

Your Voice Matters

2026 survey: what 1,159 young women and gender-diverse people aged 16–30 across Aotearoa told us



Respondents described connected pressures across wellbeing, financial security, safety, opportunity and trust. They had not given up on the possibility of change.

5%

described their wellbeing as thriving

36%

described their wellbeing as struggling or not great

57%

felt financially insecure

77%

felt unsafe in public spaces after dark

41%

experienced in-person harassment or harm in the past 12 months

4%

were very confident they had the same shot at opportunities

84%

had low trust in political leaders

76%

were at least somewhat confident positive change was possible

The burden was not evenly shared

55% of disabled respondents and 55% of gender-diverse respondents described their wellbeing as struggling or not great.

Disabled n=239; gender-diverse n=150. See the [full report](#) for subgroup definitions.

Online survey, 2 February–6 March 2026. The sample is not statistically representative of all young women and gender-diverse people in Aotearoa. Percentages use the valid response count for each question and are rounded to the nearest whole percentage.

Seven priorities for action

Respondents asked for practical changes to the conditions shaping their lives.

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|-----------|--|---|
| 01 | Life that is affordable | Fair pay, adequate income support and essentials people can afford. |
| 02 | Support before crisis | Affordable, inclusive wellbeing support that is available before crisis. |
| 03 | Safer spaces online and offline | Safer transport and public spaces, effective reporting and accountability for harm. |
| 04 | Real pathways into work, study and leadership | Clear information, mentors, paid experience and accessible entry-level opportunities. |
| 05 | Voice with power | Involve young people before decisions are made and resource their leadership. |
| 06 | Te Tiriti, equity and rights taken seriously | Honour Te Tiriti, challenge discrimination and protect marginalised communities. |
| 07 | Belonging and connection | Free or low-cost spaces where young people can connect, create and belong. |

“That’s what gives me hope - people showing up for each other.”

FULL REPORT



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The [full report](#) includes detailed findings, subgroup definitions, methodology and sources.