In Shift From 2024, Young Men, White Youth, and Non-College Youth Vote Democratic in 2026

November 4, 2026

Young women, youth of color, and LGBT youth still gave Democrats the strongest support.

Today's young voters are the most diverse generation in American history, and their choices at the ballot box in the 2026 midterms reflect that diversity. As in other recent elections, young women and young people of color were more likely to vote for Democratic candidates. At the same time, unlike in 2024, white youth and young men also gave Democrats strong support and helped lead to the overwhelming Democratic vote choice from youth.

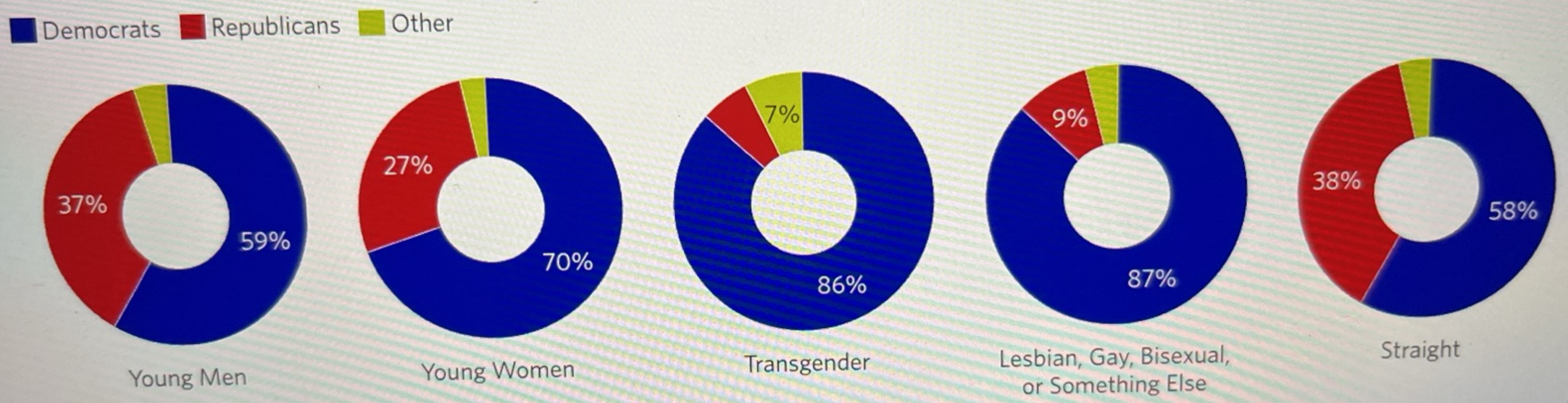
This data from the NORC Civic Health & Elections Project may shift slightly in the hours ahead. We will continue to update this analysis.

There remains a notable gender gap in the youth vote. Seventy percent of young women voted for a Democratic U.S. House candidate in the 2026 midterms, compared to 59% of young men. That is a major shift for young men: in 2024, according to that year's AP VoteCast data, 56% of young men supported President Trump.

There is an even more dramatic difference among youth based on whether they identify as “gay, lesbian, bisexual, or something else.” Eighty-seven percent of these youth voted for a Democratic House candidate. Among straight youth, 58% voted Democratic and 38% Republican. In addition, 86% of youth who identify as transgender voted for a Democratic House candidate. **Note:** The language and options about gender and sexuality reflects the exact wording used by the NORC Civic Health & Elections Project.

Young Women, Trans Youth, and Lesbian, Gay, or Bi Youth Gave Democrats Major Support

The national vote choice for U.S. House candidates of young voters (ages 18-29), by gender and sexuality.



Note: The charts above reflect the language used in the NORC Civic Health & Elections Project survey.

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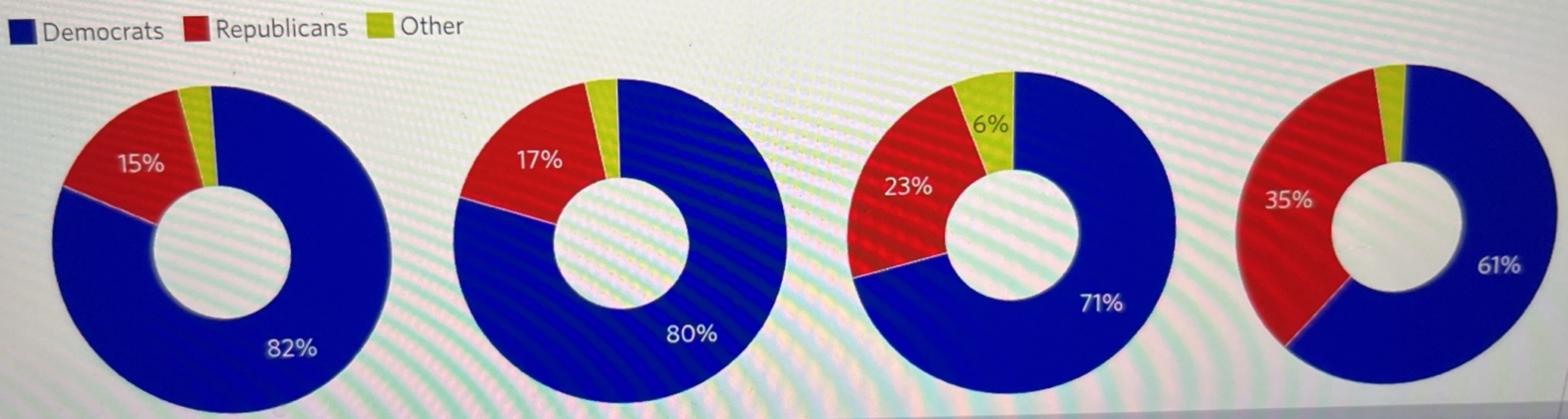
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The youth vote also looked very different by race/ethnicity. AAPI (82%), Black (80%), and Latino (71%) youth gave Democrats the strongest support. But white youth also voted for Democratic House candidates by a significant margin: 61% vs. 35%. As with young men, the vote choice of white youth also marks a major change from the 2024 presidential race, when white youth favored President Trump with 54% of the vote compared to 44% for Kamala Harris.

Youth of Color Drive Overwhelming Democratic Vote Choice in the 2026 Midterms

The national vote choice for U.S. House candidates of young voters (ages 18-29), by race/ethnicity.



AAPI Black Latino White

Notes: .Survey data does not allow us to reliably share vote choice for other racial/ethnic groups.

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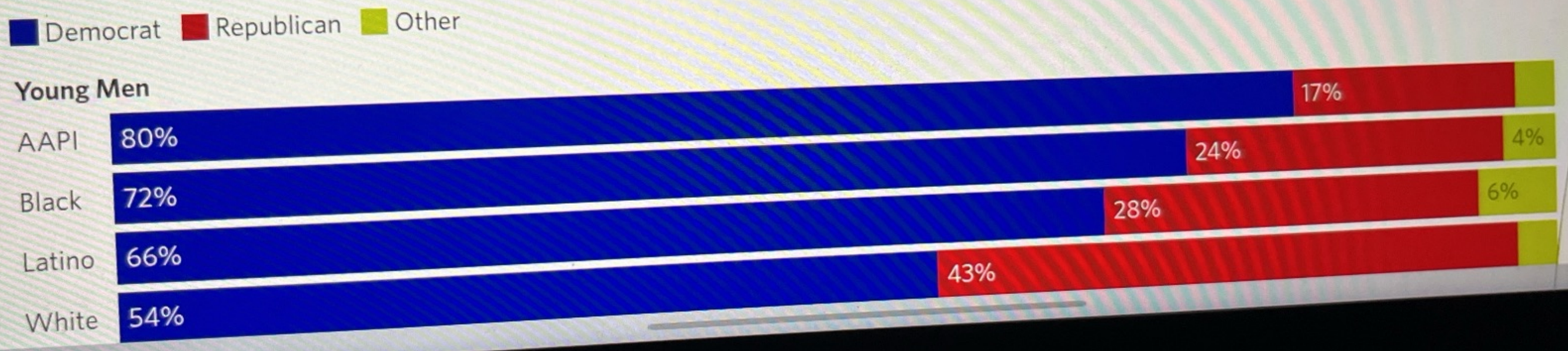
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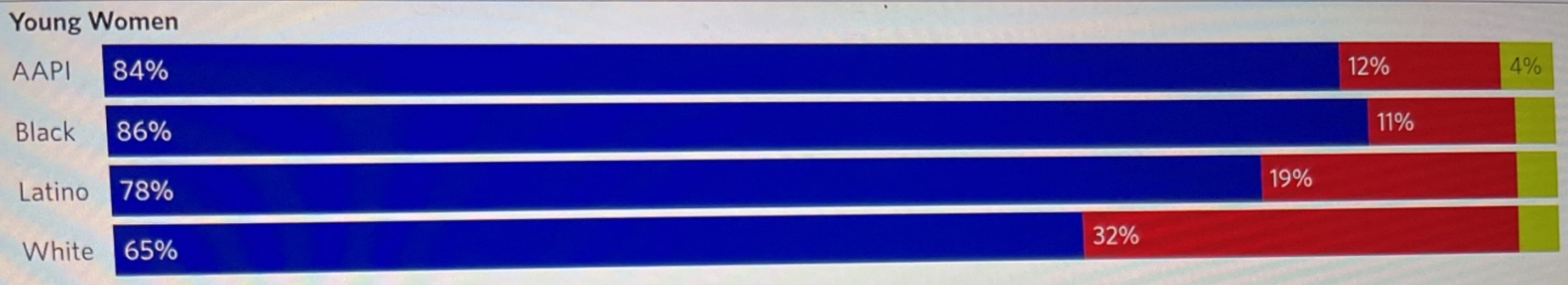
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Examining race and gender together, the strongest support for Democratic candidates came from young women of color. Remarkably, more than 80% of young Black and AAPI women, and nearly 4 in 5 young Latina women (78%) voted for Democratic House candidates. Young AAPI men (80%) also voted overwhelmingly for Democrats. In another noteworthy shift from recent elections, young white men also voted for Democrats by a 10-point margin.

Across Race and Gender, Strong Vote for Democrats in the 2026 Midterm Elections

The national vote choice for U.S. House candidates of young voters (ages 18-29), by race/ethnicity and gender.





Note: Due to rounding, data may not add up to 100%

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Source: CIRCLE analysis of the NORC Civic Health & Elections Project. Data as of 11/6 at 3pm ET.

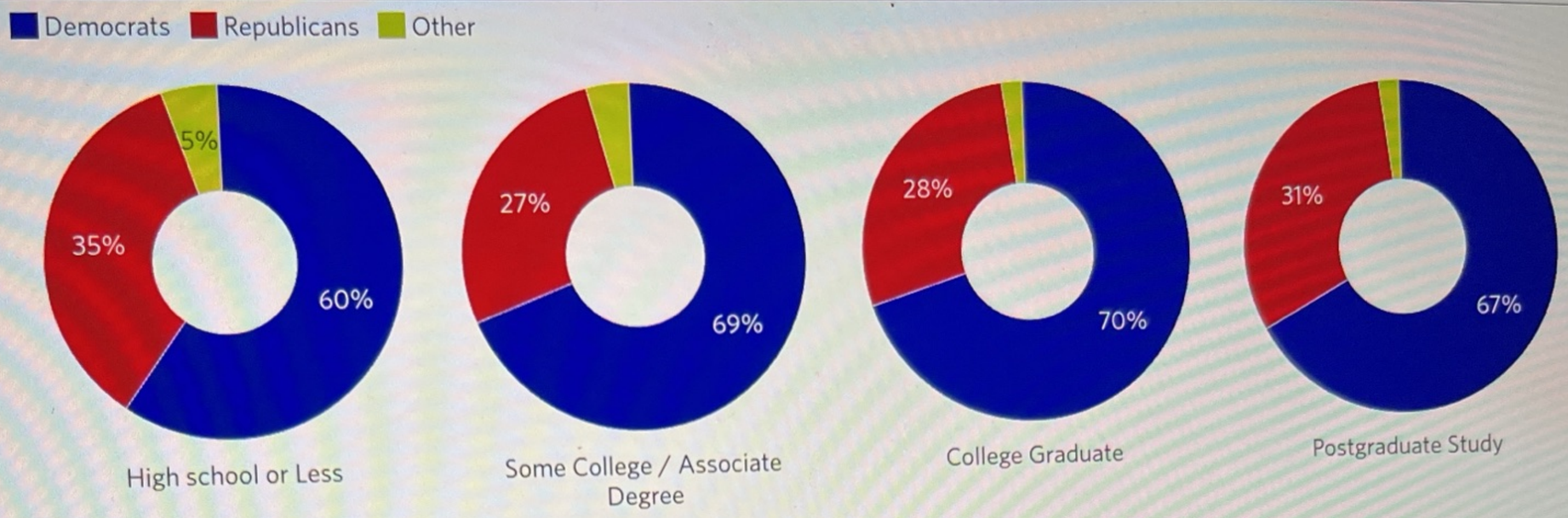
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In another break from the trend in recent elections, there was a relatively small difference in youth vote choice by educational attainment. Nationally, 70% of young people with a college degree voted for a Democratic House candidate and 28% for a Republican. Among youth without college experience, 60% voted for a Democrat and 35% for a Republican. Historically, there has been a much wider education gap.

Regardless of Educational Attainment, Young Voters Backed Democrats in 2026

The national vote choice for U.S. House candidates of young voters (ages 18-29), by educational attainment.

Democrats Republicans Other

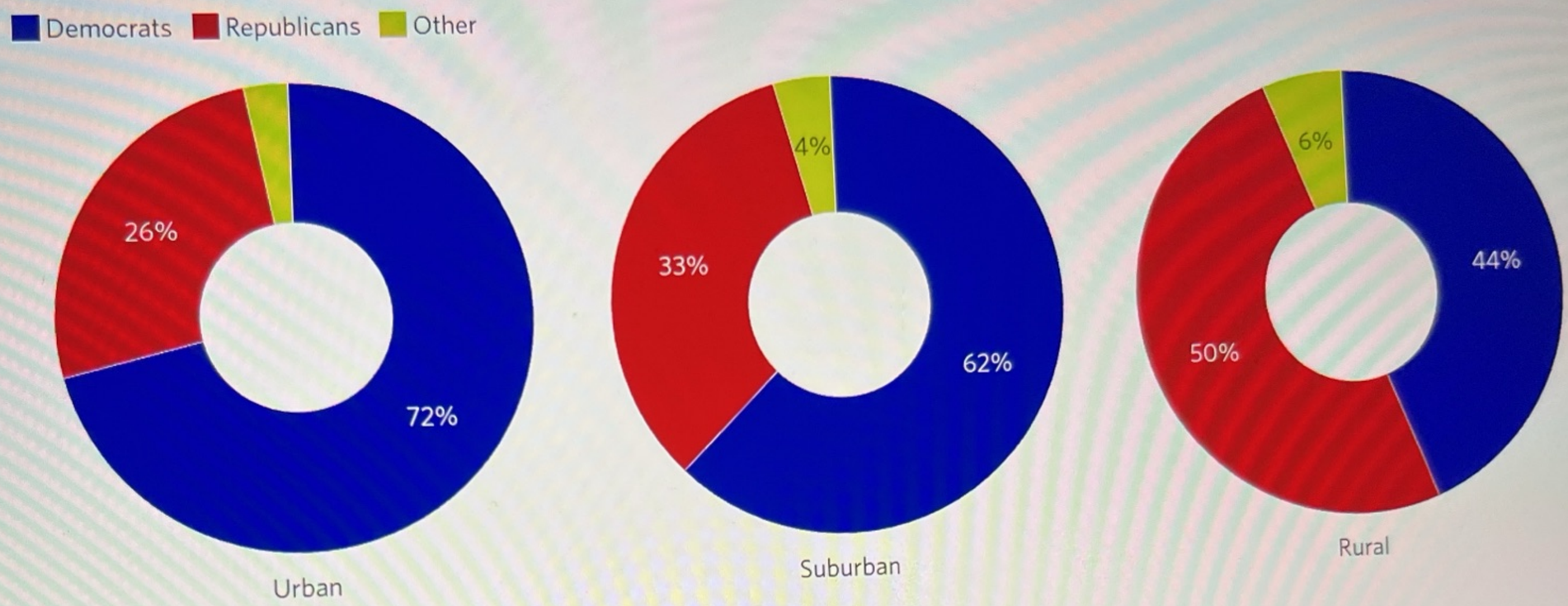


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There was, however, a significant difference by rurality. Seventy-two percent of young voters in urban counties and 62% of youth in suburban counties backed a Democratic House candidate. On the other hand, young rural votes gave Republicans a small five-point advantage: 50% vs. 44%. That is also a shift from rural youth compared to the 2024 presidential election, when a much higher share of rural youth (60%) voted for President Trump and 38% for Democratic nominee Kamala Harris. Similarly, in 2022, 64% of rural youth had voted for a Republican House candidate.

Major Democratic Vote from Urban and Suburban Youth, Rural Youth Split More Evenly

The national vote choice for U.S. House candidates of young voters (ages 18-29), by urban, suburban, or rural county.



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CIRCLE will continue to publish insights on the 2026 youth vote. **You can find all our data and analysis here.**

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