On August 23, Maxwell Frost won the Democratic nomination for one of Florida’s seats in the US House of Representatives (one half of Congress, the branch of government that makes laws). At age 25, he could become the first person of Generation Z (people born from about 1995 to 2012) to be elected to Congress. Members of Congress are required to be at least 25 years old.

Frost defeated nine other candidates who were competing in an election, known as a primary, to choose the Democratic nominee for Florida’s 10th District seat. In a primary, voters decide who will represent a political party (usually Democrats or Republicans) in the general election, which occurs on the first Tuesday in November.

Over the past few months, many states have held primary elections to determine who will compete in the general election on November 8. The 2022 election is called a midterm election because it is held halfway through a President’s four-year term. (President Joe Biden was elected in 2020.) The entire House and about one third of the Senate (the other half of Congress) will be elected, along with many state and local positions.

Frost is a community organizer who had never run for office before. He ran a campaign that called for an increase in gun safety laws and an expansion of voting rights. He is also in favor of a government program that would provide healthcare for all Americans. His work as an organizer has focused on helping Black and Latino communities.

Frost told Business Insider that he believes his win shows that the US is entering “a new era of politics.” “That gives me great hope for the future of this country,” he said.

On November 8, Frost will face Republican Calvin Wimbish. Because the 10th District has a majority of voters who are registered as Democrats, Frost is expected to win the race. "I think he has a very bright future," Victoria McGroary, a political leader, told The Hill.