The generations by birth year

When each generation was born, and the ages they reach in 2026

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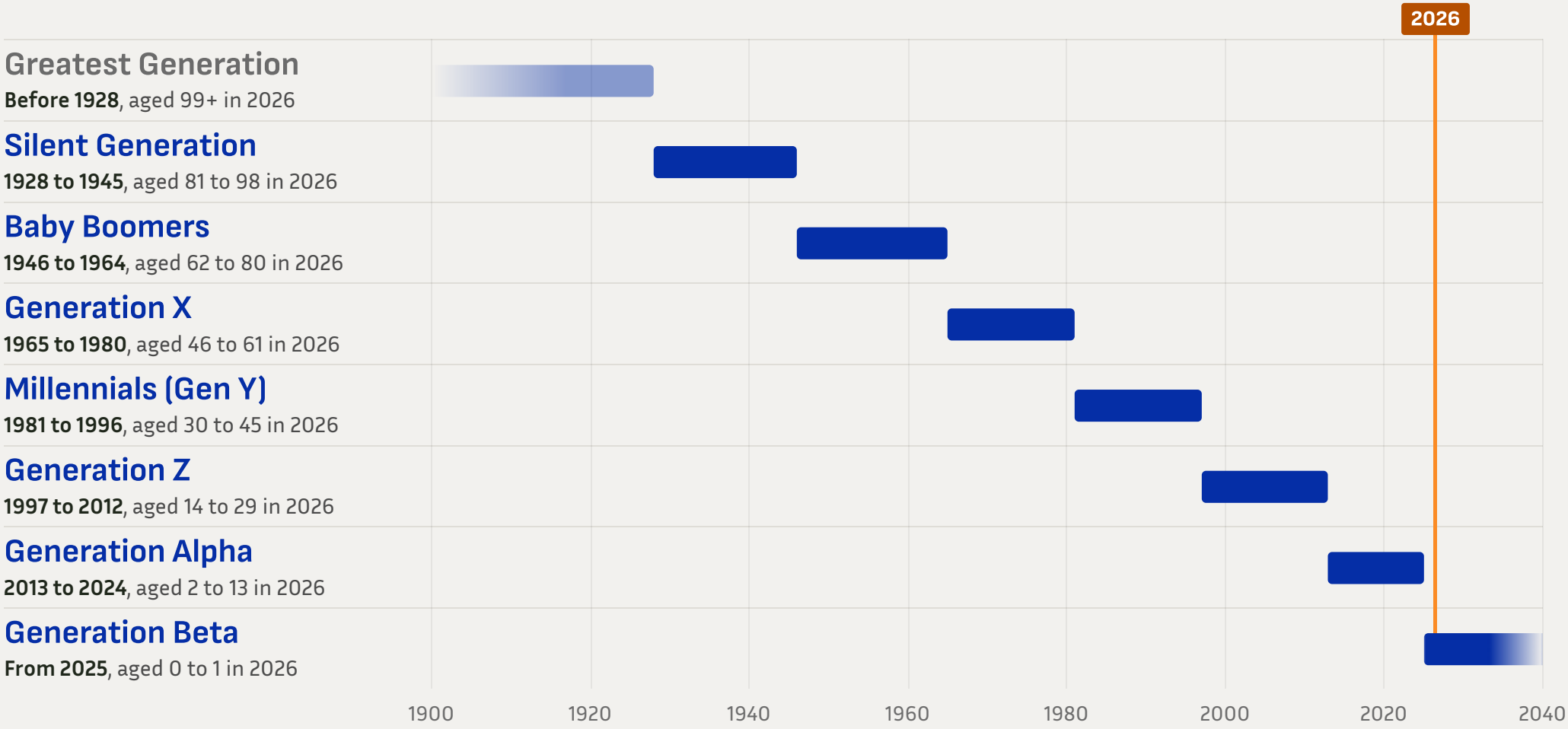
GENERATIONALLY SPEAKING



Birth years as used by Generationally Speaking: the Pew Research Center's years from the Silent Generation to Generation Z, then Generation Alpha to 2024 and Generation Beta from 2025, names coined by McCrindle Research. Other sources draw some lines differently, sometimes by several years.

generationallyspeaking.co.uk/generations

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