

The 2026 Midterms



On November 3, 2026, voters will pick all 435 seats in the U.S. House of Representatives and 33 seats in the United States Senate, forming the 120th United States Congress, plus dozens of key state offices including gubernatorial (= for governors) elections and control of 39 state legislative chambers.

Why does it matter?

Midterms decide who can pass bills, block bills, approve judges, and run investigations.

Congress writes budgets, draws district maps, and sets the tone for the next two years in Washington and in state capitals. With narrow partisan control and a long campaign runway, small shifts in a few places can flip power fast.

Stakes are very high for Donald Trump's administration and the Republicans with polls showing growing anger and signaling rising support for the Democrat party and its candidates.

THE ADVENT OF THE NEW DEMOCRATS

Goal: make gains in Congress

+ retake majority in the Senate

- 2 main branches: The Moderates and The Progressives (also called "the Insurgents")
- Key figures from the Progressives:
 - Zohran Mamdani (NY Mayor),
 - Alexandria Ocasio Cortez (Member of the Congress since 2018, reelected 3 times)

- Bernie Sanders, Vermont Senator (aged 85)
- Abdul El-Sayed – doctor, Egyptian origins, won the Senatorial Primary election in Michigan, is running for Senate.
- Angie Nixon, Black Congresswoman of modest background, beat her Moderate counterpart at the primary election and runs for the Senate
- Controversial figure= Michigan's Influencer and streamer Hasan Piker6 Turkish origins, born in New Jersey (millions of followers on X or Twitch), he regularly and vehemently calls out Israel's actions in the Middle-East and calls for a free Palestine, and exposes corruption from the Republican Party. He is backed by the Insurgents and rejected by the Moderates.

What differentiates Moderates and Progressives?

Both branches agree on key issues:

- Taxing corporations and billionaires
- Providing government-funded healthcare for all
- Raising the minimum hourly wage to \$15
- Regulating A.I use and dominance
- Fight against D.Trump's brutal leadership

The Insurgents differ in their promotion of social issues like transgender rights, racial justice, climate activism, abortion and reproductive rights, immigration

They refuse to be “moderate” on these questions

whereas the Moderates are reluctant to put them centre stage, fearing the Americans are not focused on woke ideas any longer as their priority is the economy.

The Resurgents call for a “woke.2” moment.

They face accusations of bringing “socialism” to the USA. Hasan Piker proudly calls himself a Socialist.

SWING STATES (états pivots):

States where the partisan lean is narrow enough (short margin) that either party has a chance to win. Risk for Midterm= lower turnout than at a Presidential election!

MICHIGAN PENNSYLVANIA MAINE GEORGIA NEVADA