Equal Measures 2030

2026 Gender Equality Index — Social Media Toolkit

- Report: https://equalmeasures2030.org/2026-gender-equality-index/
- Global Press Release
- US Press Release

Guidance for partners

- Posts can be adapted to reflect your organization's voice and audiences.
- Please use the accompanying social graphics when sharing the Index.
- Include a link to the Index wherever possible.
- We recommend posting on or soon after the **embargo lifts at November 10, 2026, at 8:00 a.m. EST.** Do not publish before the agreed launch embargo lifts.

Hashtags

- #EqualMeasures
- #2026GenderEqualityIndex
- #genderequality

Tags

- LinkedIn: @Equal Measures 2030 https://www.linkedin.com/company/equalmeasures2030/
- Alison Holder's LinkedIn: https://www.linkedin.com/in/alison-holder-4b1a7546/
- Instagram: @Equal2030 https://www.instagram.com/equal2030/
- X: @Equal2030
- Facebook: https://www.facebook.com/Equal2030/

Recommended graphics

- Report Cover
-
- Opportunity Without Power
- 1.6 Billion Women and Girls Stat

LinkedIn

Post 1

Graphic: https://drive.google.com/file/d/11VbVCb5_qYmpbXivXXYGb3HlVXoLIbI5/view?usp=drive_link

Gender equality is moving forward. But progress is uneven, and hard-won gains remain at risk.

The new 2026 Equal Measures Gender Equality Index from **@Equal Measures 2030** tracks the state of gender equality across 130 countries, representing 3.7 billion women and girls.

The findings tell a complicated story:

• Two-thirds of countries improved between 2020 and 2025.
• Low-income countries advanced nearly four times faster than high-income countries.
• Yet 1.6 billion women and girls live in countries where progress has stalled or reversed.

The message is clear: progress is possible, but it is neither automatic nor irreversible. Protecting women's rights, expanding their influence, and investing in equality must remain political priorities.

Explore the findings: https://equalmeasures2030.org/2026-gender-equality-index/

#2026GenderEqualityIndex #genderequality #EqualMeasures

Post 2

Graphic: https://drive.google.com/file/d/1-SqBauThNgSbtTgc86ENNuua7y7Jaw3R/view?usp=drive_link

Opportunity without power is not enough.

Women and girls are gaining greater access to education, healthcare, technology, and economic opportunities. But their rights, freedoms, and political power are not keeping pace.

According to **@Equal Measures 2030**'s new 2026 Gender Equality Index, women's access to justice and freedom of expression recorded the largest global declines among the 27 indicators measured.

While women's representation in parliament has improved, women still hold just 25% of minister-level positions worldwide.

These findings raise a fundamental question: How can we protect gains in gender equality if women and girls lack the power to shape the decisions that affect their lives?

Read the Index and explore what needs to change:
https://equalmeasures2030.org/2026-gender-equality-index/

#genderequality #2026GenderEqualityIndex #EqualMeasures

Instagram

Post 1

Graphic: https://drive.google.com/file/d/1-SqBauThNgSbtTgc86ENNuua7y7Jaw3R/view?usp=drive_link

Opportunity without power is not enough.

The world is making progress on gender equality. But the new 2026 Equal Measures Gender Equality Index reveals a concerning gap.

Women and girls are gaining opportunities, but their rights, freedoms, and influence are not advancing at the same pace.

Just 5% of women and girls live in countries rated ‘very good’ for gender equality. And around the world, access to justice and freedom of expression are moving backwards.

Progress is possible. But we have to protect it.

Explore the new Index and discover what the data tells us about the future of gender equality.

Full report at the link in bio.

#2026GenderEqualityIndex #OpportunityWithoutPowerIsNotEnough #genderequality **@Equal2030**

Post 2

Graphic: https://drive.google.com/file/d/1ZjclDYO3IsAMt-BXys_srZon8s0BgmMY/view?usp=drive_link

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#2026GenderEqualityIndex #genderequality #equalmeasures

Facebook

Post 1

Graphic: https://drive.google.com/file/d/1ZjclDYO3IsAMt-BXys_srZon8s0BgmMY/view?usp=drive_link

Some of the most encouraging progress on gender equality is happening in places you might not expect.

The new 2026 Equal Measures Gender Equality Index finds that low-income countries improved their gender equality scores nearly four times faster than high-income countries between 2020 and 2025.

Countries including Armenia, Mexico, Chad, Honduras, and Sierra Leone are among those making the fastest progress, while several wealthier nations are moving backwards.

The takeaway? Progress depends on more than a country's wealth. Political commitment, investment, and policies that protect women's rights can make a real difference.

Explore the data and see how countries compare:
https://equalmeasures2030.org/2026-gender-equality-index/

#EqualMeasures #genderequality **@Equal Measures 2030**

X

Post 1

Graphic: https://drive.google.com/file/d/1z0WCE52AE997OFaaBgkOyjZ2HlUS7pXL/view?usp=drive_link

Nearly two-thirds of countries improved on gender equality between 2020 and 2025. Yet 1.6 billion women and girls live where progress has stalled or reversed.

Explore the new Index: https://equalmeasures2030.org/2026-gender-equality-index/

#EqualMeasures #genderequality **@Equal2030**

Post 2

Graphic: https://drive.google.com/file/d/1ZjclDYO3IsAMt-BXys_srZon8s0BgmMY/view?usp=drive_link

Low-income countries improved their gender equality scores nearly 4x faster than high-income countries.

Progress is a matter of political choice, not wealth alone.

Explore the new Index: https://equalmeasures2030.org/2026-gender-equality-index/

#EM2030 #genderequality **@Equal2030**