

# UNISON

## *Influencers 2026*

### YOUNG WORKERS

Young workers face low pay, insecure jobs, and limited opportunities for progression. Exploitative practices and lack of training pathways hold many back.

#### Key facts

- Young workers are more likely to be in insecure work
- Pay is often lower with fewer protections
- Access to quality training and apprenticeships is limited
- Career progression opportunities are often unclear

#### UNISON is calling for

- An end to exploitative work practices
- Expansion of secure job opportunities
- Investment in training and apprenticeships
- Clear pathways to career progression

#### Questions for candidates

- How will you improve job security for young workers?
- What investment will you make in training and apprenticeships?
- How will you tackle low pay among young people?

#### Action for you

- Speak out about insecure work affecting young people
- Campaign for fair pay and training opportunities
- Engage young members in political campaigning

Follow our campaign *Public services at the heart of a fairer Scotland* [here](#)

Public services:  
the heart of a fairer  
Scotland

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