	Both chambers	Future Caucus
Viet Nam	National Assembly	Young National Assembly Deputies Group
Zambia	National Assembly	Zambia Youth Parliamentary Caucus (ZYPC)
Zimbabwe	National Assembly	Parliamentary Youth Caucus (PYC)

Pledge 4: Having influential young parliamentarians

The next pledge relates to having young people not only participating in parliament as MPs, but also serving in leadership roles such as Speakers and Deputy Speakers, as well as chairs and deputy chairs of important parliamentary committees. Young MPs who hold leadership roles in parliament typically do so on committees dealing with youth affairs. Among 87 chairs of youth-related parliamentary committees in 2025 for which age data is available, 20 of them (23%) are aged 40 and under. Although some young MPs serve as deputy chairs of legislative committees overseeing areas such as finance and the budget, there are fewer young MPs in top leadership roles. This is an area where changes can be made in the coming years, both through parliaments supporting young MPs into these roles and through young parliamentarians seeking out and campaigning to get these positions.

One of these crucial roles is that of Speaker. As of July 2025, only 10 parliaments – in Andorra, Bolivia (Plurinational State of), Brazil, Cyprus, Ecuador, Peru, Saint Kitts and Nevis, Tajikistan, Tonga and Turkmenistan – have Speakers aged 40 and under. This represents a decrease from 15 Speakers aged 40 and under in July 2023, 5 of whom were women. The youngest among the current three women and seven men Speakers aged 40 or under is Mr. Hugo Motta, the 36-year-old Speaker of the Chamber of Deputies of Brazil.

Pledge 5: Mentoring a new generation of leaders

An important way parliaments can attract young people into politics is through their outreach initiatives. Mentorship and training programmes that start at a young age can teach young people how to convey messages, advocate, lead and make their voices heard. Parliaments can support these efforts by offering tours of parliament to school groups and by allowing young people to see the daily work of MPs. Ms. Ivana Stamatović, an MP from Serbia, pointed out how important it was to teach young people how politics works, what the day of a typical MP involves, and how the work of parliamentarians and politicians benefits them, their country and their community. She said she viewed this as “a communication challenge” whereby “the view of politics as a horrific career needs to be changed”.

To address this, some parliaments have been developing initiatives such as youth model parliament programmes to teach young people about parliamentary work and to incorporate young people’s ideas into policymaking. In a survey sent out by the IPU to parliaments in 2025, nearly half (27) out of 62 countries that responded reported having a youth parliament or a related youth outreach programme. For example, in 2019, the National Council of Monaco created a National Youth Council allowing young citizens to debate issues for a year, meet with MPs and bring their proposals forward. This process led to a national law banning single-use plastics. The United Arab Emirates has a selective two-year Child Parliament programme for children aged 10–17, where participants get to experience parliamentary work and sit in with actual ministers. On a similar note, Rwanda holds children’s forum elections for children aged 6–14 in each neighbourhood and village. The country also has the Rwanda National Youth Council for young people aged 15–30.

In Armenia, the Youth Parliament fosters structured engagement between young people and the legislative process in an effort to empower the next generation of leaders. The programme was developed in collaboration with Modern Armenia for Modern Parliament 2.0, an initiative of the United Nations Development Programme. In 2024, the Youth Parliament Simulation was introduced to empower young people from both urban and rural areas to participate in the Youth Parliament through discussions in simulated thematic standing committees. Participants also attended workshops on parliamentary procedures, topic selection and committee leadership roles.

In Australia, the Speaker launched the National Youth Parliament in 2025, bringing together 150 young men and women aged 16–17 from each federal electorate to represent their communities, learn more about parliamentary engagement and take part in simulated debates. The National Youth Parliament also includes a five-day residential programme in the capital, where participants have the opportunity to exchange with political leaders and gain a deeper understanding of how parliament works.

Zimbabwe also has a programme which brings several hundred young people to parliament to assess whether the government’s budget adequately addresses youth issues and concerns, and to discuss other policy proposals. Recently, participants have debated issues including illicit drugs, the banning of home-brewed alcohol, and the conversion of rural post offices into “IT data tech hubs” to train people in web design and other IT-related roles.

Youth-friendly participation initiatives such as these can help to create a positive image of parliament and inspire young people to aspire to become parliamentarians. For example, Ms. Lena Gumnior, who became an MP in Germany in 2025, mentioned how visiting her national parliament on a school trip several years ago had inspired her to later become a parliamentarian.

Pledge 6: Advocating for transformative action

The sixth and final pledge is about parliaments becoming actively involved in supporting youth and supporting structural reforms. In recent years, a number of countries have launched their own *I Say Yes* campaigns, including Zambia (in 2024) and Chad (in 2025). Young MPs who were interviewed for this report credited international organizations such as the IPU with playing a key role in sharing information about good practices for youth participation and for facilitating exchanges and meetings between MPs from different countries. They reported finding it especially useful to learn from counterparts in other countries and to see what was being done abroad. One young MP said she particularly appreciated the fact that the IPU encouraged delegations to IPU Assemblies to include at least one young MP.

Voices of young parliamentarians

Recognizing that numbers alone can obscure important aspects of reality, this chapter of the report showcases the voices of current and former young MPs, offering their perspectives on participation in national parliaments. Their varied experiences provide many fresh insights into youth representation, what it is like to be a young MP, and the diversity of young parliamentarians' viewpoints and challenges. The first section below examines how they managed to enter parliament at a younger age than most MPs.

The path to parliament

Observations suggest that, for young adults in their twenties and thirties, there are two main paths into parliament: their families are heavily involved in politics and/or they are active within civil society or political parties. By comparison, based on the interviews carried out with MPs over age 40, it appears that older MPs tend to enter parliament after working in a career or having success in business, with this experience acting as a springboard.

Mr. Hassan Guedi, an MP from Djibouti, remarked: "To get into politics, in my view, there are two ways: either someone in your family is already in politics and mentors you, or you go

through friends and networks. Personally, I entered thanks to my family – through my uncle." The interviews revealed that over one third of young MPs had parents, siblings, older aunts or uncles, or grandparents who had previously been parliamentarians or who had once held high-level positions in politics or government at the local or national levels.

This same pattern was observed on all continents. For instance, Mr. Phenyo Khumoile Segokgo, an MP from Botswana, is the fifth member of his family to enter parliament, although his parents actually wanted him to pursue a different career path (his father wanted him to be a lawyer and mother wanted him to be a professor). However, leadership roles at secondary school and university, coupled with participation in youth organizations, ultimately motivated him to go into politics.

For some MPs, no family members are politicians but their family has good political connections. One example is Mr. Xiaobao Zheng, an MP from Suriname, who comes from a business family with deep connections to politics. This helped him to enter politics at a young age and secure a good list position within his party, leading to his recent election.

[Member of the IPU Bureau of Young Parliamentarians taking part at the 151st IPU Assembly in Geneva. October 2025. © IPU/Lucien Fortunati](#)



Overall, having family members in politics helps to give young MPs confidence, networks and the knowledge of how to run a political campaign. But it also sometimes had drawbacks. One young MP whose father was a mayor was constantly in the spotlight while growing up. Her every action as a child – and even images of her posted on social media as a university student – were scrutinized by her father’s political opponents and used in attacks against him and his family.

While it is not uncommon for young parliamentarians to hail from political families, more than half of the young men and women MPs interviewed mentioned having neither family members in politics nor family connections to political elites. Being the first in their family to enter parliament is often precipitated by gaining experience through youth activism and/or working in fields such as business, law, journalism, civil society or government. For example, Ms. Marija Lugić, an MP from Croatia, was first elected to parliament at age 21. Prior to this, she had been a leader of student protests and in her party’s youth wing as a teenager. Another MP from Croatia, Mr. Marin Živković, was actively involved in protests during high school and university. He then worked in civil society organizations and for government as a union representative before being elected to a municipal assembly and then entering parliament in his thirties. Other young MPs mentioned having worked in student politics and in local governments or elected assemblies before joining their national parliament. Some young MPs had previously lost their first or even second election campaigns at the local or national level. But they did not give up, eventually going on to be elected or appointed to a seat in parliament. For instance, Mr. Nathaniel Erskine-Smith, an MP from Canada, was unsuccessful in his first electoral contest for a local assembly seat. He then obtained a degree in political science, did party work and gained experience as a lawyer before later succeeding in winning a seat in parliament.

In some countries, youth quotas have been adopted to guarantee youth participation in parliament. A common pathway to these seats has been through civil society associations and youth movements. However, young MPs cannot retain these seats as they get older because they are reserved for young people only. One example is Mr. Stanley Sakupwanya, an MP from Zimbabwe, who stated he would have to contest a first-past-the-post seat in the next election because the youth seat he currently held would go to someone younger than him. Similarly, in 2025, Mr. Raoul Manuel, a former MP from the Philippines, had to vacate his seat in the House of Representatives after only one term because he had exceeded the age limit of 30 years. A fellow member of the Kabataan Partylist – a political party dedicated to youth in the Philippines – who is under age 30 now holds that seat in his place. While no longer eligible for youth quota seats, MPs in reserved youth seats often stated that they were considering contesting a non-reserved seat in a future election.

For many young MPs, political party involvement has served as an important step towards being nominated as a candidate and elected. A common option is to join an established party, but not all are welcoming of youth. An alternative approach is for young people to form new political parties. For instance, Mr. Pol Bartolomé Areny, an MP from Andorra, co-founded a political party at age 25 and was subsequently elected to parliament at age 27. Although his party is new, it now has five MPs and leads the opposition. Ms. Marine Grisoul, an MP from Monaco, took a similar route: at age 26, in response

to environmental problems and housing and employment challenges for young people, she contacted a politician “by email and explained that I wanted to get involved. At the very beginning, I didn’t think about running for office, I just wanted to start some kind of political engagement. In the end, it worked very well. He suggested we create a new party together and that I become his general secretary. I ran and was elected at 28. In Monaco’s history, I’ve been the youngest woman elected so far.”

New political parties often offer more space and support for young people to get elected to parliament. Ms. Sobita Gautam, an MP from Nepal, was a popular TV host and a member of the central committee of the country’s largest youth network. When she was 26 years old, a member of her youth network set up a new political party and invited her to join its central committee. Backed by a strong social media campaign to promote her candidacy, she was elected to parliament in a first-past-the-post district four months later. Mr. Ingvar Þóróddsson, the youngest MP in Iceland, likewise entered parliament through a party formed in 2016, which he joined in 2021 at the age of 23. Placed third on his party’s list, he did not win a seat in the election that year. But in 2024, at age 26, he was first on his party’s list for his district and was successfully elected. Several young MPs who belong to Green parties – those known for prioritizing environmental issues – also mentioned that their party tended to support and select young people as candidates. For example, Mr. David Stögmüller was first elected at age 27 as the youngest member of the Senate of Austria. He had been recruited by his party, The Greens, just one year earlier.

In some cases, luck and serendipity have also contributed to MPs entering parliament at a young age. Several said they had been assigned to low-ranking positions on PR electoral lists and, despite them not expecting to get elected, their party had got more votes than anticipated or party members higher on the list had ended up taking ministerial positions, thereby opening up seats for young candidates lower on the list. One MP reported having been placed 13th out of 14 on their party list but still managing to get elected as a substitute while in her early twenties, because others who had been elected became ministers. Similarly, another MP said she had been in 26th position on the list for a party that had only expected 22 candidates to be successful. However, that party had ended up winning the election and, with the first 10 people on the list leaving to take up ministerial positions, she had been offered a spot and entered parliament at age 30 as the youngest MP.

Some MPs began engaging in youth organizations, social movements and party organizing at a very young age. One example is Ms. Audrey Vidot from Seychelles, who first got involved in politics at age 13 as an environmental activist, even though no members of her family had been in politics. She joined different youth groups in her district working with non-governmental organizations on issues affecting young people, such as early sexual activity and anti-social behaviour. At age 18, she took part in the youth parliament – the Seychelles National Youth Assembly (SNYA), a branch of the Seychelles National Youth Council – for her constituency. She later worked as a district administrator and active supporter of her local MP, who trained and coached her to be a successor. She was subsequently elected to parliament at age 29.

Another early starter is Ms. Tashana Lösche, an MP from Suriname, whose political career began at age 14. She was involved in the National Democratic Party, helping her aunt, who was an MP for 15 years. She became an officer in the youth parliament of Suriname and served on its education and social committees. She also did a lot of community work related to environmental awareness and social justice, both with her aunt and in a personal capacity after winning the Miss Tropical Beauties Suriname pageant in 2014. Six years later, she entered parliament as the youngest MP in her country.

The academic and career backgrounds of young MPs are quite varied. Aside from party organizing and civil society experience, some young MPs have pursued advanced training or university degrees in political science or public policy both before and after being elected to parliament. Ms. Sahar Al-Bazar, an MP from Egypt and former President of the IPU Bureau of Young Parliamentarians, completed a Master's degree in public policy at the Harvard Kennedy School before entering politics. Mr. Pol Bartolomé Areny, an MP from Andorra, is currently working towards a PhD in political science, as is Ms. Nour Abu Ghosh, an MP from Jordan and, at the time of writing this report, the current President of the IPU Bureau of Young Parliamentarians.

However, the majority of MPs interviewed did not have such a background. Some had previously been activists, entrepreneurs or civil servants, while others had trained as engineers or architects.

Key points

- Over one third of young MPs interviewed said they had family members who had previously been MPs or who had once held high-level positions in government at the local or national levels.
- For many young MPs, political party involvement, social activism or participation in youth organizations was an important step towards being nominated as a candidate and elected.
- Newer political parties are often more favourable towards selecting young people as parliamentary candidates.
- The academic and career backgrounds of young MPs are varied.
- Most MPs interviewed said they were from the middle or upper classes.

Obstacles encountered on the way

Young MPs mentioned a number of practices and conditions that served as obstacles to young adults becoming MPs, with some of these hindrances also affecting their ability and opportunities to perform after entering parliament. The obstacles cited most often were resource deficits, insults and attacks on young MPs' credibility, and gate-keeping practices that excluded them from opportunities for advancement.

Not enough money

MPs pointed out that not having enough money was a major obstacle to young people entering parliament in many countries. Typically, young people have considerably lower savings than older people and have had less time to earn money and accumulate wealth. As a result, they tend to have less money to spend on election campaigns. One MP noted, for instance, that it was a lot easier to raise money at age 41 than at age 31. In some countries, campaign costs are extremely high because candidates have to buy nomination forms from a political party to be nominated. This can be prohibitively expensive for many young people. Another factor to consider is that older MPs usually already have alliances with party leaders, campaign funders and others.

One MP discussed how young candidates were at a disadvantage when compared to older people who had retired from their job, were well resourced, and had built up wealth and experience over a long period of time. He stated that, regrettably, in his country, "politics needs lots of money". As well as lacking the funds to campaign and pay for advertising, young people also find it harder to get "out there" and be visible in the media. Such difficulties are compounded in countries where MPs are not paid a lot of money. One young MP who faced this challenge, Mr. Stanley Sakupwanya from Zimbabwe, said: "Politics is not a career, it is a service. It is a privilege to sit in a seat that affects millions of people. You give more than you get."

One solution to the financial challenges faced by young people in running campaigns is to have publicly funded elections for parties and party lists. Indeed, research has found that the availability of public campaign financing is correlated with a country having a higher share of MPs aged 30 and under, and aged 40 and under, compared to countries without such financing.²⁹ This means that, fortunately, not all MPs face this problem. In some countries, parties take care of election costs and fund each candidate equally. For instance, Ms. Germaine Mukabalisa, an MP from Rwanda, mentioned that she did not face much of a financing challenge since the government covered campaign costs such as transport to campaign events. Capping campaign funding can also be a way of levelling the playing field and alleviating the financial challenges faced by young people in running campaigns. Stringent implementation and enforcement of such measures remain key to their success.

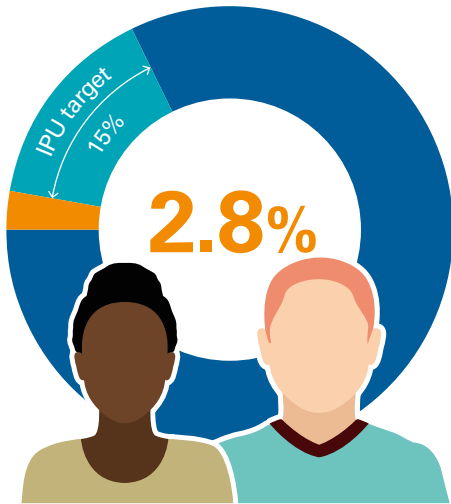


Inter-Parliamentary Union
For democracy. For everyone.

Youth participation in

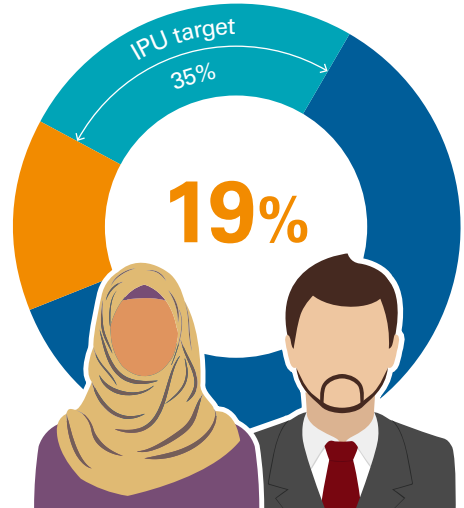
Global percentage of men and women young members of parliament (MPs), by age category

30 AND UNDER

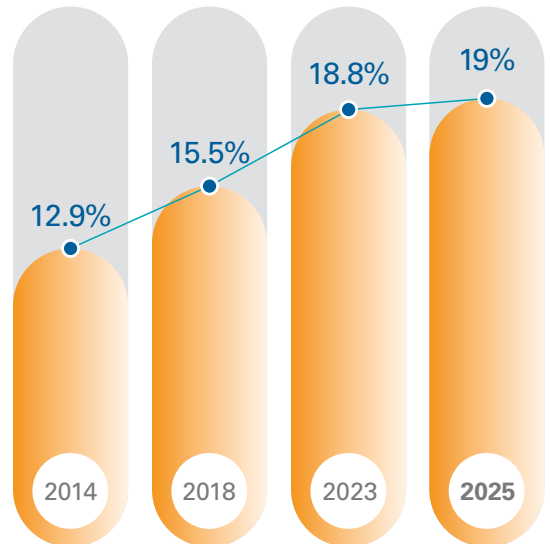
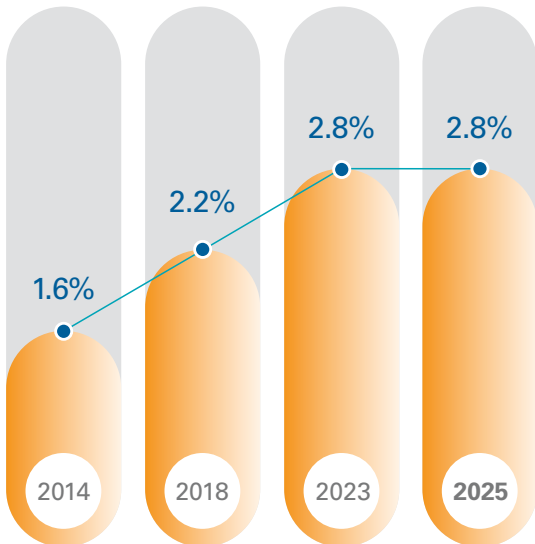


Same percentage as in 2023; increased by 75% from 1.6% in 2014.

40 AND UNDER



Slight increase of 0.2 percentage points from 2023; up by nearly 50% from 12.9% in 2014.



women

10

Speakers of parliament aged 40 and under

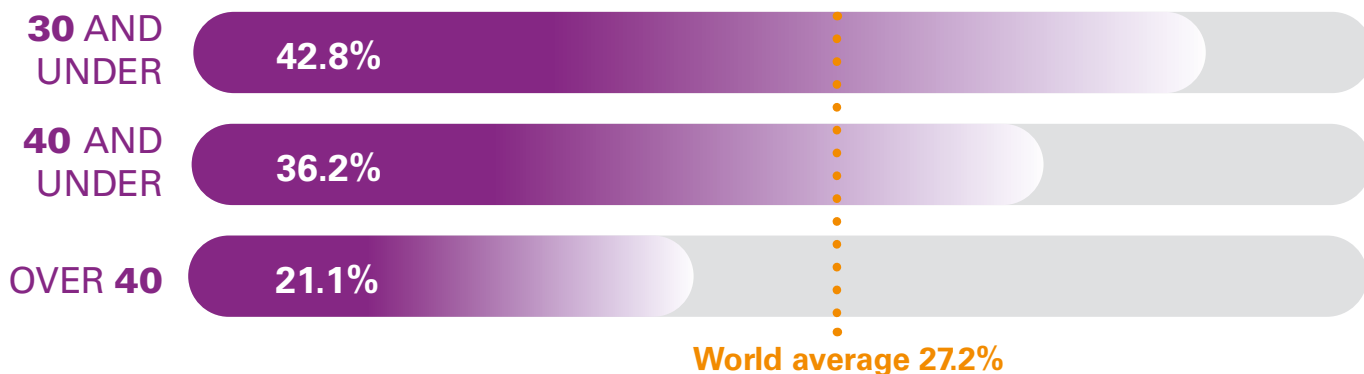


men

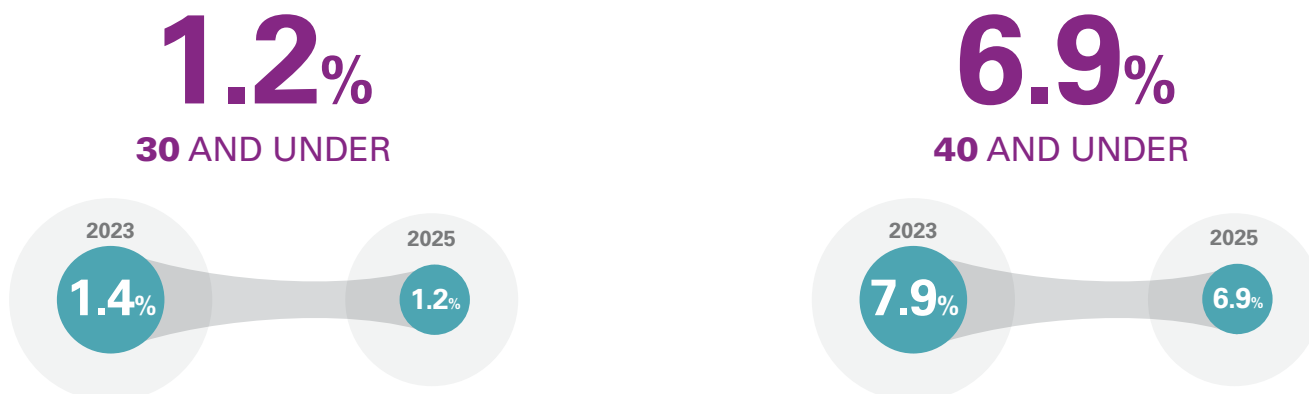
n national parliaments 2025

The representation of women is greater among younger MPs...

Women MPs by age category



...but the proportion of young women in parliament as a whole has regressed.



Other facts and figures



69.7% Parliamentary chambers where a person can be too young to hold office even if they are old enough to vote

Parliamentary chambers with no MPs aged 30 and under **37.1%**

42%

Chambers of parliament with committees dedicated to **youth affairs**

16%

Chambers of parliament with **youth caucuses** or **networks**



Chambers of parliament with **youth quotas**

Not enough time

Another obstacle faced by some young MPs is a workload that is so demanding that they have little time for anything else. For instance, one MP mentioned how, during her term, she was very busy, fully dedicated to work and had no work–life balance at all. Another MP related how work–life balance was really hard to achieve for MPs, but said that she felt so honoured to become an MP that she wanted to work hard, since “being able to have influence and make a difference” overrode the loss of time to do other things. She nevertheless conceded that it was “easier for younger, single people without a family,” emphasizing that she was fortunate to have a partner who was fully supportive of her parliamentary work. Mr. Raoul Manuel, a former MP from the Philippines, said he had also been extremely busy as a member of all 30 committees in his parliament. As a one-term youth party representative, he had tried to give his best in every committee, debate and plenary discussion so that the voices of young people would be represented.

Time pressures impact MPs differently. One parliamentarian confessed that he only wanted to stay in parliament for five years because it was a difficult life, even though he was single and had no children. For him, a typical day involved going to sleep at midnight and waking up at 5 a.m. Although only in his mid-twenties, he stated that “looking at my skin, you can tell that it is stressful,” resulting in him “getting white hair already” because “the level of stress is too high.” The perception young people have of politics being suffocating was noted by another MP, who reported that, in her country, “young people don’t aspire to be a public figure. Public figures are something to be avoided. Everyone sees the downside of it. There’s no vacation, no day off, no private moment ever if you are a public figure. You end up submitting your whole family to it.” But some interviewees said their work–life balance was actually quite good, revealing that conditions vary a lot across individuals, countries and parliaments. Some MPs reported that the need to do frequent fundraising owing to shortages of money took up a lot of time, while for others, high workloads stemmed primarily from personal ambitions and efforts to change things. By contrast, fellow parliamentarians who were more content with the status quo seemed to have been less busy.

Bias against newcomers

Another obstacle some young MPs reported facing was bias against newcomers in parliament, who were unable to enjoy the advantages of incumbency such as having easier access to policy networks and financial resources for election campaigns. Some interviewees cited this as a factor affecting all newcomer MPs regardless of age – not something only experienced by young MPs. Mr. Pol Bartolomé Areny, an MP from Andorra, pointed out how, in his country, young people in politics and parliament were at a disadvantage, but said that this was mostly due to hierarchy rather than age, since “politics is very hierarchical.” In other parliaments, such as the Congress of the Philippines, seniority is a major factor, determining who gets to speak or debate first on issues. On a related note, Ms. Fatuma Gedi Ali, a former MP from Kenya, pointed out how society needed to have more confidence in youth leadership capacity, stating that the “narrative [that young people are the leaders

of tomorrow] is what has made us not be given the platform or be treated equally.” Mr. Pavyuma Kalobo, an MP from Zambia, made a similar observation: “If the elders have no spirit of preparing the young ones to take up leadership, what is going to be of tomorrow?”

The advantages of incumbency – which new young MPs do not enjoy – often extend beyond being able to talk first or for longer in parliament. In some countries, it is much easier for long-time MPs to get re-elected. Mr. Ibrahim Mohammed, a 29-year-old MP from Nigeria, said that “new entrants to politics face obstacles” and alluded to the Nigerian saying “the Devil you know is better than the Angel you don’t know” to emphasize how hard it was for newcomers to break in because they were unknown. Mr. David Stögmüller, an MP from Austria, observed that it was difficult at the beginning for both young MPs and other newcomers in parliament. He noted that, in his parliament, a new MP – a 52-year-old lawyer – had become very frustrated as a newcomer and was ultimately not re-elected,³⁰ observing that, since “many people have been in politics for 20 to 30 years” it was “so hard to compete against them.” On a similar note, Mr. Jamal Raisani, a 26-year-old MP from Pakistan, remarked how MPs often stayed in parliament for a long time.

Perceived inexperience

Another issue young MPs raised was their being viewed as not having (enough) experience and being taken less seriously. Mr. Fatafehi Fakafanua, the former Speaker of the Legislative Assembly of Tonga and the country’s current prime minister, observed that, in countries like his, the dominant cultural perception was that the elders do the leadership and that “you do your time first.” This seemingly antiquated idea – that only older people have earned the right to make political decisions, whereas younger adults are not qualified to do so – was reported by MPs in other contexts, too. For example, Ms. Marine Grisoul, an MP from Monaco, related how once, after a heated debate in parliament on ship pollution, someone had said: “It’s not someone fresh out of high school who’s going to tell me how to work.” Mr. Andrea Menicucci, an MP from San Marino, said that, regrettably, he saw such behaviour as stemming from “an intrinsic limitation of youth: the lack of experience. This can sometimes undermine credibility in front of an electorate accustomed to choosing familiar faces. Unfortunately, on the electoral scales, the freshness of thought a young person brings often weighs less than the sense of security offered by a more experienced politician. Yet, that same experience, which frequently translates into static caution, risks fostering political stagnation.” He noted that, in his own case, after being elected to parliament at 21 years old, he was “often praised” for his “commitment” and “rarely noticed disrespectful attitudes” in parliament. However, he also recounted “a recent episode [involving] a Secretary of State reproaching me for commenting on events that [had] occurred when I was too young. According to him, I had no right to speak about them since I had not lived through them personally. It is disappointing to face such behaviour but it makes little sense to feel discouraged.”

³⁰ Lawyers have traditionally been the most prevalent occupation among MPs worldwide. See Devin K. Joshi, “Lawyers and law graduates in parliaments as a consequence of SMD electoral systems: A comparison of Japan, South Korea, and Germany”, *Japanese Journal of Political Science*, 21/1 (2019), 19–30.

Ms. Tashana Lösche, an MP from Suriname, made the following observation: “As a young MP, you really struggle. Older politicians think you are too young and inexperienced to understand politics.” On the flip side, however, she noted that “young people always seek out and support young leaders because they understand youth better.” A related issue identified by another young MP was how “people really entrenched in power can shape public opinion; they cast young reformers as ‘rebels’, they weaponize repression and [they] make attacks against their reputation.”

But such impressions are not always long-lasting. As related by multiple young MPs, there were many who initially doubted that young people could be good MPs, but the evidence over time proved them wrong. In the experience of Mr. Abdelgader Abderamane Koko, an MP from Chad, there are always some people with prejudices: “People think young people lack experience and political strength. Over time, we proved the opposite: in debates, committees and interactions with the population.” Similarly, Mr. Hassan Guedi, an MP from Djibouti, said that “in society, some doubted that a young person could represent a neighbourhood, an ethnic group or an entire district. But, in the end, they saw that youth bring an advantage: we are dynamic, close to the people, able to listen and use technology to relay concerns.”

Resistance from older MPs

Young MPs also discussed the presence of a generational gap between MPs, which results in them not understanding each other’s problems so well. They commented on how older MPs had established ways and may be resistant to change. For example, Ms. Meera Al-Suwaidi, an MP from the United Arab Emirates, described how some older MPs were still strongly in favour of holding public sessions outside of parliament – which can be very expensive – whereas younger MPs had advocated for switching some of these to an online format. She also said that there were some young MPs in her legislature calling for a greener and paperless parliament, including the use of digital notebooks, but that older MPs preferred to use paper. Mr. Andrea Menicucci, an MP from San Marino, also mentioned how, in parliament, he was often referred to as “the young man”, noting that “while there is nothing inherently wrong with being called young, in a formal context I believe it’s better to be addressed with the appropriate title.”

Unsupportive party leaders

While political parties can play a key role in helping young people rise up in politics, party leaders sometimes limit the efforts of young party members – and especially young women parliamentarians. One former young MP related how she had had to leave parliament after only one term because of her negative experiences, with her departure having been precipitated by a conflict with the leader of her party. Another MP mentioned how it was common for many young MPs in her country to only stay in parliament for one term and that, problematically, those MPs received inadequate resources – including not having an office or even a desk in parliament – and lacked mentorship and guidance. A former young MP from another country reported having only stayed in parliament for one five-year term, having been offered – and having refused – an unwinnable low list position after an internal party election in

which the MP in question had supported the losing candidate for party president. This MP’s vision for social change had also conflicted with the party’s agenda: the party mainly wanted MPs to conform to its rules, whereas the MP wanted to be more of an activist than a party loyalist. Indeed, several young MPs mentioned that they feared being held hostage by party leaders who did not support the proposals of young people.

One way to avoid this situation is for young MPs to sit as independents, i.e. not belonging to any political party. This approach was taken by Mr. Abdoulie Njai, an MP from The Gambia and the youngest parliamentarian in the Sahel, who was elected as an independent. Despite his success as an independent candidate and his high popularity among voters in his constituency, he said he regretted the fact that opposition proposals received no support. Other MPs similarly remarked on the impossibility or high difficulty independents faced in succeeding in their parliaments, with most independent parliamentarians lasting no more than one term in office.

Hateful comments and cruelty

Young MPs cited hateful comments and character assassination as another challenge they faced. These experiences were reported by slightly more than half of the MPs interviewed, with particularly high prevalence among young women MPs, about three out of every four of whom said they had been subjected to this. These young women MPs also mentioned that the comments they had endured were crueler and more hateful than those experienced by their male counterparts.

The most common space in which hateful comments towards young MPs occurred was on social media. While not all MPs had experienced this, many had had to deal with negative comments, especially from the members or supporters of rival political parties. When discussing hateful comments, one young male MP said: “This is a regular stuff. Public opinion tells you that you are stupid, you’re not smart, you don’t have the information, you are innocent, etc.” On this point, Ms. Audrey Vidot, an MP from Seychelles, identified two types of critics: some offer constructive criticism, which helps MPs to improve as it prompts them to communicate what they are doing better; while others engage in destructive criticism, such as insulting MPs on social media for their physical appearance or tarnishing their character and reputation. Another woman MP lamented how parliament was not a safe space for everyone, noting that cyberbullying and online harassment were something she “experienced quite extensively, like most people in politics.”

Ms. Charlotte Walker, a 21-year-old member of the Senate of Australia and, as of 2025, one of the world’s youngest parliamentarians, provided a vivid example of how, as a young woman, she offered a different perspective than older and male MPs. Ms. Walker explained that, based on her life experience, she knew well the issues young people were facing and worked on youth concerns such as the cost of living, housing and homeownership (which is either unaffordable or unavailable for most young people in her constituency), low rental availability, and climate change (which young people are very anxious about). Instead of seeing parliament as an adversarial space where one group in society

manoeuvred to dominate others, she said she believed that parliament was most representative when it included people of all backgrounds, ages and genders, as that was what enabled the best policies to be made. While she reported being fully supported by her party, she noted that she had had to endure significant commentary on social media about her age, as well as misogynistic comments on TikTok and Instagram telling her and other young women MPs to “go back to the kitchen; do cooking and cleaning”.

Political violence

Some young MPs have themselves been, or have had family members or fellow party members who have been, direct victims of political violence stemming from terrorism, authoritarianism or political repression. One former young MP who had criticized leaders of the ruling party after finishing a term in parliament related having had to flee the country for their safety. Another young MP from a mixed-race background recalled having had to live through, and cope with, the assassinations of his father and his brother, both of whom were in politics. In spite of these devastating experiences, he said he had chosen non-violence and had opted to support young people, and those who were vulnerable and marginalized, in his work as an MP and in civil society. Some young MPs also reported having experienced considerable harassment and bullying from older politicians, including fellow parliamentarians.³¹ One MP who had experienced bullying said:

“When you are young, when you are a woman, the people don’t see you as a good person. They only see you as there to take their place.”

Key points

- Not having enough money is a major obstacle to young people entering parliament in many countries owing to the high costs of election campaigns.
- The workloads faced by some young MPs can be very high, especially for those who are trying to enact major reforms to combat social problems such as corruption, violence, war, environmental degradation, misogyny and injustice.
- Some young MPs are perceived by the public or older politicians as not having (enough) experience and are taken less seriously.

Experiences as young women MPs

Young women MPs brought perspectives shaped by lived experiences that at times differed from those of their male counterparts. Their voices reflected distinct structural, cultural and personal challenges – from gender bias and unequal access to power to heightened scrutiny and work–life pressures – that had shaped their parliamentary engagement.

31 See, for instance, Sadhvi Kalra and Devin K. Joshi, “Gender and parliamentary representation in India: The case of violence against women and children”, *Women’s Studies International Forum*, 82 (2020).



Media criticism and attacks against young women MPs

In addition to the obstacles and challenges mentioned above, one negative experience many young women MPs reported facing was an exceptionally high level of media scrutiny and commentary.³² One woman MP mentioned how, in her early-to-mid-twenties, she had felt unable to live a life like many other young people. For example, she “couldn’t get drunk at a club” because she was “afraid of the press”. Another woman MP bemoaned how “your life is Big Brother all the time”.

In today’s age of constant media attention, bullying has become part of social media culture, with people using it as “a way of saying harsh things that they do not say to someone’s face”. For instance, some women MPs were told that they were “fat” or that their face was “ugly”, but reported that people did not “say this about men MPs”. One woman MP said: “Politics is such a toxic space. You get a lot of hate comments.” She noted that people would deliberately take her quotes out of context by “chopping her words, cutting her clip out of context” and “[making] it viral”. She went on to report that they were “spreading misinformation and disinformation. False accounts [on] Facebook say very nasty things.”

Another interviewee related several bad experiences owing to her being a female MP. In her view, older MPs approach younger MPs from a place of mentorship, but younger women in politics get ignored for their knowledge, power or possibilities when compared to men. She said that if young women MPs were stressed by a personal attack, they were seen as weak, but that social media was “generating a huge amount of emotions”, with a lot of people attacking MPs, which affected them psychologically. She added that “AI-generated fake news and fake videos” had emerged as a “new type of political weapon” which “[attacked] a person rather than their work”. Yet she described the public as being “even more ruthless than those in politics” because they would “attack women for their skirt length, nails, hair, whether they [were] a mother or not”. Equally problematic is the fact that women often lack solidarity and will engage in attacks against other women, sometimes even over frivolous matters such as their clothes or appearance.

Greater public demands of women MPs than men MPs

Some young women MPs mentioned that, as women, they felt more burdened because they had to combine parliamentary work with household and child-raising duties, and because they were expected to do more constituency work, as well as emotional or communications work, than their male counterparts. Absurdly high levels of demands from constituents was cited as a source of stress for some young women MPs. One MP recalled being incredibly tired all the time. She recounted that, one day, on a Sunday when she was hosting a family get-together at her home, she kept getting calls on her personal phone, which did not stop ringing – something she found infuriating. She noted that being so overworked had ultimately led to health complications and she had decided to leave parliament. Another woman MP who had ended up leaving parliament confided that “there were advantages to being young and female if you knew how

to do the groundwork.” But the freshness that young people bring to politics can also hurt them. Aside from the difficulty and workload of the job itself, young women MPs have to endure endless gossip about “who [they are] dating”, since there is “more interest in talking about the girls”. Another major disadvantage reported by some women MPs was having to “[give] up your childbearing years”.

Mothers in parliament

Young women MPs who are mothers face additional challenges in combining their parliamentary work with family life.³³ This is mostly due to unequal social expectations of mothers and fathers, as well as unsupportive parliamentary and party work norms that assume that those in politics do not have care-giving duties. In some instances, male colleagues have remarked about a woman MP who has just had a baby: “Why is she still in politics? She should stay home with the baby.” One former woman MP whose child was one year old when she was first elected said: “It was so difficult. It was very hard.” She was expected to attend late meetings starting at 8 p.m. and had no personal assistant because there was only one assistant for her entire parliamentary group of about a dozen MPs. A whole year went by where she had only three weekends free from work. This lack of time heavily influenced her decision not to stay in parliament.

One woman MP conveyed that she had to try “twice as hard as a young mother”. Another explained how changes had been made to make her parliament more family-friendly and that there was a daycare centre for young children, but that further changes could also be made. One woman interviewee reported that it was not easy to juggle working during the day and finishing late at parliament at night. She had become a mother while in office and was the first woman to have a child in her parliament but, sadly, there were no accommodations for her situation. She described it as “a big commitment, especially as a young mother”, but said that she was “lucky to have a husband who helps a lot”. Yet another woman MP mentioned a persistent culture of gender inequality, which meant that, as a woman, she could not pass on her nationality to her own children in her country. That said, some MPs reported feeling that motherhood could also have its advantages. For example, one woman MP from the Middle East noted that women MPs were taken more seriously after getting married, having children and being a mother. She observed that this situation was the opposite of what happened in the private sector, where single women were taken more seriously.

Double and intersecting discrimination

In addition to being outnumbered by male and older MPs, young women MPs often find their counterparts to be more conservative. As a result, young women MPs frequently mentioned having different working styles and policy views than older male MPs, noting that this could sometimes make the parliamentary environment challenging. One explained how, compared to older MPs, she was more in touch with social media activists, such as in her work to reform criminal law. By contrast, many felt that older MPs were out of touch

32 For more on media scrutiny of women MPs, see Devin K. Joshi and others, “Violators, virtuous, or victims? How global newspapers represent the female member of parliament.”, *Feminist Media Studies*, 20/5 (2019), 692–712.

33 Devin K. Joshi and Ryan Goehrung, “Mothers and Fathers in Parliament: MP Parental Status and Family Gaps from a Global Perspective”, *Parliamentary Affairs*, 74/2 (2020), 296–313.

with people and with messages that were trending on social media. One woman MP said: “When you start to speak, they stare at you and judge you as a young woman MP. It’s not the same as it is for young men MPs or older MPs ... All this time you have to prove why you are there as a young woman.” Another young woman MP mentioned how, in committee meetings, she was typically the only young woman in the room while the other members were all older men. She reported being treated differently in subtle ways and said she was often mistaken within parliament for an intern. For instance, she noted that she had to show her ID card every single day to enter parliament, whereas older male MPs could walk into the building without being challenged. One young woman MP, reflecting on the announcement of her political engagement, said: “I was young and a woman, so my qualities and experience were questioned”.

The interview findings suggest that more young women face this obstacle than young men. One strategy some young women MPs have taken to change these norms and mitigate these inequalities is to become chair of their parliament’s women’s caucus and to push for the parliamentary work environment and public policies to become more gender-equal and family-friendly.

Relating better to the public

The interviews repeatedly revealed that young women MPs, especially those not from elite backgrounds, often felt better able to relate to other young people under age 40 – a group that comprises a large majority of the world’s population. Ms. Tashana Lösche, an MP from Suriname, explained that she knew “what it’s like to be a young woman,” setting her experience apart from that of older MPs. She added that, as a young person, she knew that “youth struggle with mental health. I understand them. I understand young graduates can’t get good jobs, can’t rent a house. Youth can’t find a dream job; the salary they get is way too low.” Ms. Lösche noted that, because she was familiar with their struggles, she worked to be a voice for them. Another MP, Ms. Lena Gumnior from Germany, likewise stated how, as a young woman, she understood other young women better and could serve as a role model for them and young people more broadly. For example, she explained that when school classes visited her parliament, she was viewed as more approachable than her older male colleague from the same region.

Key points

- Many of the young women MPs surveyed reported disproportionate personal scrutiny and abuse – especially through social media – that targeted their appearance and private lives, rather than their political work, with tangible mental health and career consequences.
- Three out of four of the young women MPs surveyed said they had been subjected to hateful comments, bullying or harassment on social media.
- In many countries, young women MPs who are mothers face additional challenges in combining their parliamentary work with family life.

Diversity

Young MPs come from a variety of backgrounds in terms of class, ethnicity and other attributes. These differences shape their experiences, with some young MPs facing extra difficulties or having different motivations on account of these factors.

Disadvantaged economic class backgrounds

In addition to asking about gender, the interviews questioned whether young MPs had experienced backlash or marginalization on the basis of class, ethnicity or any other particular aspect. The findings reveal that coming from a disadvantaged economic class background can heavily shape the attitudes and behaviour of young MPs. Mr. Luke Hoß, a 24-year-old MP from Germany, said he had grown up experiencing poverty and that he had worked from the age of 14 years. He noted that, personally knowing what it was like to have little, and also knowing that much of what people had was actually not needed, he kept only “the average wage of a skilled worker from the very high salary that a member of parliament receives” and donated “the rest to people in financial need or to organizations”. Mr. Hoß added: “I want to make politics for all people. I don’t see the divide as being between young and old, but rather between rich and poor.” A young woman MP mentioned how she had been raised by a single mother and said that this had strongly influenced her work because she understood the challenges involved.

Yet most of the MPs interviewed were silent on the issue of class and, in most cases, it was apparent that they belonged to the middle or upper class within their respective society. Nevertheless, several young MPs – mostly women – brought up the importance of socioeconomic class inequality for youth representation. For instance, Ms. Danielle Rowley, a former MP from the United Kingdom, acknowledged that “if you are a young person from a poorer background, you are less likely to get into politics”. Similarly, one MP from the Middle East described a considerable divide in her country between those who had attended government schools, spoke Arabic and used the public health system, and those who had attended private schools, only spoke English and used private healthcare. Although she herself came from a relatively privileged background, she said that she advocated for people of all classes. Another MP – the first in his family to enter politics – highlighted the power of political dynasties in his country and explained how MPs from political families had their own exclusive networks. He noted that, in an effort to make the government more responsive to non-elites, his party had authored a law to forbid political dynasties, although that law had not yet been put on the parliamentary agenda. One MP, who also stated that no one in his family was in politics, and that he was “not from the political class”, said that he was “not treated differently by other MPs” on the basis of gender, class or ethnicity. However, perhaps because of his class background, he voiced very deep concern about how rapid technological change would lead to many people becoming unemployed and being replaced by machines.

Ethnicity

Ethnicity can be a sensitive subject. The interviews revealed that some MPs from minority groups chose to hide their ethnicity – wherever possible – to avoid backlash. Other MPs who were unable to hide their racial, ethnic or religious backgrounds reported sometimes experiencing discrimination. For instance, Ms. Nour Abu Goush, an MP from Jordan and the youngest of six daughters in her family, said she had been fortunate not to have experienced gender or age discrimination domestically, but that she had experienced Islamophobia in foreign contexts.

Marginalized minorities

Young MPs also appear more likely to be marginalized when they are fewer in number. Mr. Fatafehi Fakafanua, an MP from Tonga, stated that because there were not enough young people in parliament, policies in his country were problematic on issues such as deep-sea mining, cybersecurity and artificial intelligence – areas where many older MPs lacked expertise and a well-rounded perspective. By contrast, when many young people are present in parliament, the environment becomes much more supportive. MPs from Jordan and Rwanda, both of which have adopted youth quotas, stated how these changes had helped to bring more young people into parliament. On a similar note, Mr. Abdelgader Abderamane Koko, an MP from Chad, noted that, since his country's political transition, young people held responsibilities at all levels – including in parliamentary bureaux, committees and groups, as well as in parliamentary diplomacy – and that this trend had continued in the current elected legislature. The experience of countries like Chad illustrates how new or amended constitutions, and transitional assemblies, can potentially offer greater opportunities to introduce and institutionalize youth inclusion, as evidenced in other countries such as Burkina Faso, Gabon and Zimbabwe. Mr. Stanley Sakupwanya, an MP from Zimbabwe, captured this dynamic with a fitting proverb: "If you want to go far, you do not go alone." A similar sentiment was illustrated by Ms. Meera Al-Suwaidi, an MP from the United Arab Emirates, who stated: "I don't feel like I've faced any issues by being younger or being female." This feeling may be related, at least in part, to the fact that about one quarter of the MPs in her parliament are under age 45, and to the fact that there is parity among women and men.

Fortunately, not all young MPs are marginalized within parliament. Several young MPs interviewed reported being in high-profile positions – as Speakers or Deputy Speakers of parliament, as members of the finance or budget committee, or as deputy chairs of other influential committees. One interviewee mentioned how, during the election campaign, he had been given some slack as a young candidate and that was to his advantage. Another MP relayed how being young and a woman had allowed her to travel more and participate in many international parliamentary events: "Sometimes it's actually the older ones who are disadvantaged: some IPU missions are limited to under 40!" Here, the MP in question was referencing the IPU's proactive policy of encouraging each parliamentary delegation attending an IPU Assembly to include at least one young MP, including through a variety of incentives.

The overall sense to emerge from the interviews is that age both helps and hurts. On the positive side, young people have more energy and more passion. As one MP stated, "my age represents both a challenge and a strength: it pushes me to prove myself, but it also allows me to bring a new and dynamic perspective, which has enabled me to gain credibility and legitimacy." Some MPs even stated that they had not faced any negative reactions relating to their age, gender or class background. For instance, when one young male MP was asked whether he had experienced backlash based on such attributes, he said: "Not really. I'm privileged. I'm a white male." Yet MPs from outside the political class and from minority ethnicities tended to report finding themselves on the margins, and young MPs as a whole felt they needed to put in extra effort. Young women MPs felt especially pressured to "go the extra mile" to deserve a seat at the table alongside older colleagues.

Key points

- Young MPs from minority racial and ethnic backgrounds often find themselves outnumbered and subjected to both direct and subtle forms of discrimination and marginalization.
- Young MPs who are not from a privileged economic class are often in the minority in parliament because few young parliamentarians come from the low- and middle-income backgrounds that comprise the majority of the population.
- One major advantage for young MPs – especially young women MPs – is that they are perceived as being dynamic, closer to the people and better able to understand the pressing issues faced by the majority of the population.

Digital work

Young MPs were asked about how active they were in engaging digitally with their constituents and the public.³⁴ Two thirds of those interviewed said that they were active on digital media or that they advocated for the use of new digital technologies for communication with the public and in parliamentary work. Young men MPs in Africa, for instance, often expressed being quite active in this sphere. Although fewer women MPs spoke about their digital work with enthusiasm, some reported being very active in this area.

Overall, the interviews revealed that many young MPs felt that they had an advantage when it came to social media and that they were more knowledgeable about, and active on, digital platforms than older MPs. One MP said: "Politics is changing very much due to technologies. It is easier for the younger generation, who are more tech-friendly. Young people can take advantage of new technologies. We are now in a time of rising authoritarianism, but young people can create an alternative future." The interviews also revealed considerable variation in terms of degree and style of usage, with some young MPs being highly critical of digital and social media and preferring to stay away from it.

³⁴ For more on MPs and digital communication, see Devin K. Joshi and Erica Rosenfield, "MP Transparency, Communication Links and Social Media: A Comparative Assessment of 184 Parliamentary Websites", *The Journal of Legislative Studies*, 19/4 (2013), 526–545.

Some parliamentarians admitted to being very active users of social media for digital engagement. One of these was Ms. Sobita Gautam, an MP from Nepal and a former television host, who is very popular on social media and has a large number of followers. She explained that social media platforms were her main outlet for posting information during election campaigns, noting that she primarily used TikTok but also posted regularly on Facebook, Instagram and X (formerly known as Twitter). Mr. Phenyo Khumoiile Segokgo, an MP from Botswana, likewise mentioned being across social media – especially Facebook, WhatsApp and TikTok, which he said were the three most-visited platforms in his country. He also noted, however, that his colleagues did not really use social media as much.

Mr. Moussa Timbiné, a former MP from Mali, noted that young people were “better equipped with respect to new technologies” and had “every chance of bringing innovations that will allow us to make good progress.” Mr. Hassan Guedi, an MP from Djibouti, likewise emphasized that digital engagement with young people and the general public was the main advantage young parliamentarians had over their elder peers. He highlighted the use of TikTok, Facebook, X and other, similar platforms as vehicles for sharing messages and collecting people’s concerns online, which could then be presented to the government in a constructive way. He contrasted this with the advantage older parliamentarians had: “Older MPs have more traditional authority. When an elder speaks before an assembly, people listen to him like a father. When I speak, I’m seen as a son or a neighbour. It’s different.” Another MP from Africa concurred: “I consider my mastery of digital tools and social networks to be a major asset. It allows me to communicate effectively with young people, to report on my parliamentary work and to remain attentive to citizens’ concerns”.

Ms. Lena Gumnior, an MP from Germany, expressed her firm belief that being young was a major advantage when it came to digital engagement, noting that it came naturally to her as a regular consumer of social media on Instagram and TikTok. She explained: “I grew up with social media. It comes more easily to me to take part in it.” She said that, as an MP, she worked together with a team member to prepare her videos and that, before entering parliament, she had even consciously thought that she would need a full-time person to do her social media. By contrast, she explained, some older MPs in her parliament did not have a dedicated specialist working in this area. She also pointed out that younger MPs were unique because they always had social media in mind when they were doing their parliamentary work: “Young MPs have a different approach to giving speeches: they are always thinking of snippets that can be extracted and posted later on social media.” Mr. Andrea Menicucci, a 21-year-old MP from San Marino, likewise noted: “As a young MP, I have an advantage when it comes to digital engagement with youth and the public. That’s natural: I was born in an era where digital skills are an integral part of a person’s life.”

Another successful illustration of active digital engagement is Mr. Ibrahim Mohammed, the youngest MP in Nigeria, who makes sure to translate the English language posts on his Facebook page into Hausa, the language spoken by many in his region. To ensure high quality, he has a large team managing his social media on Facebook, Instagram and X. This has been vital both for his political communication and for gaining feedback from constituents, close to 70% of whom are under age 40. Mr. Netfali Zamora, a 25-year-old MP from Panama, is likewise very involved in digital engagement. He has 35,000 followers on Instagram, whereas most older MPs in his country do not even have an account on the platform. He estimates spending one to two hours every day on social media and is paying five dedicated team members – lawyers and commentators – to create high-quality content. On a related note, Mr. Walter Cervini and Ms. Julieta Sierra, two MPs from Uruguay, acknowledged that they maintained a lot of communication and contact with young people digitally, through platforms such as Facebook and X. They noted that this was necessary because young people consumed social media much more than television.

Another example of extensive digital engagement is Mr. Nathaniel Erskine-Smith, an MP from Canada, who produces regular podcasts. In the past, he would conduct in-person town hall meetings, but he wanted to keep being accessible to his constituents during the COVID-19 pandemic. He decided to meet with them on Facebook and Instagram for about 30–60 minutes a week. Later, he turned this into a podcast featuring one-to-one interviews with politicians from different political parties, and he now puts out videos on YouTube. Although he writes his own content, he works together with a graphics specialist and a video editor to produce high-quality videos.

By contrast, a number of young MPs expressed being only moderately active in their digital engagement. For instance, Mr. David Stögmüller, an MP from Austria who manages his social media together with one colleague, noted that the situation for politicians in his country was totally different than in countries like the United States of America or Canada, where MPs had large teams of media consultants. Some MPs also stated that they were not very active in digital engagement, although a few noted that they may be compelled to do more in this area in the future.

Owing to time constraints, some MPs limit themselves to just one or two platforms such as WhatsApp while avoiding others like X, TikTok or Instagram. Mr. Stanley Sakupwanya, an MP from Zimbabwe, explained that he took care of posts on X but had a team under him to handle Facebook. As he put it, it is “snippets” not “the Hansard” that will get young people interested in parliament. Ms. Audrey Vidot, an MP from Seychelles, reported that she mostly managed her personal page on Facebook by herself, but that her WhatsApp group was maintained by her constituency clerk, her campaign manager or one of her volunteer activists, who form what she labelled the “social media warriors” who combat negative comments on the posts.

There are also some MPs who stay off social media in order to protect their private lives. For instance, Ms. Marine Grisoul, an MP from Monaco, said that she had deleted her personal social media accounts to keep her private and political lives separate and to protect her children. At the same time, through public social media, she has been able to connect with many

people from her country who are living abroad, and many people contact her through Instagram to request appointments in parliament. Mr. Marin Živković, an MP from Croatia, admitted that digital engagement was part of the job – but not his favourite part. He noted that, in his experience, MPs had to invest a lot of time and effort to reap the rewards from digital engagement, stating that, to be good, parliamentarians needed to have a professional team behind them, which required a lot of skills. Mr. Xiaobao Zheng, a 29-year-old MP from Suriname, confessed that he was “no internet geek” and actually preferred “face-to-face conversations with people”, but added that he took time to create his own content using Facebook and YouTube to inform people. Ms. Tashana Lösche, a fellow MP from Suriname who takes a particular interest in mental health, summed up the pros and cons by emphasizing that COVID-19 had “taught us that we need technology to meet up with each other, for conversation, for communication. Social media is a technology that brings us together. We can use it in a positive way if we choose.” But she also noted that it could “be used as a place to release [anger], to make money”.

Degrees and styles of digital engagement therefore vary considerably across young MPs. It also appears that those with presidential or similarly high political ambitions tend to be the ones who are most active on social media. The particular social media outlets to which young MPs turn differ across regions and generations. Facebook is a vital platform for political communication in most – but not all – African countries. Millennial MPs in their thirties – especially their late thirties – were likely to be active on Facebook and, in some cases, on LinkedIn or blogs. Gen Z MPs in their early-to-mid-twenties were generally more plugged into Instagram and especially TikTok. This divergence seemingly reflects generational differences between Millennials born in the 1980s and early 1990s and younger Gen Z MPs born in the late 1990s and 2000s. But young MPs seeking to connect with multiple generations were found to be simultaneously active on multiple platforms. For example, Mr. Ingvar Þóróddsson, a 26-year-old MP from Iceland, noted that he used Facebook to share his opinions and posted on Instagram to give quick updates, and that MPs in his country no longer used X for official purposes.

Key points

- Two thirds of MPs interviewed said that they were active on digital media or that they advocated for the use of new digital technologies for communication with the public and in parliamentary work.
- Many young MPs feel they have an advantage on social media and are more knowledgeable about, and more active on, digital platforms than older MPs.
- The digital platforms MPs most frequently use for communication vary across countries. Generally speaking, Millennials make greater use of Facebook, and in some cases WhatsApp, YouTube or X, while Gen Z politicians are more active on TikTok and Instagram.
- Some young MPs are highly critical of digital and social media, seeing it as a waste of time and a source of much misinformation, disinformation and trolling, and preferring to stay away from it.

Getting more youth involved in politics

MPs repeatedly echoed the sentiment that young people bring to politics much-needed vitality and energy, different perspectives, and new ideas and information compared to older generations. To raise the numbers of young people in parliament, the interviewees emphasized the importance of childhood experiences in getting youth to become aware of, interested in and involved in politics. A major theme was that young people should work on political campaigns at an early age, and that they should meet with, support and learn from people in their constituency. Ms. Julieta Sierra, an MP from Uruguay, stressed that, since we unfortunately lived in a very violent world, young people had a responsibility to get involved in politics, noting that “if we don’t then it’s our fault”. Mr. Walter Cervini, another MP from Uruguay, concurred that there was a need to increase interest in politics among young people and to identify those who were interested in politics so they could be mentored and trained to become effective representatives and politicians.

Attitudes

Improving youth participation in parliament entails overcoming negative social attitudes towards young people. Mr. Ibrahim Mohammed, an MP from Nigeria, pointed to the general narrative that young people were not serious or were inexperienced, and noted an awareness that some young political appointees had not done a good job. He observed how this set a bad example and gave young people in politics a bad reputation. To counter these perceptions, he advised young MPs to work hard and to do good work, as this would generate a positive reputation. Some MPs also recommended democratizing attitudes towards youth in politics and called for the monitoring and elimination of all forms of discrimination against young people. For example, it was mentioned how, in one country, a political party with many young supporters had been targeted by government agencies, who had gone into universities and told students not to be active in politics.

Another interviewee warned that one of the biggest challenges for young MPs was becoming co-opted by the wealthy and powerful, noting a danger that, once young MPs got power, money and influence, it became “very easy to transition to something you previously opposed”. This MP advised young parliamentarians to just “stay normal”, to “keep speaking in your way” and to “keep wearing your clothes”, adding that “you don’t need to dress and speak like the older MPs”.

Regarding the heavy workload in some parliaments – especially among those seeking to enact reforms – Mr. Netfali Zamora, an MP from Panama, emphasized how young people needed to be ready to dedicate themselves fully because, in politics, they may find themselves having no time for anything else outside their parliamentary and constituency work. In his view, young MPs needed to be “brave” and “passionate”, to be “willing to sleep only five hours a day”, and to be prepared to put in all their time and have “their life in a spotlight all of the time”. Ms. Sahara Al-Bazar, an MP from Egypt, concurred that MPs had to dedicate a lot of time to their role, and explained that her work on the foreign relations committee required her to “travel a lot”. However, she added that her high workload was also due in part to a personal commitment to putting in lots of time

“to serve [her] constituents, to serve [her] whole nation and to make a difference.” Workload demands nevertheless differ considerably across parliaments, and several – mostly male and childless – MPs said they were able to achieve a decent work–life balance.

Interviewees also mentioned that it was much easier to be a young parliamentarian when the numbers and proportions of young MPs in parliament were high. They believed it was not enough to just have young MPs, and that it was also important to have young leaders in the executive, judiciary and military branches of government, as well as in all other sectors – which, in turn, would normalize having more young people in parliament. Mr. Xiaobao Zheng, an MP from Suriname, said that “bonding ourselves together” and “solidarity among youth” were essential. Regrettably, however, he noted that he saw younger people in his country focusing more on building their own careers than engaging in politics, but added that people like him could go out there to lead them into government. He also recommended fostering more collaboration between young businesspeople and politicians, including young MPs, to solve major problems. On the need to shift societal perceptions, Mr. Andrea Menicucci, a 21-year-old MP from San Marino, said: “To improve youth representation in parliament, I believe it is first necessary to break through a political class that is still reluctant to welcome younger voices.” However, he added that “young people must learn how institutions function and show due respect towards them and towards the citizens who have elected them.”

Education

A number of young MPs stressed that education was a crucial vehicle for promoting knowledge about parliamentary work and for getting young people interested in politics. Mr. Abdelgader Abderamane Koko, an MP from Chad, emphasized the importance of civic and political education for greater youth engagement. Mr. Ingvar Þóroddsson, an MP from Iceland, highlighted the importance of schools and recommended starting early in formal education. He said that he had first learned about parliament in political classes in primary school while living in Sweden, where school groups would visit a mini version of the parliament and students would take turns playing the role of representatives from different political parties. Mr. Þóroddsson noted that this experience helped the children to really understand how democracy and political parties worked at an early age, as well as to learn the differences between competing political ideologies. Mr. Nathan Erskine-Smith, an MP from Canada, suggested that “politicians should go into classrooms so students learn how it works” as a way of improving youth representation, while another MP called for targeted programmes that would allow young people to better understand institutional mechanisms and be prepared to take on responsibilities.

Mentorship

In addition to classroom education, MPs advocated for formal mentoring and guidance, noting that mentors could help young people understand how parliament really worked. Ms. Germaine Mukabalisa, an MP from Rwanda, recommended having children start interacting with leaders from an early age to learn about leadership. She, along with another African woman MP, also called for “intergenerational dialogue” to help societies and individuals shift away from an adversarial mindset

towards a complementary perspective between old and young. Ms Sahar Al-Bazar, an MP from Egypt, referred to how career coaches advised people on where to go to college or what job to take, noting that a similar arrangement was needed for people considering entering politics or parliament, in order to facilitate “normalizing politics as a choice”. She explained that, in her view, this was not something unique to her country, stating that “globally this is a problem”. An important objective, she added, was to make politics more attractive to young people and that this sentiment would improve when more young people were involved in politics and serving in parliament.

Reflecting a number of the points mentioned above, Mr. David Stögmüller, an MP from Austria, expressed the view that, in order to bring more young people into parliament, it was important to “make politics a good job”, adding that “it shouldn’t be just something you do for your CV; you have to want to change things”. He also said that “if more young people are in politics, it will change the environment”, adding: “It is not enough just to have young people. They need to have a vision, a wish to change something”. Mr. Stögmüller further called for young people to be given “a chance to learn politics”, noting that “politics is a craft, a *Handwerk*. One must know how to bring topics onto the floor”. His final recommendation was to “give people a chance to learn and grow”, emphasizing the importance of a mentorship system in parliament such as the one that exists in Austria, where the voting age is 16 years.

Mr. Nathaniel Erskine-Smith, an MP from Canada, expressed the view that political parties should encourage and mentor young MPs to enable them to stand their ground, know how to go about disagreeing – on the basis of ideas rather than personal attributes – and gain influence within the party. Mentorship by senior politicians can also help to support young people at the start of their political careers. One potentially useful tactic is to first inform people – such as party leaders – of any opposition behind the scenes before doing anything publicly. Another MP focused on the importance of unity, stating: “We need to unite and have mentorship instead of competing against each other”.

Key points

- Improving youth participation in parliament entails overcoming negative social attitudes towards young people.
- Young MPs emphasized the importance of childhood experiences in getting youth to become aware of, interested in and involved in politics. A major theme was that young people should work on political campaigns at an early age.
- MPs mentioned that it was much easier to be a young parliamentarian when the numbers and proportions of young MPs in parliament were high.
- A number of young MPs insisted that education was a crucial vehicle for promoting knowledge about parliamentary work and for getting youth interested and engaged in politics. They emphasized in particular the importance of civic and political education.
- In addition to classroom education, MPs advocated for formal mentoring, guidance and intergenerational dialogue.



Member of the IPU Bureau of Young Parliamentarians at the Global Conference of Young Parliamentarians in Lima, Peru. September 2025. © IPU/11th Global Conference of Young Parliamentarians

More youthful parliaments

Youth representation can be significantly improved by transforming the rules and culture of parliaments and elections. Rather than focusing primarily on education, mentorship and the attitudes of young people themselves, MPs highlighted how laws and institutional rules and procedures needed to be revised and updated in order to better support youth representation in parliaments and throughout society. Some of the transformations they emphasized are detailed below.

Lowering and unifying the ages of eligibility and voting

Many MPs expressed the need to lower the age of eligibility to enter parliament. High minimum age requirements for MPs present a structural barrier that prevents young people from participating directly in national parliaments. In response, a key measure that can be taken is to reduce the minimum age of eligibility to serve in parliament, as well as the minimum voting age. When these ages are aligned and lowered to 18 or even 16 years, this provides more opportunities for young people to enter parliament than in countries where they are legally restricted from becoming MPs until they reach their mid-twenties – such as age 25 – or older. For instance, Ms. Charlotte Walker, a recently elected 21-year-old member of the Senate of Australia, mentioned how she had been able to enter parliament at a young age because the minimum age of eligibility in her country was 18 years. While the age of eligibility is also 18 years in many European countries, it is higher on some other continents.

Some young MPs mentioned that they were working to reduce the age of eligibility in their country to 18 years – or at least to 21 years – via constitutional amendments or electoral law reforms. They also said that they were seeking to align the age of eligibility with the minimum voting age. Another effort has

been to unify various age thresholds for entering adulthood, which are not always aligned within a country. For instance, Mr. Fatafehi Fakafanua, an MP from Tonga, mentioned that the minimum age of eligibility to enter parliament in his country was 21 years, as was the minimum age to vote, but that the minimum age to marry and to own land was 16 years, while the minimum age to serve in the army was 18 years. He noted that it might make sense to simplify the laws by unifying these all to a single age.

Youth quotas

Youth quotas reserve a certain number of seats for young people or require a certain percentage of candidates to be under a certain age. In recent years, such quotas have become an increasingly popular means of guaranteeing the presence of young people in parliament. Many interviewees from African countries, which have the world's highest ratios of young people in the population, called for the adoption and strengthening of youth quotas. One such MP was Mr. Mohamed Bouchouit from Algeria, who said: "I think it should be mandatory that all candidate lists include at least 50% young people, as is already required by law in Algeria." Another African MP, Mr. Phenyio Khumoiile Segokgo from Botswana, stated his belief that adopting youth quotas was a good idea in order to meet Southern African Development Community targets of 50% for women and youth in parliaments. MPs from elsewhere in Africa championed youth quotas on electoral lists as a means of ensuring more equitable representation of young people in legislative bodies. According to Mr. Abdelgader Abderamane Koko, an MP from Chad, the emergence of reserved quotas for young people had helped to improve youth representation "but more quotas are needed, because in open competition with seniors, young people often have fewer chances".

Several MPs from Asia and the Middle East also strongly advocated for youth quotas. Ms. Nour Abu Ghosh from Jordan noted that, following a change in the law to introduce a youth quota, there were now over 20 MPs under age 40 in her parliament. Mr. Jamal Raisani from Pakistan not only favoured youth quotas in parliament as a way of strengthening youth representation, but also called for youth quotas and caucuses in all political parties and in all their committees – “not just as symbolic moves” but to ensure youth were involved “in all decision-making”.

Ms. Meera Al-Suwadi, an MP from the United Arab Emirates, suggested that, in countries where young people were severely excluded (comprising less than 10% of MPs), youth quotas would help to improve their representation. Ms. Sara Mohammad Falaknaz, an MP from the same country, added that “the Arab world should aspire to involve young people, especially since young people are more than 60% of the Arab world”.

Looking beyond legislated quotas, Ms. Marija Lugarić, an MP from Croatia, advocated for the adoption of formal youth quotas – or at least informal youth candidate targets – by political parties. She noted that her party applied a 20% youth quota (for candidates aged 30 and under) for electoral lists and party leadership boards. Arguably, political parties that adopt youth quotas can be highly impactful as they are largely responsible for recruiting candidates. Several MPs thus felt that it was necessary to include young people in political party decision-making and leadership at all levels and in all activities.

While interest in parliamentary youth quotas has been growing in Africa, Asia and the Middle East, some MPs noted that such quotas were currently less common and less supported than gender quotas. For instance, Iceland has many political parties with gender quotas, but none have youth quotas as of 2025.

Lastly, some MPs believed that parliamentary youth quotas would be insufficient – or even potentially counterproductive – in the absence of other, more comprehensive reforms. Mr. Andrea Menicucci from San Marino said: “I do not believe in youth quotas. Although they can seem to be an effective way to help young people to sit in parliaments, they risk encouraging young people to engage in politics merely because they have a preferential channel for election ... I believe the right path is to dismantle an outdated political class, engage with institutions respectfully, and develop solid skills and competencies.” Ms. Sobita Gautam from Nepal also expressed concern that youth quotas could potentially be misused.

Election campaign and financing reforms

Several MPs highlighted publicly and equally financed elections – both for parliament and internally within parties – as a powerful solution to help reduce the cost burden on young people, emphasizing that lowering the cost of elections would help to improve youth representation. According to Mr. Nathaniel Erskine-Smith from Canada, there should be resources available “for people to be able to campaign and for people to be well-skilled, good, well-rounded politicians”. Mr. Jamal Raisani from Pakistan noted that in his country, where the costs of election campaigns are huge, parties should invest more in young candidates. Mr. Ibrahim Mohammed from Nigeria likewise mentioned that lowering the costs of nomination forms and party contributions that aspiring candidates needed to pay to be selected would open up more space for young people, women and people with disabilities.

Institutional and legal reforms

MPs also brought up a number of institutional and legal reforms that could improve youth representation. One was setting up non-partisan or multi-party youth caucuses within parliament, in which all MPs below a certain age could gather to strategize, propose agenda items and discuss policy issues. Another suggestion was that parliaments that convened regularly – and almost all year round – could be advantageous in facilitating youth representation since some MPs in parliaments that were not frequently in session found it difficult to juggle their full-time jobs outside parliament with parliamentary work and family life. Transitioning those institutions to full-time legislatures might better foster youth representation.

MPs also noted that parliaments with a small number of seats had less space for young MPs. This could be increased by having more seats in parliament. On this point, Mr. Andrea Menicucci from San Marino noted as follows: “A significant obstacle in a small polity like San Marino is the limited number of seats in parliament: those with established political experience enjoy a solid electoral base and deep-rooted relationships, which are difficult to challenge, especially for a young candidate”. Increasing the total number of seats in parliament would be a relatively easy way to make space for young MPs without having to take any seats away from incumbents. Another proposed solution was to impose term limits – not only for MPs, but also for all public servants, ministers and ambassadors, requiring them to take at least four years off between appointments. This would give more opportunities for young people to get into politics.

One proposal was to allow more space for independent candidates and MPs who did not belong to a political party, since many party lists required significant loyalty to party leaders, who were often not young and did not prioritize youth representation. Several MPs mentioned that switching to list-based PR elections would likely provide more opportunities for young people to be nominated as candidates and elected as MPs. Lastly, MPs called for the enrichment of the pipeline of young people into national parliaments by increasing youth leadership in village councils, district councils and provincial assemblies via youth quotas or other means.

Key points

- Many MPs expressed the need to lower the age of eligibility – to 18 or even 16 years – to provide more opportunities for young people to enter parliament.
- Youth quotas reserve a certain number of seats for youth or require a certain percentage of candidates to be under a certain age. In recent years, such quotas have become an increasingly popular means of guaranteeing the presence of young people in parliament.
- Publicly and equally financed elections – both for parliament and internally within parties – reduce the cost burden on young people, lowering the cost of elections and thus helping to improve youth representation.
- Non-partisan or multi-party youth caucuses within parliament provide a space for all MPs below a certain age to gather to strategize, propose agenda items and discuss policy issues.

Parties and organizations supporting young people

Political party support for young candidates

Many MPs insisted that political parties must actively support young voices, put young candidates on their lists, make sure they have adequate resources and adopt the attitude that change is good. Mr. Walter Cervini, an MP from Uruguay, made the following recommendation to improve youth representation: “Political parties must support the election of youths. That’s number one. It comes down to the parties. That’s the most basic [thing].” This includes parties nominating young people as candidates in winnable districts. Ms. Julieta Sierra from Uruguay agreed with this view, stating that “political parties need to nominate and support young people in politics, to create spaces for them”. It also helps to have party leaders and presidents who support young people and youth issues. A related strategy is to strengthen youth movements within parties. When young people are actively involved in putting up posters and running election campaigns, this gives them some leverage in politics.

A related problem is the overreliance and excessive dependence of candidates and MPs on their parties. In many European countries, party youth wings are the main vehicle for young people to rise up within parties and eventually be selected as candidates. This provides an institutionalized channel of engagement for young people who are interested in politics.

But young people should not be limited only to this route. Having more independents – i.e. non-party representatives – in parliaments would free up young MPs and parliamentary aspirants so that they “don’t have to be slaves to their parties”. As one MP argued, “only by dismantling a clientelist system dominated by long-standing political figures will it be possible to see more young people in the institutions”. Another MP voiced criticism of constant political manoeuvring, disagreements and efforts to exert control within his party, stating: “The biggest enemy is not society ... It’s your own political party and colleagues”.

Mr. Marin Živković from Croatia focused on whether political party culture supports young people, noting that his own party had debated but not yet adopted a youth quota. He pointed out how his party had relatively good youth representation, with young people involved in policymaking within the party, but stressed that, as a new party, it could more easily write new rules and was not trapped by path dependency. He added that, within a smaller party such as his, he believed it was easier for newcomers and young people to get in and rise up.

Youth coalitions and organizations

Youth organizations provide young people with opportunities to gain experience that can prepare them for parliamentary work. Working in youth councils and student unions can help young people build crucial leadership experience. Mr. Ibrahim Mohammed, an MP from Nigeria, noted: “If you lead a 2,000-strong student union then you can lead a local council or hold a state or federal assembly position.” Having more youth organizations and elected youth leadership positions in a country thus helps to prepare more young people for parliament.

Youth representation can also be facilitated by young people setting up their own coalitions, networks and organizations. One way in which youth have done so in national parliaments is by setting up their own WhatsApp groups for young MPs. In Pakistan, for instance, all 68 MPs aged 25–40 are members of a WhatsApp group, which they use to share ideas and propose new policies. These MPs also belong to the country’s Young Parliamentarians platform. The leadership board of this platform meets every month, working to advance youth causes, including increasing opportunities for young people to enter the civil service – specifically, by increasing the number of times an individual can take the entrance exam.

Key points

- To advance youth participation, political parties must actively support young voices, put young candidates on their lists, make sure they have adequate resources and involve youth in policymaking within the party.
- Newer political parties can be more favourable in selecting young people as candidates for parliament and supporting issues important to young people.
- Youth organizations provide young people with opportunities to gain experience that can prepare them for parliamentary work.
- Youth participation in politics can be facilitated by young people setting up their own coalitions, networks and organizations.

Conclusion

Since the IPU began tracking youth participation in parliaments in 2014, the average share of young MPs globally increased with each subsequent report up to and including the 2023 edition. However, this latest report shows stagnation and underlines the need for redoubled efforts to better include youth in political decision-making.

Many parliaments and MPs are heeding this call. Countries that have reduced the minimum age of eligibility to 18 years now have younger MPs overall. An increasing number of parliaments have also adopted youth quotas – whether in the form of reserved seats or legislated quotas – to guarantee a minimum presence of young adults in the legislature. Political parties are also playing a key role by adopting voluntary youth candidate quotas, while party youth wings serve as important vehicles for youth to rise up and be selected as candidates for elections. Youth councils, student unions and youth organizations likewise provide spaces for young people to develop leadership skills and build the confidence needed to become young parliamentarians. Encouragingly, over 1,000 MPs have signed up to the IPU's *I Say Yes to Youth in Parliament!* campaign, and many countries have introduced measures to boost youth participation as a result.

By sharing their stories and proposals for action in interviews for this report, young MPs have shed much light on their unique challenges and how to overcome them. This includes countering hostility and violence in the political space, which have unfortunately left many young aspirants questioning whether politics is an attractive career for them. Proposals

to address this challenge include ensuring solidarity against political violence across party, gender and generational lines, and strengthening legislation and enforcement against perpetrators of violence. Given the work–life balance challenges that life in politics often entails, many MPs underscored the importance of institutional and policy reforms – such as measures and facilities for young parents – to make politics more accessible to young people. MPs with young children often face greater time pressures, while women MPs in particular have to contend with the expectation that they will combine full-time political work with full-time parenting. Family-friendly parliaments and political parties, as well as supportive spouses, can reduce these uneven burdens, helping to significantly improve the participation of young people of all genders in national parliaments.

Last but not least, young MPs highlighted the importance of leveraging their comparative advantages – such as in connecting with young people and being active on social media – for the greater good of all. They also stressed the importance of education as a key vector for youth engagement, and of being involved in mentorship programmes and intergenerational dialogue.

In order to further expand the voices of young people in politics, it is essential to continue building on both formal and informal measures to boost youth participation and make politics an inviting and more accessible space for young people – and to share these good practices across the world.

Member of the IPU Bureau of Young Parliamentarians at the Global Conference of Young Parliamentarians in Lima, Peru. September 2025. © IPU/11th Global Conference of Young Parliamentarians



ANNEXES

Annex 1: Members of parliament aged 30 and under (percentage) in single and lower chambers

Rank	Country	% of MPs 30 and under	Rank	Country	% of MPs 30 and under
1	Armenia	16.8	36	Morocco	4.6
2	Ecuador	13.9	37	Indonesia	4.5
3	Turkmenistan	13.7	38	Maldives	4.3
4	Panama	11.6	39	Kazakhstan	4.1
5	Norway	10.7	–	New Zealand	4.1
6	Malta	10.0	41	Estonia	4.0
7	San Marino	8.3	–	Liechtenstein	4.0
8	Cuba	7.9	–	Serbia	4.0
–	Republic of Moldova	7.9	44	Brazil	3.9
10	Denmark	7.8	–	Peru	3.9
11	Paraguay	7.5	–	Senegal	3.9
12	Namibia	7.3	47	Bulgaria	3.8
–	Netherlands	7.3	–	Ethiopia	3.8
14	Ukraine	7.1	–	Rwanda	3.8
15	Costa Rica	7.0	–	Uganda	3.8
16	Colombia	6.7	–	United Kingdom	3.8
–	Germany	6.7	52	Algeria	3.7
18	Sweden	6.6	53	Andorra	3.6
19	Guinea	6.4	–	Ireland	3.6
–	Thailand	6.4	55	Finland	3.5
21	Guatemala	6.3	56	Georgia	3.4
22	Bolivia (Plurinational State of)	6.2	–	Lesotho	3.4
23	Portugal	6.1	–	Mexico	3.4
–	Uruguay	6.1	59	Austria	3.3
–	Zimbabwe	6.1	–	Luxembourg	3.3
26	Latvia	6.0	–	Mali	3.3
27	Chile	5.8	–	Slovakia	3.3
28	Burkina Faso	5.6	63	Iceland	3.2
–	Slovenia	5.6	64	Canada	3.1
30	France	5.4	65	Albania	3.0
–	Philippines	5.4	–	Hungary	3.0
32	Gambia (The)	5.2	–	Romania	3.0
–	Tunisia	5.2	68	Seychelles	2.9
34	Montenegro	4.9	69	South Africa	2.8
–	United Republic of Tanzania	4.9	70	Eswatini	2.7

Rank	Country	% of MPs 30 and under
–	Malawi	2.7
72	Democratic Republic of the Congo	2.6
73	North Macedonia	2.5
74	Argentina	2.4
–	Egypt	2.4
76	Pakistan	2.3
77	Croatia	2.0
–	Czechia	2.0
–	Kenya	2.0
–	Sierra Leone	2.0
–	Spain	2.0
–	Suriname	2.0
83	Sri Lanka	1.9
84	Cyprus	1.8
–	Fiji	1.8
–	Russian Federation	1.8
–	Sao Tome and Principe	1.8
88	Lebanon	1.6
–	Viet Nam	1.6
90	Botswana	1.5
–	Guyana	1.5
–	Switzerland	1.5
93	Central African Republic	1.4
–	Liberia	1.4
–	Lithuania	1.4
96	India	1.3
–	Italy	1.3
–	Uzbekistan	1.3
99	Cameroon	1.1
–	Dominican Republic	1.1
–	Kyrgyzstan	1.1
–	Nigeria	1.1
–	Singapore	1.1
104	Angola	0.9
–	Japan	0.9
–	Malaysia	0.9
107	Azerbaijan	0.8
–	Israel	0.8
–	Mongolia	0.8
–	Türkiye	0.8
111	Australia	0.7

Rank	Country	% of MPs 30 and under
–	Jordan	0.7
–	Poland	0.7
114	Mauritania	0.6
–	Zambia	0.6
116	Côte d'Ivoire	0.4
117	Greece	0.3
118	United States of America	0.2
119	Antigua and Barbuda	0.0
–	Bahrain	0.0
–	Benin	0.0
–	Bhutan	0.0
–	Bosnia and Herzegovina	0.0
–	Brunei Darussalam	0.0
–	Burundi	0.0
–	Cabo Verde	0.0
–	Cambodia	0.0
–	Djibouti	0.0
–	Ghana	0.0
–	Iran (Islamic Republic of)	0.0
–	Iraq	0.0
–	Jamaica	0.0
–	Lao People's Democratic Republic	0.0
–	Libya	0.0
–	Madagascar	0.0
–	Mauritius	0.0
–	Micronesia (Federated States of)	0.0
–	Monaco	0.0
–	Nauru	0.0
–	Nicaragua	0.0
–	Papua New Guinea	0.0
–	Qatar	0.0
–	Republic of Korea	0.0
–	Saint Kitts and Nevis	0.0
–	Saint Lucia	0.0
–	Saudi Arabia	0.0
–	Solomon Islands	0.0
–	Timor-Leste	0.0
–	Tonga	0.0
–	United Arab Emirates	0.0

Annex 2: Members of parliament aged 30 and under (percentage) in upper chambers

Rank	Country	% of MPs 30 and under
1	Antigua and Barbuda	5.9
–	Jamaica	5.9
3	Australia	4.2
4	Mexico	3.9
5	Lesotho	3.0
6	Slovenia	2.5
7	Namibia	2.4
8	Democratic Republic of the Congo	2.0
9	Spain	1.9
10	Uzbekistan	1.8
11	Austria	1.6
12	Colombia	1.0
13	France	0.6
14	United Kingdom	0.1
15	Argentina	0.0
–	Bahrain	0.0
–	Belarus	0.0
–	Belgium	0.0
–	Bhutan	0.0
–	Bolivia (Plurinational State of)	0.0
–	Bosnia and Herzegovina	0.0
–	Brazil	0.0
–	Burundi	0.0
–	Cambodia	0.0
–	Cameroon	0.0
–	Canada	0.0
–	Chad	0.0
–	Chile	0.0
–	Czechia	0.0
–	Dominican Republic	0.0
–	Eswatini	0.0

Rank	Country	% of MPs 30 and under
–	Germany	0.0
–	India	0.0
–	Ireland	0.0
–	Italy	0.0
–	Japan	0.0
–	Jordan	0.0
–	Kazakhstan	0.0
–	Kenya	0.0
–	Liberia	0.0
–	Madagascar	0.0
–	Malaysia	0.0
–	Nepal	0.0
–	Netherlands	0.0
–	Nigeria	0.0
–	Pakistan	0.0
–	Paraguay	0.0
–	Philippines	0.0
–	Poland	0.0
–	Romania	0.0
–	Russian Federation	0.0
–	Rwanda	0.0
–	Saint Lucia	0.0
–	South Africa	0.0
–	Switzerland	0.0
–	Tajikistan	0.0
–	Thailand	0.0
–	United States of America	0.0
–	Uruguay	0.0
–	Zimbabwe	0.0

Annex 3: Members of parliament aged 40 and under (percentage) in single and lower chambers

Rank	Country	% of MPs 40 and under	Rank	Country	% of MPs 40 and under
1	Armenia	56.1	43	Bahrain	27.5
2	Turkmenistan	54.8	44	United Kingdom	27.3
3	Ethiopia	51.2	45	Peru	26.4
4	Ecuador	47.7	46	Mexico	26.2
5	Montenegro	46.9	47	Seychelles	25.7
6	Ukraine	46.3	48	Bhutan	25.5
7	Guatemala	43.8	–	Kazakhstan	25.5
8	Bolivia (Plurinational State of)	42.3	–	Zimbabwe	25.5
9	Colombia	41.6	51	Serbia	25.2
10	Gambia (The)	41.4	52	Luxembourg	25.0
11	Malta	38.6	–	San Marino	25.0
12	Saint Kitts and Nevis	38.5	54	Djibouti	24.6
13	Republic of Moldova	37.6	55	Uganda	24.3
14	Nauru	36.8	56	Liechtenstein	24.0
15	Burkina Faso	36.6	–	Slovakia	24.0
16	Andorra	35.7	58	Sao Tome and Principe	23.6
17	Cuba	35.5	59	Austria	23.5
18	Netherlands	35.3	60	Uzbekistan	23.3
19	Guinea	34.9	61	Cyprus	23.2
20	Panama	34.8	–	Namibia	23.2
21	Denmark	34.6	63	Brazil	22.8
22	Latvia	34.0	64	Albania	22.4
23	Norway	33.7	65	Sierra Leone	22.2
24	Maldives	32.3	–	Slovenia	22.2
25	Chile	31.6	–	Tunisia	22.2
26	Georgia	31.5	68	Lithuania	22.0
–	Senegal	31.5	–	Suriname	22.0
28	Guyana	31.3	70	Mali	21.5
29	Algeria	30.7	71	Dominican Republic	21.1
30	Germany	30.6	72	Democratic Republic of the Congo	21.0
31	Finland	29.5	–	Egypt	21.0
32	Thailand	29.2	–	Philippines	21.0
33	Sweden	28.9	75	Monaco	20.8
34	Malawi	28.8	76	South Africa	20.3
–	Paraguay	28.8	77	Uruguay	20.2
36	North Macedonia	28.3	78	Burundi	19.8
37	Costa Rica	28.1	79	Kenya	19.5
38	Bulgaria	27.9	80	Croatia	19.2
–	France	27.9	–	Eswatini	19.2
40	Kyrgyzstan	27.8	82	Iceland	19.1
–	Romania	27.8	83	Czechia	19.0
42	United Republic of Tanzania	27.6	–	Switzerland	19.0

Rank	Country	% of MPs 40 and under
85	Hungary	18.6
86	Lesotho	18.2
87	New Zealand	18.0
88	Estonia	17.8
89	Morocco	17.5
90	Poland	17.4
–	Portugal	17.4
–	Zambia	17.4
93	Argentina	17.3
94	Bosnia and Herzegovina	17.1
–	Canada	17.1
–	Central African Republic	17.1
–	Ghana	17.1
98	Cabo Verde	16.7
99	Italy	16.3
100	Indonesia	15.9
–	Mongolia	15.9
102	Singapore	15.8
103	Ireland	15.6
104	Spain	15.4
105	Liberia	15.3
–	Madagascar	15.3
107	Sri Lanka	15.1
108	Mauritius	14.9
109	Russian Federation	14.7
110	Iraq	14.3
111	Nigeria	13.8
–	Rwanda	13.8
113	Libya	13.5
114	Angola	13.2
115	Fiji	12.7
116	Malaysia	12.6
117	Mauritania	12.5
118	Australia	12.3
–	Jordan	12.3
120	Pakistan	12.2
121	Botswana	11.9
122	Israel	11.7
123	Greece	11.5
124	Antigua and Barbuda	11.1

Rank	Country	% of MPs 40 and under
–	Saint Lucia	11.1
126	Türkiye	10.7
127	Viet Nam	10.4
128	India	9.6
129	Jamaica	9.5
130	Lebanon	9.4
131	Cameroon	8.9
132	United States of America	8.3
133	Papua New Guinea	8.0
134	Japan	7.7
135	United Arab Emirates	7.5
136	Azerbaijan	6.4
–	Benin	6.4
138	Brunei Darussalam	5.9
139	Republic of Korea	5.7
140	Nicaragua	5.5
141	Iran (Islamic Republic of)	4.9
142	Solomon Islands	4.0
143	Tonga	3.7
144	Côte d'Ivoire	3.2
145	Timor-Leste	3.1
146	Cambodia	2.4
–	Lao People's Democratic Republic	2.4
148	Saudi Arabia	2.1
149	Micronesia (Federated States of)	0.0
–	Qatar	0.0

Annex 4: Members of parliament aged 40 and under (percentage) in upper chambers

Rank	Country	% of MPs 40 and under	Rank	Country	% of MPs 40 and under
1	Bolivia (Plurinational State of)	30.6	31	Kazakhstan	6.0
2	Antigua and Barbuda	29.4	32	Pakistan	5.9
–	Jamaica	29.4	33	Germany	5.8
4	Burundi	28.2	34	Namibia	4.8
5	Colombia	27.0	35	France	4.6
6	Bhutan	24.0	36	Chad	4.2
7	Mexico	19.7	–	Philippines	4.2
8	Ireland	19.2	38	Czechia	3.8
9	Belgium	18.6	39	Japan	3.7
10	Kenya	18.2	40	Russian Federation	3.6
–	Saint Lucia	18.2	41	Poland	3.0
12	Australia	16.7	42	India	2.6
13	Slovenia	15.0	43	Brazil	2.5
14	Democratic Republic of the Congo	14.9	44	United States of America	2.0
–	Romania	14.9	45	Nigeria	1.9
16	South Africa	14.8	46	Uzbekistan	1.8
17	Bosnia and Herzegovina	14.3	47	Thailand	1.5
18	Eswatini	13.3	48	United Kingdom	0.9
19	Tajikistan	12.9	49	Bahrain	0.0
20	Austria	11.3	–	Cambodia	0.0
21	Switzerland	10.9	–	Cameroon	0.0
22	Spain	10.0	–	Canada	0.0
23	Argentina	9.9	–	Italy	0.0
24	Uruguay	9.7	–	Jordan	0.0
25	Lesotho	9.1	–	Liberia	0.0
–	Paraguay	9.1	–	Madagascar	0.0
27	Chile	8.0	–	Malaysia	0.0
–	Netherlands	8.0	–	Nepal	0.0
29	Belarus	6.8	–	Rwanda	0.0
30	Dominican Republic	6.5	–	Zimbabwe	0.0

Annex 5: Youth representation scores for members of parliament aged 30 and under in single and lower chambers

Number	Country	Most recent election or renewal year	Youth representation score (age 18–30)
1	Armenia	2021	77.3
2	San Marino	2024	53.6
3	Malta	2022	53.4
4	Norway	2021	51.3
5	Ukraine	2019	45.4
6	Ecuador	2025	43.3
7	Republic of Moldova	2021	43.1
8	Turkmenistan	2023	42.0
9	Cuba	2023	40.8
10	Germany	2025	40.1
11	Panama	2024	39.7
12	Latvia	2022	38.6
13	Denmark	2022	37.4
14	Portugal	2025	37.3
15	Netherlands	2023	35.3
16	Slovenia	2022	35.2
17	Sweden	2022	33.8
18	Thailand	2023	29.6
19	France	2024	27.9
20	Costa Rica	2022	27.0
21	Bulgaria	2024	25.0
22	Uruguay	2024	24.7
23	Estonia	2023	24.3
24	Montenegro	2023	24.2
25	Chile	2021	24.1
26	Serbia	2023	23.4
27	Colombia	2022	22.8
28	Liechtenstein	2025	22.7
29	Paraguay	2023	22.1
30	Tunisia	2023	20.8
31	Andorra	2023	19.7
32	Slovakia	2023	19.4
33	Finland	2023	19.1
34	United Kingdom	2024	18.9
35	New Zealand	2023	18.6
36	Namibia	2024	18.4
37	Austria	2024	18.3
38	Romania	2024	17.6
39	Ireland	2024	17.2
40	Hungary	2022	17.1
41	Bolivia (Plurinational State of)	2020	16.9

Number	Country	Most recent election or renewal year	Youth representation score (age 18–30)
42	Georgia	2024	16.7
43	Kazakhstan	2023	16.2
44	Luxembourg	2023	16.0
45	Morocco	2021	15.6
46	Indonesia	2024	15.5
47	Canada	2025	15.2
–	Guatemala	2023	15.2
49	Brazil	2022	15.0
–	Philippines	2025	15.0
51	Zimbabwe	2023	14.7
52	Maldives	2024	14.1
53	Guinea	2022	14.0
54	Algeria	2025	13.8
55	Iceland	2024	13.2
56	North Macedonia	2024	12.8
–	Peru	2021	12.8
58	Burkina Faso	2022	12.6
59	Spain	2023	12.4
60	Albania	2022	12.1
61	Croatia	2024	12.0
62	Czechia	2021	11.9
63	Gambia (The)	2022	11.7
64	Seychelles	2020	11.2
65	Mexico	2024	10.9
–	United Republic of Tanzania	2020	10.9
67	Russian Federation	2021	10.6
68	Rwanda	2024	9.1
69	Cyprus	2021	8.9
70	Senegal	2024	8.8
71	Argentina	2023	8.7
72	South Africa	2024	8.6
73	Switzerland	2023	8.5
74	Ethiopia	2021	8.4
–	Lesotho	2022	8.4
76	Italy	2022	8.0
77	Lithuania	2024	7.6
–	Uganda	2021	7.6
79	Mali	2020	7.2
–	Sri Lanka	2024	7.2
81	Egypt	2020	6.9
82	Eswatini	2023	6.8
83	Viet Nam	2021	6.5
84	Suriname	2025	6.4

Number	Country	Most recent election or renewal year	Youth representation score (age 18–30)
85	Democratic Republic of the Congo	2023	5.8
–	Fiji	2022	5.8
–	Japan	2024	5.8
–	Malawi	2019	5.8
89	Pakistan	2024	5.5
90	Lebanon	2022	5.3
91	Kenya	2022	4.7
92	Sierra Leone	2023	4.6
93	Sao Tome and Principe	2022	4.5
94	Uzbekistan	2024	4.3
95	Guyana	2020	4.2
96	India	2024	3.9
97	Poland	2023	3.8
98	Singapore	2025	3.6
99	Botswana	2024	3.5
–	Kyrgyzstan	2021	3.5
101	Australia	2025	3.3
–	Dominican Republic	2024	3.3
–	Liberia	2023	3.3
104	Azerbaijan	2024	3.2
105	Türkiye	2023	3.1
106	Israel	2022	3.0
107	Malaysia	2022	2.9
–	Mongolia	2024	2.9
109	Central African Republic	2021	2.7
110	Cameroon	2020	2.6
–	Nigeria	2023	2.6
112	Angola	2022	2.1
–	Greece	2023	2.1
114	Jordan	2024	2.0
115	Mauritania	2023	1.3
–	Zambia	2021	1.3
117	United States of America	2024	1.1
118	Côte d'Ivoire	2021	1.0
119	Antigua and Barbuda	2023	0.0
–	Bahrain	2022	0.0
–	Benin	2023	0.0
–	Bhutan	2024	0.0
–	Bosnia and Herzegovina	2022	0.0
–	Burundi	2025	0.0
–	Brunei Darussalam	2023	0.0
–	Cabo Verde	2021	0.0
–	Cambodia	2023	0.0

Number	Country	Most recent election or renewal year	Youth representation score (age 18–30)
–	Djibouti	2023	0.0
–	Ghana	2024	0.0
–	Iraq	2021	0.0
–	Iran (Islamic Republic of)	2024	0.0
–	Jamaica	2020	0.0
–	Lao People's Democratic Republic	2021	0.0
–	Libya	2014	0.0
–	Madagascar	2024	0.0
–	Mauritius	2024	0.0
–	Micronesia (Federated States of)	2025	0.0
–	Monaco	2023	0.0
–	Nauru	2022	0.0
–	Nicaragua	2021	0.0
–	Papua New Guinea	2022	0.0
–	Qatar	2021	0.0
–	Republic of Korea	2024	0.0
–	Saint Lucia	2021	0.0
–	Saint Kitts and Nevis	2022	0.0
–	Saudi Arabia	2024	0.0
–	Solomon Islands	2024	0.0
–	Timor-Leste	2023	0.0
–	Tonga	2021	0.0
–	United Arab Emirates	2023	0.0

Annex 6: Youth representation scores for members of parliament aged 30 and under in upper chambers

Number	Country	Most recent election or renewal year	Youth representation score (age 18–30)
1	Antigua and Barbuda	2023	23.7
2	Jamaica	2020	19.5
3	Australia	2025	19.4
4	Slovenia	2022	15.8
5	Mexico	2024	12.7
6	Spain	2023	11.9
7	Austria	continuous chamber	9.0
8	Lesotho	2022	7.4
9	Namibia	2020	6.0
10	Uzbekistan	2024	5.7
11	Democratic Republic of the Congo	2024	4.4
12	Colombia	2022	3.4
13	France	2023	3.0
14	United Kingdom	continuous chamber	0.6
15	Argentina	2023	0.0
–	Bahrain	2022	0.0
–	Belarus	2024	0.0
–	Belgium	2024	0.0
–	Bhutan	2023	0.0
–	Bolivia (Plurinational State of)	2020	0.0
–	Bosnia and Herzegovina	2023	0.0
–	Brazil	2022	0.0
–	Burundi	2025	0.0
–	Cambodia	2024	0.0
–	Cameroon	2023	0.0
–	Canada	continuous chamber	0.0
–	Chad	2025	0.0
–	Chile	2021	0.0
–	Czechia	2024	0.0
–	Dominican Republic	2024	0.0
–	Eswatini	2023	0.0
–	Germany	continuous chamber	0.0
–	India	2024	0.0
–	Ireland	2025	0.0
–	Italy	2022	0.0
–	Japan	2022	0.0
–	Jordan	2024	0.0
–	Kazakhstan	2023	0.0
–	Kenya	2022	0.0
–	Liberia	2023	0.0
–	Madagascar	2020	0.0
–	Malaysia	continuous chamber	0.0

Number	Country	Most recent election or renewal year	Youth representation score (age 18–30)
–	Nepal	2024	0.0
–	Netherlands	2023	0.0
–	Nigeria	2023	0.0
–	Pakistan	2024	0.0
–	Paraguay	2023	0.0
–	Philippines	2025	0.0
–	Poland	2023	0.0
–	Romania	2024	0.0
–	Russian Federation	continuous chamber	0.0
–	Rwanda	2024	0.0
–	Saint Lucia	2021	0.0
–	South Africa	2024	0.0
–	Switzerland	2023	0.0
–	Tajikistan	2025	0.0
–	Thailand	2024	0.0
–	United States of America	2024	0.0
–	Uruguay	2024	0.0
–	Zimbabwe	2023	0.0

Annex 7: Youth representation scores for members of parliament aged 40 and under in single and lower chambers

Number	Country	Most recent election or renewal year	Youth representation score (age 18–40)
1	Ukraine	2019	130.5
2	Armenia	2021	129.1
3	Montenegro	2023	126.1
4	Andorra	2023	102.8
5	Latvia	2022	102.3
6	Cuba	2023	98.1
7	Netherlands	2023	96.5
8	Republic of Moldova	2021	96.4
9	Turkmenistan	2023	96.2
10	Malta	2022	96.0
11	Denmark	2022	95.6
12	Germany	2025	94.8
13	San Marino	2024	89.2
14	Norway	2021	88.4
15	Ecuador	2025	88.3
16	Bulgaria	2024	88.1
17	Finland	2023	85.7
18	Saint Kitts and Nevis	2022	84.8
19	Monaco	2023	84.2
20	Romania	2024	83.2
21	Colombia	2022	82.3
22	France	2024	81.6
23	Georgia	2024	79.0
24	Sweden	2022	78.1
25	North Macedonia	2024	77.2
26	Serbia	2023	76.6
27	Ethiopia	2021	75.9
28	Thailand	2023	74.6
29	United Kingdom	2024	73.7
30	Liechtenstein	2025	72.7
31	Bolivia (Plurinational State of)	2020	71.5
32	Chile	2021	71.2
33	Slovenia	2022	69.8
34	Panama	2024	69.7
35	Austria	2024	67.9
36	Guatemala	2023	67.8
37	Slovakia	2023	67.1
38	Luxembourg	2023	61.8
39	Gambia (The)	2022	61.7
40	Croatia	2024	61.1
41	Lithuania	2024	61.0

Number	Country	Most recent election or renewal year	Youth representation score (age 18–40)
42	Algeria	2025	59.9
43	Costa Rica	2022	59.8
44	Portugal	2025	58.1
45	Nauru	2022	57.8
46	Guyana	2020	57.3
47	Czechia	2021	56.7
48	Italy	2022	55.8
49	Hungary	2022	55.7
50	Bosnia and Herzegovina	2022	54.9
51	Switzerland	2023	54.3
52	Burkina Faso	2022	54.0
53	Cyprus	2021	53.5
54	Kazakhstan	2023	52.7
55	Albania	2022	52.1
–	Seychelles	2020	52.1
57	Guinea	2022	51.5
58	Estonia	2023	51.3
59	Maldives	2024	50.7
–	Peru	2021	50.7
61	Kyrgyzstan	2021	50.1
–	Mexico	2024	50.1
63	Paraguay	2023	50.0
64	Spain	2023	49.9
65	Brazil	2022	48.8
66	Poland	2023	48.1
67	Senegal	2024	47.9
68	Uruguay	2024	47.8
69	Tunisia	2023	47.4
70	Bahrain	2022	46.2
71	Canada	2025	44.9
72	New Zealand	2023	44.7
73	Iceland	2024	43.7
74	Bhutan	2024	42.8
75	Suriname	2025	42.6
76	Uzbekistan	2024	41.8
77	Djibouti	2023	41.5
78	Malawi	2019	41.0
79	Ireland	2024	40.9
80	United Republic of Tanzania	2020	40.8
81	Dominican Republic	2024	39.5
82	Zimbabwe	2023	38.8
83	Russian Federation	2021	38.7
84	Greece	2023	38.6
85	Sao Tome and Principe	2022	38.3

Number	Country	Most recent election or renewal year	Youth representation score (age 18–40)
86	Argentina	2023	36.8
87	Egypt	2020	36.4
88	Namibia	2024	36.1
89	Philippines	2025	36.0
90	South Africa	2024	35.5
91	Mauritius	2024	34.3
92	Morocco	2021	34.1
93	Sri Lanka	2024	33.7
94	Sierra Leone	2023	33.6
95	Uganda	2021	33.5
96	Democratic Republic of the Congo	2023	31.6
–	Indonesia	2024	31.6
98	Singapore	2025	31.5
99	Mali	2020	31.2
100	Australia	2025	30.6
101	Mongolia	2024	29.7
102	Eswatini	2023	29.5
103	Cabo Verde	2021	29.2
–	Kenya	2022	29.2
105	Burundi	2025	29.0
106	Japan	2024	28.5
107	Ghana	2024	27.4
108	Lesotho	2022	26.7
109	Libya	2014	25.7
110	Antigua and Barbuda	2023	25.1
–	Israel	2022	25.1
112	Zambia	2021	25.0
113	Fiji	2022	23.7
–	Liberia	2023	23.7
115	Central African Republic	2021	23.6
116	Madagascar	2024	23.5
117	Malaysia	2022	22.8
–	Saint Lucia	2021	22.8
119	Iraq	2021	22.5
–	Türkiye	2023	22.5
121	Viet Nam	2021	21.5
122	Rwanda	2024	21.1
123	Nigeria	2023	21.0
124	United States of America	2024	20.9
125	Jordan	2024	20.7
126	Angola	2022	20.0
127	Lebanon	2022	19.7
128	Pakistan	2024	19.4
129	Mauritania	2023	19.1

Number	Country	Most recent election or renewal year	Youth representation score (age 18–40)
130	Jamaica	2020	18.1
131	Botswana	2024	18.0
132	India	2024	17.4
133	Republic of Korea	2024	16.7
134	Cameroon	2020	13.2
135	Azerbaijan	2024	13.0
136	Papua New Guinea	2022	12.8
137	Brunei Darussalam	2023	11.2
138	United Arab Emirates	2023	11.0
139	Benin	2023	9.7
140	Iran (Islamic Republic of)	2024	9.6
141	Nicaragua	2021	9.2
142	Tonga	2021	6.9
143	Solomon Islands	2024	6.4
144	Côte d'Ivoire	2021	4.8
–	Timor-Leste	2023	4.8
146	Cambodia	2023	4.2
147	Lao People's Democratic Republic	2021	4.0
148	Saudi Arabia	2024	3.3
149	Micronesia (Federated States of)	2025	0.0
–	Qatar	2021	0.0

Annex 8: Youth representation scores for members of parliament aged 40 and under in upper chambers

Number	Country	Most recent election or renewal year	Youth representation score (age 18–40)
1	Antigua and Barbuda	2023	66.6
2	Jamaica	2020	55.9
3	Colombia	2022	53.4
4	Belgium	2024	52.8
5	Bolivia (Plurinational State of)	2020	51.6
6	Ireland	2025	50.3
7	Slovenia	2022	47.1
8	Bosnia and Herzegovina	2023	46.0
9	Romania	2024	44.7
10	Australia	2025	41.4
11	Burundi	2025	41.3
12	Bhutan	2023	40.3
13	Mexico	2024	37.7
14	Saint Lucia	2021	37.4
15	Austria	continuous chamber	32.6
16	Spain	2023	32.5
17	Switzerland	2023	31.0
18	Kenya	2022	27.2
19	South Africa	2024	26.0
20	Uruguay	2024	22.9
21	Democratic Republic of the Congo	2024	22.3
22	Netherlands	2023	21.8
23	Argentina	2023	21.0
24	Tajikistan	2025	20.7
25	Eswatini	2023	20.5
26	Belarus	2024	18.5
27	Chile	2021	18.0
28	Germany	continuous chamber	17.9
29	Paraguay	2023	15.8
30	Japan	2022	13.6
31	France	2023	13.4
32	Lesotho	2022	13.3
33	Kazakhstan	2023	12.4
34	Dominican Republic	2024	12.1
35	Czechia	2024	11.2
36	Pakistan	2024	9.3
–	Russian Federation	continuous chamber	9.3
38	Poland	2023	8.3
39	Namibia	2020	7.4
40	Philippines	2025	7.1
41	Chad	2025	6.0

Number	Country	Most recent election or renewal year	Youth representation score (age 18–40)
42	Brazil	2022	5.3
43	United States of America	2024	5.0
44	India	2024	4.7
45	Thailand	2024	3.8
46	Uzbekistan	2024	3.1
47	Nigeria	2023	2.9
48	United Kingdom	continuous chamber	2.3
49	Bahrain	2022	0.0
–	Cambodia	2024	0.0
–	Cameroon	2023	0.0
–	Canada	continuous chamber	0.0
–	Italy	2022	0.0
–	Jordan	2024	0.0
–	Liberia	2023	0.0
–	Madagascar	2020	0.0
–	Malaysia	continuous chamber	0.0
–	Nepal	2024	0.0
–	Rwanda	2024	0.0
–	Zimbabwe	2023	0.0

Annex 9: Results of recent elections and parliamentary renewals

Country	Chamber	Most recent election or renewal year	% point change: 40 and under	% point change: 30 and under	Previous election or renewal year
Argentina	Lower chamber	2023	2.1	1.2	2021
Argentina	Upper chamber	2023	2.9	0.0	2019
Australia	Lower chamber	2025	-1.9	-1.3	2022
Australia	Upper chamber	2025	2.2	1.3	2022
Austria	Lower chamber	2024	-4.4	-4.4	2019
Azerbaijan	Unicameral	2024	-3.8	0.0	2020
Belarus	Upper chamber	2024	1.8	0.0	2019
Belgium	Upper chamber	2024	-23.0	-10.0	2019
Bhutan	Lower chamber	2024	4.3	-2.1	2018
Bhutan	Upper chamber	2023	-30.2	-12.5	2018
Botswana	Unicameral	2024	4.0	1.5	2019
Bulgaria	Unicameral	2024	-3.0	-1.3	2023
Cambodia	Lower chamber	2023	-1.6	0.0	2018
Cambodia	Upper chamber	2024	-1.8	0.0	2018
Canada	Lower chamber	2025	0.2	0.5	2021
Croatia	Unicameral	2024	-3.3	1.3	2020
Czechia	Upper chamber	2024	2.5	0.0	2022
Democratic Republic of the Congo	Upper chamber	2024	3.8	1.1	2019
Dominican Republic	Upper chamber	2024	6.5	0.0	2020
Ecuador	Unicameral	2025	14.1	8.8	2021
Eswatini	Lower chamber	2023	3.0	2.7	2018
Eswatini	Upper chamber	2023	3.3	0.0	2018
France	Lower chamber	2024	0.5	-0.5	2022
France	Upper chamber	2023	1.2	0.3	2020
Georgia	Unicameral	2024	5.0	1.3	2020
Germany	Lower chamber	2025	1.7	-2.2	2021
Ghana	Unicameral	2024	4.7	-0.7	2020
Greece	Unicameral	2023	-0.9	-0.3	2019
Guatemala	Unicameral	2023	14.4	-0.6	2019
Iceland	Unicameral	2024	-1.6	-4.8	2021
India	Lower chamber	2024	-1.1	0.5	2019
Indonesia	Unicameral	2024	0.9	0.7	2019
Iran (Islamic Republic of)	Unicameral	2024	-9.5	0.0	2020
Ireland	Lower chamber	2024	-3.2	-0.2	2020
Ireland	Upper chamber	2025	-9.2	-3.3	2020
Japan	Lower chamber	2024	1.7	0.6	2021
Japan	Upper chamber	2022	-2.0	0.0	2019
Jordan	Lower chamber	2024	0.8	0.7	2020
Jordan	Upper chamber	2024	0.0	0.0	2022
Kenya	Lower chamber	2022	6.6	1.5	2017
Lesotho	Lower chamber	2022	13.8	3.4	2017

Country	Chamber	Most recent election or renewal year	% point change: 40 and under	% point change: 30 and under	Previous election or renewal year
Liechtenstein	Unicameral	2025	12.0	4.0	2021
Lithuania	Unicameral	2024	-7.1	-1.4	2020
Luxembourg	Unicameral	2023	5.0	0.0	2018
Madagascar	Lower chamber	2024	1.5	0.0	2019
Maldives	Unicameral	2024	5.8	0.9	2019
Mauritius	Unicameral	2024	-6.5	-1.4	2019
Mexico	Upper chamber	2024	5.0	2.0	2018
Micronesia (Federated States of)	Unicameral	2025	0.0	0.0	2023
Namibia	Lower chamber	2024	10.3	3.4	2019
Nepal	Upper chamber	2024	0.0	0.0	2022
Netherlands	Lower chamber	2023	-4.0	2.0	2021
Netherlands	Upper chamber	2023	-1.3	-1.3	2019
New Zealand	Unicameral	2023	-9.5	-0.1	2020
Nigeria	Lower chamber	2023	0.9	1.1	2019
Nigeria	Upper chamber	2023	1.9	0.0	2019
North Macedonia	Unicameral	2024	-5.0	-2.5	2020
Pakistan	Lower chamber	2024	-2.1	-0.4	2018
Pakistan	Upper chamber	2024	-2.2	0.0	2021
Paraguay	Lower chamber	2023	0.0	6.2	2018
Paraguay	Upper chamber	2023	4.7	0.0	2018
Philippines	Lower chamber	2025	0.7	-1.0	2022
Philippines	Upper chamber	2025	4.2	0.0	2022
Poland	Lower chamber	2023	-5.0	-3.7	2019
Poland	Upper chamber	2023	-1.0	0.0	2019
Portugal	Unicameral	2025	-5.2	0.4	2024
Republic of Korea	Unicameral	2024	2.0	0.0	2020
Romania	Lower chamber	2024	-6.9	-1.2	2020
Romania	Upper chamber	2024	1.0	0.0	2020
Rwanda	Lower chamber	2024	-11.2	1.3	2018
Rwanda	Upper chamber	2024	0.0	0.0	2019
San Marino	Unicameral	2024	-1.7	-3.3	2019
Saudi Arabia	Unicameral	2024	-1.2	0.0	2020
Senegal	Unicameral	2024	16.3	3.2	2022
Serbia	Unicameral	2023	-3.6	-1.6	2022
Sierra Leone	Unicameral	2023	-8.3	-0.4	2018
Slovakia	Unicameral	2023	-5.1	-2.1	2020
Solomon Islands	Unicameral	2024	-6.0	0.0	2019
South Africa	Lower chamber	2024	-3.9	-2.0	2019
South Africa	Upper chamber	2024	-0.3	-1.9	2019
Spain	Lower chamber	2023	-7.4	-1.4	2019
Spain	Upper chamber	2023	-1.3	0.0	2019
Sri Lanka	Unicameral	2024	3.5	-0.3	2020
Suriname	Unicameral	2025	-15.3	-7.8	2020

Country	Chamber	Most recent election or renewal year	% point change: 40 and under	% point change: 30 and under	Previous election or renewal year
Switzerland	Lower chamber	2023	-6.5	-2.5	2019
Switzerland	Upper chamber	2023	-2.2	0.0	2019
Tajikistan	Upper chamber	2025	-6.5	0.0	2020
Thailand	Lower chamber	2023	12.6	4.0	2019
Thailand	Upper chamber	2024	1.5	0.0	2019
Timor-Leste	Unicameral	2023	-15.4	0.0	2018
Tunisia	Lower chamber	2023	-4.5	-1.7	2019
Türkiye	Unicameral	2023	-4.2	-0.5	2018
Turkmenistan	Unicameral	2023	19.6	12.1	2018
United Arab Emirates	Unicameral	2023	-17.5	-2.5	2019
United Kingdom	Lower chamber	2024	5.7	0.1	2019
United States of America	Lower chamber	2024	-2.1	-0.2	2022
United States of America	Upper chamber	2024	-1.0	0.0	2022
Uruguay	Lower chamber	2024	-11.1	5.1	2019
Uruguay	Upper chamber	2024	6.4	0.0	2019
Uzbekistan	Lower chamber	2024	-5.8	-3.5	2019
Uzbekistan	Upper chamber	2024	-3.5	0.7	2020

Annex 10: List of parliaments in the data set used for this report

Country	Chamber type	Chamber name	Reported election or renewal
Albania	Unicameral	Parliament	2025
Algeria	Lower chamber	National People's Assembly	2021
Andorra	Unicameral	General Council	2023
Angola	Unicameral	National Assembly	2022
Antigua and Barbuda	Lower chamber	House of Representatives	2023
Antigua and Barbuda	Upper chamber	Senate	2023
Argentina	Lower chamber	Chamber of Deputies	2023
Argentina	Upper chamber	Senate	2023
Armenia	Unicameral	National Assembly	2021
Australia	Lower chamber	House of Representatives	2025
Australia	Upper chamber	Senate	2025
Austria	Lower chamber	National Council	2024
Austria	Upper chamber	Federal Council	continuous chamber
Azerbaijan	Unicameral	National Assembly	2024
Bahrain	Lower chamber	Council of Representatives	2022
Bahrain	Upper chamber	Shura Council	2022
Belarus	Upper chamber	Council of the Republic	2024
Belgium	Upper chamber	Senate	2024
Benin	Unicameral	National Assembly	2023
Bhutan	Lower chamber	National Assembly	2024
Bhutan	Upper chamber	National Council	2023
Bolivia (Plurinational State of)	Lower chamber	Chamber of Deputies	2020
Bolivia (Plurinational State of)	Upper chamber	Chamber of Senators	2020
Bosnia and Herzegovina	Lower chamber	House of Representatives	2022
Bosnia and Herzegovina	Upper chamber	House of Peoples	2023
Botswana	Unicameral	National Assembly	2024
Brazil	Lower chamber	Chamber of Deputies	2022
Brazil	Upper chamber	Federal Senate	2022
Brunei Darussalam	Unicameral	Legislative Council	2023
Bulgaria	Unicameral	National Assembly	2024
Burkina Faso	Unicameral	Transitional Legislative Assembly	2022
Burundi	Lower chamber	National Assembly	2025
Burundi	Upper chamber	Senate	2025
Cabo Verde	Unicameral	National Assembly	2021
Cambodia	Lower chamber	National Assembly	2023
Cambodia	Upper chamber	Senate	2024
Cameroon	Lower chamber	National Assembly	2020
Cameroon	Upper chamber	Senate	2023
Canada	Lower chamber	House of Commons	2025
Canada	Upper chamber	Senate	continuous chamber
Central African Republic	Unicameral	National Assembly	2020
Chad	Upper chamber	Senate	2024
Chile	Lower chamber	Chamber of Deputies	2021
Chile	Upper chamber	Senate	2021

Country	Chamber type	Chamber name	Reported election or renewal
Colombia	Lower chamber	House of Representatives	2022
Colombia	Upper chamber	Senate	2022
Costa Rica	Unicameral	Legislative Assembly	2022
Côte d'Ivoire	Lower chamber	National Assembly	2021
Croatia	Unicameral	Croatian Parliament	2024
Cuba	Unicameral	National Assembly of the People's Power	2023
Cyprus	Unicameral	House of Representatives	2021
Czechia	Lower chamber	Chamber of Deputies	2021
Czechia	Upper chamber	Senate	2024
Democratic Republic of the Congo	Lower chamber	National Assembly	2023
Democratic Republic of the Congo	Upper chamber	Senate	2024
Denmark	Unicameral	The Danish Parliament	2022
Djibouti	Unicameral	National Assembly	2023
Dominican Republic	Lower chamber	Chamber of Deputies	2024
Dominican Republic	Upper chamber	Senate	2024
Ecuador	Unicameral	National Assembly	2025
Egypt	Lower chamber	House of Representatives	2020
Estonia	Unicameral	The Estonian Parliament	2023
Eswatini	Lower chamber	House of Assembly	2023
Eswatini	Upper chamber	Senate	2023
Ethiopia	Lower chamber	House of Peoples' Representatives	2021
Fiji	Unicameral	Parliament	2022
Finland	Unicameral	Parliament	2023
France	Lower chamber	National Assembly	2024
France	Upper chamber	Senate	2023
Gambia (The)	Unicameral	National Assembly	2022
Georgia	Unicameral	Parliament	2024
Germany	Lower chamber	German Bundestag	2025
Germany	Upper chamber	Federal Council	continuous chamber
Ghana	Unicameral	Parliament	2024
Greece	Unicameral	Hellenic Parliament	2023
Guatemala	Unicameral	Congress of the Republic	2023
Guinea	Unicameral	Transitional National Council	2022
Guyana	Unicameral	National Assembly	2020
Hungary	Unicameral	National Assembly	2022
Iceland	Unicameral	Parliament	2024
India	Lower chamber	House of the People	2024
India	Upper chamber	Council of States	2024
Indonesia	Unicameral	House of Representatives	2024
Iran (Islamic Republic of)	Unicameral	Islamic Parliament of Iran	2024
Iraq	Unicameral	Council of Representatives of Iraq	2021
Ireland	Lower chamber	House of Representatives	2024
Ireland	Upper chamber	Senate	2025
Israel	Unicameral	Parliament	2022

Country	Chamber type	Chamber name	Reported election or renewal
Italy	Lower chamber	Chamber of Deputies	2022
Italy	Upper chamber	Senate	2022
Jamaica	Lower chamber	House of Representatives	2020
Jamaica	Upper chamber	Senate	2020
Japan	Lower chamber	House of Representatives	2024
Japan	Upper chamber	House of Councillors	2025
Jordan	Lower chamber	House of Representatives	2024
Jordan	Upper chamber	Senate	2024
Kazakhstan	Lower chamber	House of Representatives	2023
Kazakhstan	Upper chamber	Senate	2023
Kenya	Lower chamber	National Assembly	2022
Kenya	Upper chamber	Senate	2022
Kyrgyzstan	Unicameral	Supreme Council	2021
Lao People's Democratic Republic	Unicameral	National Assembly	2021
Latvia	Unicameral	Parliament	2022
Lebanon	Unicameral	National Assembly	2022
Lesotho	Lower chamber	National Assembly	2022
Lesotho	Upper chamber	Senate	2022
Liberia	Lower chamber	House of Representatives	2023
Liberia	Upper chamber	The Liberian Senate	2023
Libya	Unicameral	House of Representatives	2014
Liechtenstein	Unicameral	Diet	2025
Lithuania	Unicameral	Parliament	2024
Luxembourg	Unicameral	Chamber of Deputies	2023
Madagascar	Lower chamber	National Assembly	2024
Madagascar	Upper chamber	Senate	2020
Malawi	Unicameral	National Assembly	2019
Malaysia	Lower chamber	House of Representatives	2022
Malaysia	Upper chamber	Senate	continuous chamber
Maldives	Unicameral	People's Majlis	2024
Mali	Unicameral	Transitional National Council	2020
Malta	Unicameral	House of Representatives	2022
Mauritania	Unicameral	National Assembly	2023
Mauritius	Unicameral	National Assembly	2024
Mexico	Lower chamber	Chamber of Deputies	2024
Mexico	Upper chamber	Senate	2024
Micronesia (Federated States of)	Unicameral	Congress	2025
Monaco	Unicameral	National Council	2023
Mongolia	Unicameral	State Great Hural	2024
Montenegro	Unicameral	Parliament	2023
Morocco	Lower chamber	House of Representatives	2021
Namibia	Lower chamber	National Assembly	2024
Namibia	Upper chamber	National Council	2020
Nauru	Unicameral	Parliament	2022

Country	Chamber type	Chamber name	Reported election or renewal
Nepal	Upper chamber	National Assembly	2022
Netherlands	Lower chamber	House of Representatives	2023
Netherlands	Upper chamber	Senate	2023
New Zealand	Unicameral	House of Representatives	2023
Nicaragua	Unicameral	National Assembly	2021
Nigeria	Lower chamber	House of Representatives	2023
Nigeria	Upper chamber	Senate	2023
North Macedonia	Unicameral	Assembly of the Republic	2024
Norway	Unicameral	Parliament	2021
Pakistan	Lower chamber	National Assembly	2024
Pakistan	Upper chamber	Senate	2024
Panama	Unicameral	National Assembly	2024
Papua New Guinea	Unicameral	National Parliament	2022
Paraguay	Lower chamber	Chamber of Deputies	2023
Paraguay	Upper chamber	Senate	2023
Peru	Unicameral	Congress of the Republic	2021
Philippines	Lower chamber	House of Representatives	2025
Philippines	Upper chamber	Senate	2025
Poland	Lower chamber	Sejm	2023
Poland	Upper chamber	Senate	2023
Portugal	Unicameral	Assembly of the Republic	2025
Qatar	Unicameral	Shura Council	2021
Republic of Korea	Unicameral	National Assembly	2024
Republic of Moldova	Unicameral	Parliament	2021
Romania	Lower chamber	Chamber of Deputies	2024
Romania	Upper chamber	Senate	2024
Russian Federation	Lower chamber	State Duma	2021
Russian Federation	Upper chamber	Council of the Federation	continuous chamber
Rwanda	Lower chamber	Chamber of Deputies	2024
Rwanda	Upper chamber	Senate	2024
Saint Kitts and Nevis	Unicameral	National Assembly	2022
Saint Lucia	Lower chamber	House of Assembly	2021
Saint Lucia	Upper chamber	Senate	2021
San Marino	Unicameral	Great and General Council	2024
Sao Tome and Principe	Unicameral	National Assembly	2022
Saudi Arabia	Unicameral	Shura Council	2024
Senegal	Unicameral	National Assembly	2024
Serbia	Unicameral	National Assembly	2023
Seychelles	Unicameral	National Assembly	2020
Sierra Leone	Unicameral	Parliament	2023
Singapore	Unicameral	Parliament	2025
Slovakia	Unicameral	National Council	2023
Slovenia	Lower chamber	National Assembly	2022
Slovenia	Upper chamber	National Council	2022

Country	Chamber type	Chamber name	Reported election or renewal
Solomon Islands	Unicameral	National Parliament	2024
South Africa	Lower chamber	National Assembly	2024
South Africa	Upper chamber	National Council of Provinces	2024
Spain	Lower chamber	Congress of Deputies	2023
Spain	Upper chamber	Senate	2023
Sri Lanka	Unicameral	Parliament	2024
Suriname	Unicameral	National Assembly	2025
Sweden	Unicameral	Parliament	2022
Switzerland	Lower chamber	National Council	2023
Switzerland	Upper chamber	Council of States	2023
Tajikistan	Upper chamber	National Assembly	2025
Thailand	Lower chamber	House of Representatives	2023
Thailand	Upper chamber	Senate	2024
Timor-Leste	Unicameral	National Parliament	2023
Tonga	Unicameral	Legislative Assembly	2021
Tunisia	Lower chamber	Assembly of People's Representatives	2022
Türkiye	Unicameral	Grand National Assembly of Türkiye	2023
Turkmenistan	Unicameral	Assembly	2023
Uganda	Unicameral	Parliament	2021
Ukraine	Unicameral	Parliament	2019
United Arab Emirates	Unicameral	Federal National Council	2023
United Kingdom	Lower chamber	House of Commons	2024
United Kingdom	Upper chamber	House of Lords	continuous chamber
United Republic of Tanzania	Unicameral	National Assembly	2020
United States of America	Lower chamber	House of Representatives	2024
United States of America	Upper chamber	Senate	2024
Uruguay	Lower chamber	House of Representatives	2024
Uruguay	Upper chamber	Senate	2024
Uzbekistan	Lower chamber	Legislative Chamber	2024
Uzbekistan	Upper chamber	Senate	2024
Viet Nam	Unicameral	National Assembly	2021
Zambia	Unicameral	National Assembly	2021
Zimbabwe	Lower chamber	National Assembly	2023
Zimbabwe	Upper chamber	Senate	2023

Annex 11: List of members of parliament interviewed

Country	Name	Gender
Algeria	Mohamed Bouchouit	Male
Andorra	Pol Bartolomé Areny	Male
Anonymous	Anonymous	Anonymous
Armenia	Hasmik Hakobyan	Female
Australia	Charlotte Walker	Female
Austria	David Stögmüller	Male
Belgium	Joris Poschet	Male
Benin	Bida Youssoufo	Male
Botswana	Phenyo Khumoiile Segokgo	Male
Botswana	Dumelang Saleshando	Male
Cabo Verde	Graça Sanches	Female
Canada	Paddy Torsney	Female
Canada	Nathaniel Erskine-Smith	Male
Chad	Abdelgader Abderamane Koko	Male
Côte d'Ivoire	Koffi Marius Konan	Male
Croatia	Marija Lugarić	Female
Croatia	Marin Živković	Male
Cyprus	Alexandra Attalides	Female
Djibouti	Hassan Guedi	Male
Egypt	Sahar Al-Bazar	Female
France	Caroline Janvier	Female
Gambia (The)	Abdoulie Njai	Male
Georgia	Tamar Chugoshvili	Female
Germany	Lena Gumnior	Female
Germany	Luke Hoß	Male
Iceland	Ingvar Þóroddsson	Male
India	Heena Gavit	Female
Indonesia	Irine Putri	Female
Israel	Sharren Miriam Haskel	Female
Jordan	Nour Abu Ghosh	Female
Kenya	Fatuma Gedi Ali	Female
Kenya	Titus Lotee	Male
Kenya	Ali Guyo	Male
Kuwait	Omar Abudl Muhsen Altabtabaee	Male
Libya	Rabea Abouras	Female
Luxembourg	Georges Engel	Male
Maldives	Abdulla Rifau	Male
Mali	Moussa Timbiné	Male
Mexico	Andrea García	Female
Mexico	Erandi Bermúdez	Male
Monaco	Marine Grisoul	Female
Nepal	Sobita Gautam	Female
Nigeria	Ibrahim Mohammed	Male
Pakistan	Jamal Raisani	Male
Panama	Neftali Omar Zamora Ibarra	Male
Philippines	Raoul Danniell Abellar Manuel	Male

Country	Name	Gender
Romania	Roxana Natalia Paturcă	Female
Rwanda	Germaine Mukabalisa	Female
San Marino	Andrea Menicucci	Male
Serbia	Ivana Stamatović	Female
Seychelles	Audrey Vidot	Female
Suriname	Tashana Lösche	Female
Suriname	Xiaobao Zheng	Male
Tonga	Fatafehi Fakafanua	Male
Türkiye	Zeynep Yildiz	Female
Ukraine	Alona Shkrum	Female
United Arab Emirates	Meera Al-Suwaidi	Female
United Arab Emirates	Sara Mohammad Falaknaz	Female
United Kingdom	Danielle Rowley	Female
Uruguay	Julieta Sierra	Female
Uruguay	Walter Cervini	Male
Zambia	Imanga Wamunyima	Male
Zambia	Pavyuma Kalobo	Male
Zimbabwe	Stanley Sakupwanya	Male



Inter-Parliamentary Union

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T +41 22 919 41 50

F +41 22 919 41 60

E postbox@ipu.org

Chemin du Pommier 5
Case postale 330
1218 Le Grand-Saconnex
Geneva – Switzerland
www.ipu.org