



Inter-Parliamentary Union
For democracy. For everyone.

Youth participation in national parliaments 2025

Key findings



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

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 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 were 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% in upper chambers.
- 37.1% of parliament chambers have no MPs aged 30 or under. This includes 21.3% of single and lower chambers and 76.7% of upper chambers.
- 6.7% of parliament chambers have no MPs aged 40 or under. This includes 1.3% of single and lower chambers and 20.0% of upper chambers.
- 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 subregions with the highest proportion of young MPs aged 30 and under are the Nordic countries (6.7%) followed by Central America (5.8%) and the Caribbean (4.8%).
- The regions with the highest proportion 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 proportion 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%), and Asia (2.1%). The same regions rank lowest for MPs aged 40 and under, namely the Pacific (12.8%), Asia (13%), 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%).
- In 70% 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. They include 3 women and 7 men. This is a decrease from 15 Speakers in 2023, 5 of whom were women.
- 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, the IPU report explores trends in relation to two age categories: 30 and under, and 40 and under.

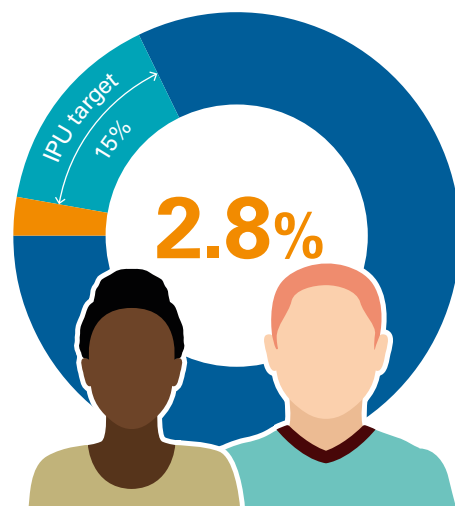


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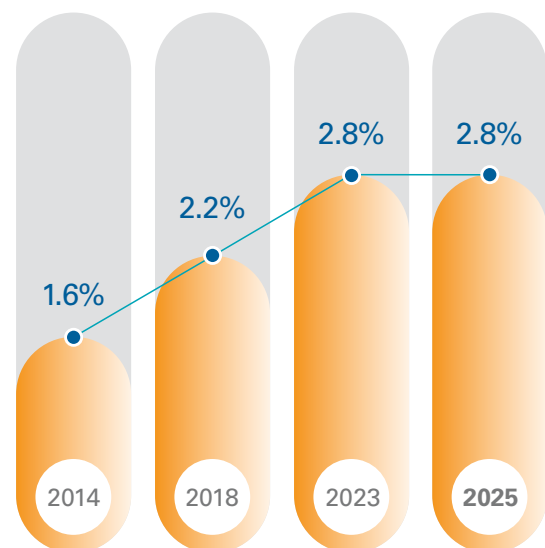
Youth participation in national parliaments 2025

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

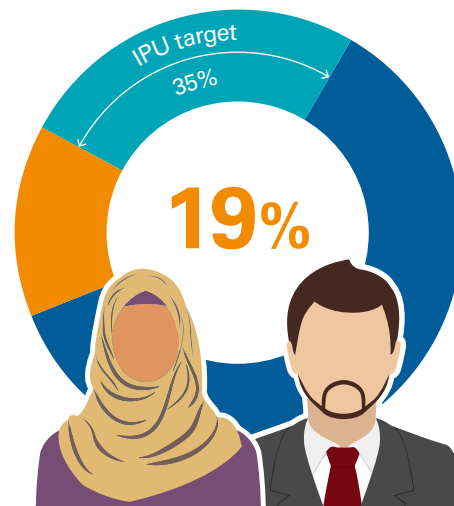
30 AND UNDER



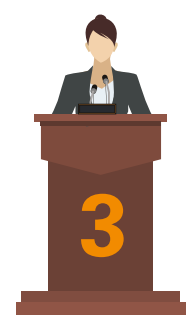
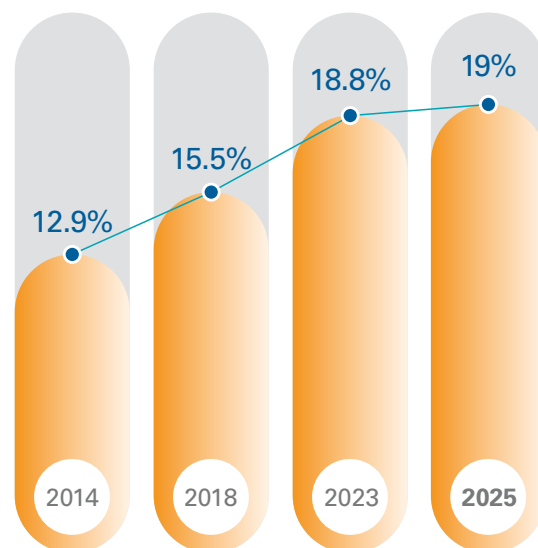
Same percentage as in 2023;
increased by 75%
from 1.6% in 2014.



40 AND UNDER



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



women

10

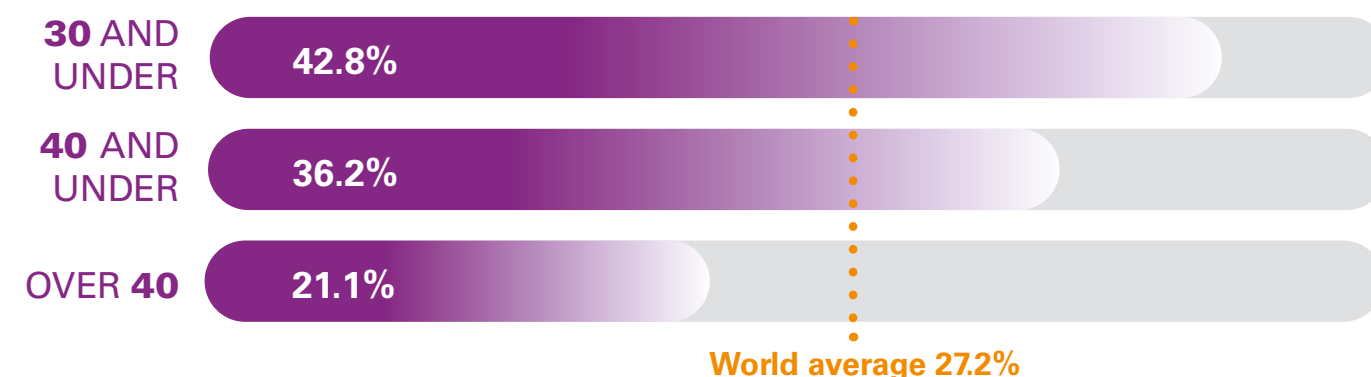
Speakers of parliament
aged 40 and under



men

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

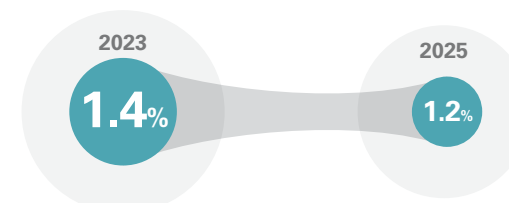
Women MPs by age category



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

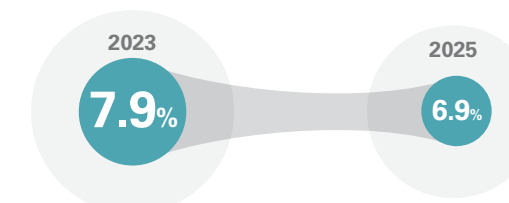
1.2%

30 AND UNDER



6.9%

40 AND UNDER



Other facts and figures



70% 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

Best performers

1. MPs aged 30 and under

- In single and lower chambers, the proportion of young MPs 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, young MPs 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 nearly doubled from 2.0% to 3.9%.
- The biggest declines of young MPs in single and lower chambers occurred in Suriname (9.8% to 2.0%), Iceland (7.9% to 3.2%) and Poland (4.4% to 0.7%).
- A large decline of young MPs from 10% to 0% also took place in the upper chamber of Belgium.

2. MPs aged 40 and under

- In single and lower chambers, MPs aged 40 and under comprise the majority of MPs in Armenia (56.1%), Turkmenistan (54.8%) and Ethiopia (51.2%).
- 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 in upper houses are Bolivia (30.6%), Antigua and Barbuda (29.4%) and Jamaica (29.4%). No upper houses currently meet the IPU's target of 35.0%.
- Major gains in single or lower chambers of young MPs were observed in Senegal (15.2% to 31.5%), Ecuador (33.6% to 47.7%) and Thailand (16.6% to 29.2%).
- Large declines in single or lower chambers of young MPs 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 of young MPs took place in the Dominican Republic (0% to 6.5%) and Mexico (14.7% to 19.7%). However, there were also significant 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 respectively from 1.4% and 7.9% as recorded in the last 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 of total 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 of total 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 (19.4%), Saint Lucia (18.2%), and Antigua and Barbuda (17.7%).



Nour Abu Ghosh, MP from Jordan, was elected President of the IPU's Bureau of Young Parliamentarians during the 150th IPU Assembly in April 2025. © IPU/Murodkhon Khujaev

