



FOR IMMEDIATE RELEASE

October 23, 2025

## Tokyo Pride 2026 Set to Launch with the Theme “Equal rights today. A freer, fairer tomorrow.”



2026年6月開催！

多様性と平等がひらく未来

Equal rights today. A freer, fairer tomorrow

TOKYO, Japan — October 23, 2025 — NPO Organization Tokyo Rainbow Pride (Location: Shinjuku, Tokyo; Co-Chairs: Natsumi Yamada and Yuko Sato; hereafter TRP) is proud to announce the upcoming **Tokyo Pride 2026**, scheduled to be held in **June 2026** during Pride Month.

The theme for 2026 is “多様性と平等がひらく未来 —**Equal rights today. A freer, fairer tomorrow.**”

The Pride Festival is scheduled for Saturday and Sunday, June 6–7, 2026, at Yoyogi Park. The Pride Parade will march through the Shibuya–Harajuku area on Sunday, June 7.

Through a wide range of programming—including the Pride Parade & Festival and initiatives focused on youth, art, culture, and human rights—Tokyo Pride works to increase LGBTQ+ visibility and understanding, elevate community rights, and help move society forward.



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## Event Overview

- **Event Name:** Tokyo Pride 2026
- **Date:** June 2026
- **Main Programs:**
  - Pride Parade  
Sunday, June 7th / Shibuya-Harajuku Area (TBA)
  - Pride Festival  
Saturday, June 6th-Sunday, June 7th / Yoyogi Park event space & stage
  - Pride Night  
Sunday, June 7th / Tokyo (TBA)
  - Youth Pride  
Saturday, June 13th-Sunday, June 14th (TBA) / WITH HARAJUKU HALL
  - Queer Art Exhibition  
June 2026, approximately for two weeks to one month / Tokyo (TBA)
  - Human Rights Conference  
June 2026 / Tokyo (TBA)
- **Organizer:** Tokyo Rainbow Pride (NPO)
- **Official Website:** <https://pride.tokyo>

### Tokyo Pride 2026 コンテンツ内容

|                                                                                                                                        |                                                                                                                                               |                                                                                                                                                   |
|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Pride Parade</b><br/>2026年6月7日 (日)</p>       |  <p><b>Pride Festival</b><br/>2026年6月6日 (土)・7日 (日)</p>     |  <p><b>Pride Night</b><br/>2026年6月7日 (日)</p>                  |
|  <p><b>Youth Pride</b><br/>2026年6月13日(土)、14日(日)</p> |  <p><b>Queer Art Exhibition</b><br/>2026年6月中 (詳細は後日公開)</p> |  <p><b>Human Rights Conference</b><br/>2026年6月中 (詳細は後日公開)</p> |



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## Theme

Equal rights today. A freer, fairer tomorrow.

## Statement

All people shall be *respected as individuals*.

Everyone shall be *equal under the law*, with *no discrimination* in any part of life.

These are not ideals for the future —

They are the rights guaranteed to us *today* under the Constitution of Japan.

Yet still, some are denied those rights.

Their love and their lives are left outside the law's promise of equality.

Marriage equality is one vital step toward life with dignity,

This progress leads to a society where respect, freedom, and fairness  
are truly shared by all.

When we choose respect over ignorance and understanding over prejudice,  
we move toward a future where *everyone* lives with pride.



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## Message Behind the Theme

The Constitution of Japan affirms that every person shall be respected as an individual, and that all people are equal under the law, without discrimination of any kind. These principles form the foundation of a society where everyone has the right to life, liberty, and the pursuit of happiness — a vision of equality that must include the LGBTQ+ community.

Diversity already exists all around us.

It is through embracing this diversity that we can build a society where equality under the law becomes a living reality. When diversity and equality work together, they open the path toward a freer, fairer future for all.

Marriage equality is one essential step toward fulfilling that promise.

This year, Japan's Supreme Court will decide on same-sex marriage, a ruling that will have a lasting impact on our community and on the future of equality in this country.

But equality must go further than marriage.

Our trans community continues to face prejudice, and without anti-discrimination laws for LGBTQ+ people, too many remain unprotected. We must keep pushing for change that defends everyone's dignity and right to live freely.

That's why this year's theme is "Equal rights today. A freer, fairer tomorrow."

Together, we must shape laws and policies that honor our differences and ensure true equality — building a freer, fairer tomorrow.

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## Upcoming Schedule

- **October 23, 2025:** Sponsorship applications open (Details [here](#))
  - **January 2026:** Public calls for program participation
  - **February 2026:** Official website launch
  - **March 2026:** Volunteer and participation details announced
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## About Tokyo Rainbow Pride

Tokyo Rainbow Pride (TRP) is a non-profit organization dedicated to advancing LGBTQ+ rights and creating a society where everyone, regardless of sexual orientation or gender identity, can live freely and with dignity.

Through Tokyo Pride and other events, as well as educational, cultural, community, wellness, and advocacy initiatives, TRP promotes human rights and social understanding of LGBTQ+ people and diversity in society.

Tokyo Pride\* is one of the largest LGBTQ+ events in Asia and serves as a symbol of TRP's mission. By bringing together diverse cultures and communities, it provides an opportunity to deepen mutual understanding and solidarity within society.

\* Formerly known as Tokyo Rainbow Pride until 2024.

**Official Website:** <https://tokyorainbowpride.org/>

**Location:** Shinjuku, Tokyo

**Co-Chairs:** Natsumi Yamada, Yuko Sato

**Organization Type:** Non-Profit Organization (NPO)

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## Press Contact

Tokyo Rainbow Pride PR Office

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Website: <https://pride.tokyo>

*Please direct all media inquiries, collaboration proposals, or interview requests to the above contact.*