2026 Young Adult Poll

Survey Details

Geography	Universe	Survey Mode	Interview Length	Sample Size	Margin of Error	Fielding Dates
National	Registered Voters Ages 18-29	Phone + TTW + Web Panel	18 Minutes	1000	+/- 2.85%	June 24 - July 9, 2026

Oversample Details

N200 Black Voters Nationally N300 AAPI Voters Nationally N200 (Best Effort) LGBTQIA Voters Nationally N400 Registered Voters In TX N400 Registered Voters In GA N400 Registered Voters In AL

Q1 What is the year of your birth? / Q2 What is your age?

Response	Total
18-24	53%
25-30	47%
31-34	0%
35-39	0%
40-49	0%
50-64	0%
65+	0%

Q3 Do you think of yourself as...?

Response	Total
Male	47%
Female	49%
Genderqueer/gender nonconforming/not exclusively male nor female	4%
Additional gender category (or other); please specify	0%
Refuse	0%

Q4 Are you of Hispanic, Latino, or Spanish origin?

Response	Total
No, not Hispanic, Latino, or Spanish origin	84%
Yes, Mexican, Mexican American, Chicano	11%
Yes, Puerto Rican	3%
Yes, Cuban	0%
Yes, Dominican	1%
Yes, another Hispanic, Latino, or Spanish origin, please specify	1%
Refuse	0%

Q5 What is your race? Select all that apply.

Response	Total
White	70%
Black or African American	15%
American Indian or Alaska Native	2%
Asian	5%
Pacific Islander	1%
Middle Eastern	1%
Hispanic, Latino or Spanish origin	15%
Some other race, please specify	1%
Refuse	1%

Q6 Are you currently registered to vote?

Response	Total
Yes	100%
No	0%
Refuse	0%
Don't know	0%

Q7 What is the highest level of school you have completed or the highest degree you have received?

Response	Total
12th grade or below, no high school diploma	1%
High school graduate/diploma or equivalent	21%
Some college but no degree	38%
Associate degree	18%
Bachelor's degree	19%
Master's degree	2%
Professional degree [e.g. MD, DDS, JD]	0%
Doctorate	0%
Refuse	0%

Q8 When thinking about the direction in which the country is headed, generally speaking, are you very satisfied, somewhat satisfied, somewhat dissatisfied, or very dissatisfied with the direction in which the country is headed?

Response	Total
Very satisfied	5%
Somewhat satisfied	11%
Somewhat dissatisfied	23%
Very dissatisfied	59%

Refuse	1%

Q9 How much power do you feel your generation - Gen Z - has to make change on issues that matter to you? Please rate the amount of power you feel your generation has on a scale of 0 to 10, where a '0' means no power at all, and a '10' means a lot of power to make change on issues that matter to you.

Response	Total
High vote power (7-10)	48%
Moderate vote power (4-6)	34%
Low vote power (0-3)	18%
Refuse	0%

Q10 As you may know, there will be midterm elections for Congress and other offices in November 2026. It is a long way off, but how likely are you to vote in the November elections - are you almost certain to vote, will you probably vote, are the chances 50/50, will you probably not vote, or will you definitely not vote?

Response	Total
Almost certain	82%
Probably	10%
50/50	5%
Probably not	1%
Definitely not	0%
Refuse	0%

Q11 If the midterm elections for House of Representatives were held today, for whom would you vote - The Democratic candidate, The Republican candidate, Other candidate or are you undecided? / Q12 [IF UNDECIDED] But if you had to choose, for whom would you vote?

Response	Total
The Democratic candidate	59%
The Republican candidate	27%
Other candidate	7%
Refuse	0%
Undecided	7%

Q13 For each of the following, please [PHONE: tell me ONLINE/TTW: indicate] if you have or have not done the activity in the last year.

Response	Yes	No	Refuse
Volunteered for a cause or organization	38%	62%	0%
Posted about a political issue on social media	47%	53%	0%
Signed a petition	48%	52%	0%
Attended a protest, march, or rally	29%	71%	0%
Talked about political issues with family and friends	82%	18%	0%
Donated to a cause or organization	50%	50%	0%
Attended a know-your-rights training	14%	86%	0%

Contacted an elected representative or body of government	26%	74%	0%
Boycotted a corporation, brand or business	50%	50%	0%
Joined a club or group addressing a political issue	19%	81%	0%
Participated in a mutual-aid network	12%	88%	0%
Voted	79%	21%	0%

Q14 When thinking about the current state of the country, which three of the following best describe how you feel?

Response	Total
Anxious	42%
Angry	29%
Proud	5%
Indifferent	5%
Happy	3%
Sad	15%
Inspired	4%
Optimistic	14%
Hopeless	16%
Frustrated	41%
Conflicted	16%
Refuse	0%

Q15 For each of the following issues, please [PHONE: tell me ONLINE/TTW: indicate] if you personally have a lot of concern, some concern, only a little concern, or no concern at all about each issue.

Response	A Lot Of Concern	Some Concern	Only A Little Concern	No Concern At All	Refuse
[SSA] Affording your basic needs	56%	31%	10%	3%	0%
[SSB] Housing costs	78%	17%	5%	0%	0%
[SSA] Artificial Intelligence making it harder for you to get a job	45%	37%	8%	9%	2%
[SSB] Mass layoffs affecting your job security	49%	34%	7%	10%	0%
[SSA] Being drafted into war	20%	22%	15%	44%	0%
[SSB] You or a loved one's ability to access abortion or reproductive care	56%	21%	8%	15%	0%
[SSA] The amount of taxes you pay	42%	31%	16%	11%	0%
[SSB] Cuts to programs like Medicaid and SNAP	58%	24%	10%	8%	0%
[SSA] Being mistreated or denied opportunities because of a part of your identity	35%	28%	13%	25%	0%
[SSB] Crime in your neighborhood	24%	33%	23%	19%	0%

Q16 In reaction to each of the following trends, do you feel very encouraged, somewhat encouraged, neutral, somewhat discouraged, or very discouraged by...?

Response	Very Encouraged	Somewhat Encouraged	Neutral - Neither Encouraged Nor Discouraged	Somewhat Discouraged	Very Discouraged	Refused
[SSA] People coming together to protest and boycott	36%	34%	25%	4%	1%	0%
[SSB] Mutual aid networks helping meet people's needs in local communities	31%	39%	25%	2%	2%	0%
[SSA] Influencers promoting natural wellness methods	12%	25%	37%	17%	9%	0%
[SSB] The government promoting natural wellness methods	16%	28%	35%	10%	11%	0%
[SSA] The "trad wife" trend promoting return to traditional gender roles	15%	12%	33%	12%	27%	1%
[SSB] LGBTQ+ representation in pop culture	18%	28%	42%	5%	8%	0%

Q17 For each of the following issues, please [PHONE: tell me ONLINE/TTW: indicate] if you have a lot of concern, some concern, only a little concern, or no concern at all about each issue.

Response	A Lot Of Concern	Some Concern	Only A Little Concern	No Concern At All	Refuse
[SSA] Lack of accountability for bad actors named in the Epstein files	62%	27%	10%	1%	1%
[SSB] The power of billionaires and the 1%	66%	26%	5%	3%	0%
[SSA] Climate change and pollution	61%	26%	10%	3%	0%
[SSB] Laws restricting or banning abortion	53%	30%	7%	10%	0%
[SSA] Ending of diversity, equity and inclusion policies at institutions and companies	57%	21%	10%	12%	0%
[SSB] Healthcare affordability and accessibility, including mental health care	71%	19%	8%	2%	0%
[SSA] Disrespect of law enforcement	29%	25%	26%	21%	0%
[SSB] Violence against protestors	55%	29%	10%	6%	0%
[SSA] Discrimination against immigrants	55%	24%	14%	7%	0%
[SSB] ICE (Immigration and Custom Enforcement) tactics	63%	18%	8%	12%	0%
[SSA] The United States' role in unrest and war across the globe	56%	33%	7%	4%	0%
[SSB] Discrimination against transgender people	50%	28%	11%	11%	0%

Q18 Thinking about the upcoming midterm elections, would you say you are very motivated, somewhat motivated, somewhat unmotivated, or very unmotivated to vote?

Response	Total
Very motivated	52%
Somewhat motivated	29%
Somewhat unmotivated	10%
Very unmotivated	8%
Refuse	0%

Q19 Which two of the following best describe the most motivating reasons for you to vote? You may select up to two.

Response	Total

To make change on issues that matter to me	38%
To make my voice heard	16%
My ancestors fought for me to have the right to vote	11%
To oppose a candidate or representative that I don't like	15%
To support a candidate or representative that I like	14%
Voting is my civic duty	22%
To protect my community's rights	24%
To vote directly on a ballot initiative or law being proposed	8%
None	1%
Refuse	3%

Q20 Which two of the following best describe what makes you feel less motivated to vote in the upcoming midterm elections? You may select up to two.

Response	Total
The two-party system	35%
Corporations and the ultra-wealthy's influence in politics	49%
Voting doesn't change anything in my community	10%
The voting system is rigged so my vote doesn't count	12%
It's hard to find unbiased information on issues and candidates	13%
I don't have time to register and vote	2%
I'm not happy with the candidate options	11%
I don't want to be involved in politics	3%
None	0%
Refuse	6%

Q21 Regardless of who you're planning to vote for, who do you think will win the upcoming midterm elections - Democrats or Republicans?

Response	Total
Democrats	60%
Republicans	22%
Other	1%
Refuse	0%
Don't know	17%

Q22 How likely or unlikely is each of the following to impact who wins the upcoming midterm elections? [PHONE: Is it very likely, somewhat likely, somewhat unlikely, or very unlikely to impact who wins, or do you think it will not happen?]

Response	Very Likely To Impact Who Wins	Somewhat Likely To Impact Who Wins	Somewhat Unlikely To Impact Who Wins	Very Unlikely To Impact Who Wins	This Will Not Happen
[SSA] Voter fraud (such as voting multiple times, voting under a false name, being paid to vote for a certain candidate)	25%	25%	14%	20%	15%
[SSB] Gerrymandering / unfair redistricting	52%	34%	7%	4%	2%
[SSA] Mass closures of polling locations	36%	37%	13%	11%	4%
[SSB] Misinformation and disinformation	63%	24%	8%	5%	1%

[SSA] Voter ID requirements preventing eligible people from voting	38%	37%	12%	9%	4%
[SSB] Intimidation of voters by law enforcement, ICE, or the military at polling locations	37%	32%	11%	11%	9%
[SSA] Election interference by the Trump administration	39%	29%	10%	8%	14%
[SSB] Elections interference by Democratic Party	14%	18%	14%	27%	26%
[SSA] Illegal immigrants voting	18%	16%	11%	22%	33%
[SSB] Voter roll purges (eliminating people from voter registration lists)	39%	39%	10%	7%	5%

Q23 Which of the following best describes your approach to political issues?

Response	Total
Socialist	17%
Progressive	13%
Liberal	22%
Moderate	19%
Traditional Conservative	17%
MAGA	2%
Libertarian	2%
Apolitical / no approach in particular	6%
Refuse	0%

Q24 In politics today, do you consider yourself as a Democrat, a Republican, or Independent?

Response	Total
Democrat	48%
Republican	21%
Independent	30%
Refuse	0%

Q25 Do you consider yourself a strong or not a strong Democrat/Republican?

Response	Total
Strong	78%
Not a strong	22%
Refuse	0%

Q26 Do you lean more towards the Republican Party, the Democratic Party, or neither?

Response	Total
Democrat	46%

Republican	18%
Neither	36%
Refuse	0%

Q27 Are you currently enrolled in school? Including high school, community college or trade school, college or other higher education?

Response	Total
Yes	39%
No	61%
Refuse	0%

Q28 Which of the following best describes your relationship status? Are you...?

Response	Total
Married	11%
Partnered / In a serious romantic relationship	16%
In a casual romantic relationship / "Situationship"	4%
Single and dating	13%
Single, not dating	57%
Other	0%
Refuse	0%

Q29 Are you the parent or guardian of any children under age 18?

Response	Total
Yes	9%
No	91%
Refuse	0%

Q30 Do you currently own your home, rent, live with a family member or friend, or something else?

Response	Total
Homeowner	13%
Rent	47%
Live with a friend/family member	39%
Something else (specify)	0%
Refuse	0%

Q31 What is your present religion, if any?

Response	Total
Protestant, (for example, Baptist, Methodist, Lutheran, Presbyterian, Pentecostal, Episcopalian, Reformed, Church of Christ, nondenominational, etc.)	36%
Roman Catholic	18%
Mormon/LDS	1%
Eastern or Greek Orthodox	1%
Jewish	2%
Muslim	1%
Buddhist	1%
Hindu	0%
Atheist	8%
Agnostic	6%
Something else, specify	2%
Nothing in particular	23%
Refuse	0%

[IF CHRISTIAN] Q32 Would you describe yourself as a 'born-again' or evangelical Christian, or not?

Response	Total
Yes	32%
No	68%
Refuse	1%

Q33 How would you describe your own personal financial situation? Would you say you are...?

Response	Total
Struggling to pay bills	26%
Making enough to pay bills	49%
Making enough to pay bills and save money	24%
Refuse	0%

Q34 For whom did you vote in the 2024 general election for President, or were you not able to vote?

Response	Total
Kamala Harris, the Democrat	56%
Donald Trump, the Republican	26%
Someone else	4%
Not eligible (too young, not registered, etc)	7%
Did not vote	7%
Refuse	0%

Q35 Which of the following best represents how you think of yourself?

Response	Total
Heterosexual or straight	83%
Lesbian or gay	5%
Bisexual or pansexual	11%
Something else, please specify	0%
Refuse	1%

Q36 Do you identify as transgender?

Response	Total
Yes	3%
No	97%
Refuse	0%

Q37 Last year, that is 2025, what was your total family income from all sources, before taxes? Was it...?

Response	Total
Less than $24,999	8%
$25,000 to $34,999	10%
$35,000 to $44,999	10%
$45,000 to $54,999	9%
$55,000 to $64,999	8%
$65,000 to $74,999	9%
$75,000 to $84,999	7%
$85,000 to $99,999	6%
$100,000 to $249,999	18%
$250,000 or more	3%
Refuse	1%
Don't know	11%