



Inter-Parliamentary Union
For democracy. For everyone.

IPU's Empowerment Series for Young Parliamentarians

International Youth Day 2026: Building younger and more diverse parliaments

Zoom, Wednesday, 12 August 2026, 14:00 to 16:00 CEST (Geneva time)

To mark International Youth Day, the Inter-Parliamentary Union (IPU) will convene an online briefing for young parliamentarians to explore means and recent initiatives to strengthen diversity among women and youth in politics. Can parliaments look like the people they represent? This question will be at the core of the briefing's discussions. Bringing together young parliamentarians, international partners, civil society organizations and other stakeholders, the briefing will provide a platform to exchange knowledge and experiences, explore recent initiatives, and inspire action to build more representative and inclusive parliaments.

According to the most recent IPU report [Youth participation in national parliaments: 2025](#), only 2.8% of members of parliament worldwide are aged 30 years or under, which has remained unchanged since 2023. Only 1.2% of MPs are women aged 30 and under, an alarming decline of 0.2 percentage points since 2023. These proportions are incomparable with the proportion of youth in society. Early findings from the IPU's research on diversity among women in parliament show that women with disabilities, from minority ethnic groups, Indigenous communities, lower socioeconomic backgrounds, rural areas, LGBTQI+ and other diverse groups face compounding barriers to entering, remaining, and exercising influence in parliaments. The IPU's research and its report [Youth participation in national parliaments: 2025](#) focus on concrete actions taken across the globe to close these gaps.

The IPU is working with partners under the Women and Youth Democratic Engagement initiative (WYDE) to continue to build knowledge and support diversity in representation and leadership, including through ongoing research, consultations of MPs, experts, practitioners and other stakeholders, and the crafting of an advocacy plan for MPs. WYDE partners have also spearheaded initiatives for diversity in politics.

The briefing will be open to young parliamentarians, WYDE partners, experts and representatives of civil society, including from the Generation Equality Forum.

It will offer the opportunity to explore research on diversity in parliament and share initiatives and tools to promote younger and more diverse parliaments, through:

- Showcasing resources and knowledge products on diverse political representation;
- Exploring advocacy strategies and initiatives to promote younger and more diverse parliaments;
- Encouraging sustained collaboration and collective action among young parliamentarians, civil society organizations (CSOs) and partners.

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

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

[Register by clicking here.](#)

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