

Tegan and Sara

26 languages

ArticleTalk

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Tegan and Sara (/ˈtiːɡən, ˈsɛərə/) are a Canadian indie pop duo formed in 1998 in Calgary, Alberta. The band is led by identical twin sisters, **Tegan Rain Quin** and **Sara Keirsten Quin** (born September 19, 1980),^{[2][3]} both songwriters and multi-instrumentalists.^{[4][5][6][7][8]} After releasing a number of demos on cassette tape, the duo released their debut album in 1999, after which they were signed by Neil Young's Vapor Records. They have released ten studio albums, most recently *Crybaby* in 2022.

Tegan and Sara's 2011 video album *Get Along* received a Grammy nomination. Amongst other collaborations, in 2014 the duo performed "Everything Is Awesome" featuring The Lonely Island for *The Lego Movie* soundtrack. In 2019, they released a memoir titled *High School*, which in 2022 was adapted as a television series for Amazon Freevee. Both individuals are involved in the LGBTQ community.

History [edit]

1995–2002: Background and early work [edit]

Tegan and Sara began writing songs at 14.^[6] One of the first songs they wrote was "Tegan Didn't Go To School Today", written by Sara and recorded by the pair on cassette tape. The band was first called "Plunk", short for "light punk", due to their lack of a drummer and bassist. In 1997, they used their school's recording studio to record two demo albums: *So Who's in Your Band?* and *Play Day*. In 1998 they won Calgary's "Garage Warz" competition, which awarded them studio time. They recorded their first professional demo called *Yellow Tape* under "Sara and Tegan" using this studio time.^{[9][10]} This was followed by *Orange Tape* and *Red Tape*. In May 1998, they opened for Hayden in Calgary, marking their first major show.^[11]

In 1999, they released their debut album, *Under Feet Like Ours*, as "Sara and Tegan", with producer Jared Kuemper.^[12] After listening to it, Elliot Roberts flew up from Los Angeles to meet them at the Starfish Room in Vancouver, British Columbia, and he offered them a record deal that same night.^[13] Two songs from *Red*

Tegan and Sara



Tegan and Sara performing live in 2017

Background information

Born	Tegan Rain Quin Sara Keirsten Quin September 19, 1980 (age 46)
Origin	Calgary, Alberta, Canada
Genres	Indie pop indie folk synth-pop indie rock pop^[1]
Works	Tegan and Sara discography
Years active	1995–present
Labels	Vapor Sire Warner Mom + Pop
Members	Tegan Quin Sara Quin
Website	teganandsara.com

Tape and two from *Orange Tape* appeared on the album. They later changed their name to "Tegan and Sara" because people regularly misheard "Sara and Tegan" as "Sara Antegan". They signed with [Neil Young](#)'s Vapor Records and released *This Business of Art* through the label in 2000. According to Tegan, having no manager for the first three years of their career taught them to be "very cognizant and present" in every decision.^[14]

2002–2011: Mainstream success ^{[[edit](#)]}

In 2002, Tegan and Sara released their third album, *If It Was You*. Their fourth album, *So Jealous*, was released in 2004 and led to wider success and attention, both locally and internationally. This album was released through both Vapor and [Sanctuary](#). The band's 2007 album, *The Con*, was released by Vapor and [Sire](#) because Sanctuary no longer released new music in the United States. The album was co-produced by [Chris Walla](#). Guests and collaborators on the album included [Jason McGerr](#) of [Death Cab for Cutie](#), [Matt Sharp](#) of [The Rentals](#) (and previously [Weezer](#)), [Hunter Burgan](#) of [AFI](#), and [Kaki King](#).^[15]

On October 26, 2009, Tegan and Sara released their sixth album, *Sainthood*, produced by [Chris Walla](#) and [Howard Redekopp](#). *Sainthood* debuted on the *Billboard 200* chart at number 21, selling 24,000 copies in its first week.^[16] While recording the album, Tegan and Sara wrote songs together in New Orleans for a week. The song "Paperback Head" was the only song the pair wrote to appear on the album, making it the first song on any Tegan and Sara album they wrote together.^[17] [Spin](#) gave *Sainthood* four out of five stars and wrote, "Tegan and Sara's music may no longer be the stuff of teens, but its strength remains in how much it feels like two people talking."^[18] The duo also put out a three-volume book set titled *ON, IN, AT* that included stories, essays, journals, and photos of the band touring America in late 2008, writing together in New Orleans and touring Australia. Lindsey Byrnes and Ryan Russell took the photographs in the book.

In 2011, they launched "2011: A Merch Odyssey", which saw at least one new item in the official online stores every month for the entire year. A live CD/DVD combination package titled *Get Along* was released on November 15 and contained three films titled "States", "India", and "For the Most Part". It was nominated for [Best Long-Form Music Video](#) at the [2013 Grammy Awards](#).^[19]

2012–2018: *Heartthrob*, *Love You to Death*, and *The Con X: Covers* ^{[[edit](#)]}

Tegan and Sara began recording their seventh studio album, *Heartthrob*, on February 20, 2012. Greg Kurstin produced eight songs. [Joey Waronker](#) contributed drums to these songs. Two songs were produced



Tegan and Sara at [Terminal 5](#), New York City, October 6, 2008



Tegan and Sara performing at the [Polaris Music Prize Gala 2010](#)

by [Mike Elizondo](#), with [Victor Indrizzo](#) contributing drums, Josh Lopez contributing guitar, and [Dave Palmer](#) contributing piano. Justin Meldal-Johnsen had the last two songs. The first single, "[Closer](#)", was released on September 25, 2012. The album was released on January 29, 2013, and debuted on the *Billboard* Top 200 at number 3, the band's highest-charting record, selling 49,000 copies in its first week.^[20] *Heartthrob* debuted at number 2 on the Canadian chart and digital downloads chart and hit number 1 on the rock and alternative album charts.^[21] In July 2013, the album was shortlisted for the [2013 Polaris Music Prize](#).^[22] In March 2014, Tegan and Sara won three [Juno Awards](#) for [Single of the Year](#), [Pop Album of the Year](#) and [Group of the Year](#) making them the first female band and the first duo to win this award.

Tegan and Sara finished their eighth studio album on November 30, 2015. On March 10, 2016, they announced that the album's title would be *[Love You to Death](#)*, with the release date set for June 3 of that year. They released the album's lead single, "[Boyfriend](#)", on April 8. On April 25, tour dates were announced for their 2016 global tour to support the album. The duo released a music video for each track on the album.

Tegan and Sara collaborated with 17 artists, including [Cyndi Lauper](#), to create *The Con X: Covers* in 2017 to commemorate the tenth anniversary of the release of *The Con*. The participating artists recorded covers of *The Con*'s original songs to benefit the Tegan and Sara Foundation. Tegan and Sara also toured an acoustic version of *The Con* in 2017, with some of the proceeds supporting the Tegan and Sara Foundation.^[23]

2019–2020: *Hey, I'm Just Like You* and memoir [\[edit \]](#)

In May 2018, at Out Web Fest, Tegan stated they were working on a book, podcast and new record.^[24] On September 24, 2019, their memoir *[High School](#)* was released by MCD Books, a division of [Farrar, Straus, and Giroux](#), alongside [Simon & Schuster Canada](#) and [Virago Press](#) in the United Kingdom.^{[25][26]} The memoir details their teenage years, growing up in Canada and "worshipping" [Nirvana](#), [Green Day](#) and the [Smashing Pumpkins](#).^[27] The book also details the twins' exploration of their sexuality. While researching the book, Tegan and Sara found cassettes of some of their earliest songs.^[27]

In early 2019, Tegan and Sara announced they were working on their next record for release later that year.^[28] On July 9, 2019, they announced via Instagram that their ninth album would be called *[Hey, I'm Just Like You](#)* and would consist of 12 re-recorded songs they initially wrote as teenagers. It was released on September 27, 2019,^[29] three days after the release of their memoir.

In April 2020, the duo created a live "show" called *Where Does the Good Grow* to entertain their fans during the [COVID-19 pandemic](#), with merchandise designed by [EE Storey](#). The show was held every Thursday at 3 p.m. PST on their Instagram account until the series finale on July 23, 2020.^[30]

In 2021, it was announced that a TV show named *[High School](#)*, based on their memoir of the same name, would be filmed in Calgary and directed by [Clea DuVall](#).^[31] Twins Railey and Seazynn Gilliland were cast as the main characters. The show was filmed from April to June 2022 and was released on Amazon Freevee in the fall of 2022.^{[32][33]}

2021–2022: *Still Jealous*, new record label, and *Crybaby* [\[edit \]](#)

In July 2021, Tegan and Sara announced a return to the studio to work on their 10th album.^[34] On February 1, 2022, they announced *Still Jealous*, an utterly acoustic re-imagining of *So Jealous*. *Still Jealous* was released on February 11, 2022.^[35]

In April 2022, the duo announced they had left Warner Records and signed a new record deal with *Mom + Pop*.^[36] They also released the first single, "Fucking Up What Matters", from their 10th studio album on April 28, 2022.^[37] On July 12, 2022, they unveiled the album title, *Crybaby*, and that it would be released on October 21, 2022.^[38] The second single, "Yellow", was released on the same day, with the music video released on YouTube.^[39] The twins also announced their first tour in three years, which started in Philadelphia, PA, on October 26, 2022, and ended in Vancouver on November 20, 2022.^[40]

2023–present: *Junior High*, *Substack* and *Not Tonight Tour* [[edit](#)]

In 2023, the duo released their first graphic novel, titled *Junior High*, based on their youth, with artwork by *Tillie Walden*. It explores the themes of growing up, coming out, and self-discovery through music and sisterhood, loosely serving as a prequel to their adolescence memoir, *High School*.^[41] In February 2024, the duo announced they would be introducing a new subscription to their already popular "Substack" called The Loners Club.^[42] This included the reintroduction of the pandemic-era Instagram show "Where does the good grow". In early 2024, the twins set out on tour to celebrate their album *If It Was You* (2002).^[43] The tour is centered around *Ontario*, Canada, starting in Richmond Hill in March 2024 and ending in Guelph in April 2024. In April 2024, the twins won the Juno Humanitarian award for their work with the Tegan and Sara Foundation.^[44]

In September 2026, Tegan and Sara released a single and music video for "Our Year" featuring fellow Canadian musicians *Lights* and *Felix Cartal*. The music video was filmed at multiple well-known *Vancouver* locations including the *Museum of Vancouver*, *Kitsilano Pool*, *Burrard Bridge* and the City Centre Artist Lodge.^[45] That same month, Tegan released her first solo novel called Merry Christmess.^[46]

Influences [[edit](#)]

Tegan and Sara have credited *Green Day*, *Nirvana*, and *Hole* for "truly start[ing] to cement our desire to write and make our music".^[47] During their teenage years, the duo was influenced by *Hayden*,^[11] *The Smashing Pumpkins*, *Violent Femmes*, *Dinosaur Jr.*, and *Teenage Fanclub*.^[48] Other artists who have influenced Tegan and Sara include *Depeche Mode*,^{[49][50]} *Rihanna*,^{[51][52]} *Taylor Swift*,^[53] *Madonna*, *Kate Bush*, *David Bowie*, *Mike Elizondo*,^[54] *Pink*, *Lily Allen*,^[55] *Erasure*, *Ace of Base*,^[56] *Tom Petty*, *Britney Spears*, *Katy Perry*,^[57] *Ani DiFranco*, *the New Pornographers*, *Cyndi Lauper*, *Sinéad O'Connor*, *Against Me!*, and *Bruce Springsteen*.^[47]

Personal lives [[edit](#)]

Both twins identify as *lesbian*, and both are married.^{[58][59][2]} In 2018, Tegan married Sofia Snow, after dating for two years.^{[60][61]} In 2011, Sara married her longtime girlfriend Stacy Reader, and in August 2022, they welcomed their first child, a son.^{[62][63][64]} As of 2026, they have two children.^[65]

At 19, both Quins moved from their hometown of Calgary, Alberta, to [Vancouver](#), British Columbia. In 2003, Sara moved to [Montreal](#).^[66] Tegan lived in Vancouver and [Los Angeles](#) for many years, while Sara lived in Montreal and [New York City](#). As of 2019,^[67] Tegan and Sara had both moved back to Vancouver.^[68]

Tegan and Sara are active politically and socially engaged. They advocate for [LGBTQ](#) equality, music education, literacy, and cancer research.^[69]

The sisters are cousins to musician Jen Twynn Payne, drummer and lead vocalist for the Vancouver-based band [The Courtney's](#).^[66]

Activism and involvement in the LGBTQ+ community [\[edit \]](#)

In 2012, they appeared on the cover of [Under the Radar](#) magazine's "Protest" issue. Both were photographed holding a sign: "The rights of the minority should never be subject to the whim of the majority."^[70] Also, they actively supported [Quebec](#) students protesting against the provincial government in Canada. In the U.S., both were vocal during [California's Prop 8](#) debates.^[71]

In 2013, the band partnered with [Coolhaus](#), their "favourite ice cream sandwich truck",^[72] to create an ice cream sandwich in favour of [same-sex marriage](#). The sandwich featured "double chocolate" cookies and salted caramel ice cream and was named "Til Death Do Us Part".^{[72][73]} The duo partnered with Revel & Riot to create a T-shirt that would fund Revel & Riot's mission for LGBTQ rights. The "Animals" T-shirt features Tegan and Sara, a turtle, fox, koala, penguin and a dragonfly, all labelled with their Latin names. The text at the bottom reads, "Gay behaviour is found in over 1500 species. LGBTQ equality now." All sale proceeds go to benefit the work of Revel & Riot.^[74]

Due to the expansion of their audience, Tegan and Sara have gained a higher profile in the LGBTQ community. They were awarded Outstanding Music Artist at the [GLAAD Media Awards](#), beating out high-profile musicians, including [Lady Gaga](#) and [Elton John](#).^[75] In June 2014, Tegan and Sara joined [WorldPride](#) to perform in the closing ceremonies at Yonge–Dundas Square (now [Sankofa Square](#)) in downtown [Toronto](#).^[76]

On November 10, 2016, rather than boycotting [North Carolina](#) for [HB2](#), Tegan and Sara performed at [The Orange Peel](#) and donated their proceeds to [Equality North Carolina](#) to fight the legislation.^[77] This inspired the band [Matt and Kim](#) to match their donation with merchandise proceeds.^[78]

In December 2016, in the wake of the [U.S. presidential election](#), the sisters founded the Tegan and Sara Foundation to advocate for "economic justice, health and representation for LGBTQ girls and women".^[2] They have since partnered with [Kiehl's](#) to release Ultra Facial cleansers with limited-edition packaging to raise funds for the foundation.^[79] Profits from *The Con X: Covers* and a portion of ticket prices from *The Con*'s 10th-anniversary tour went to the Tegan and Sara Foundation. At the end of *The Con*'s 10th-anniversary tour in 2017, they stated their plan to take two years off from touring to focus on the foundation and to make a new record.^[80]

In 2024, Tegan and Sara began activism in response to new policy pitched by the [United Conservative Party](#) in Alberta. The proposed bill was posed to impact LGBTQ youth by outing them to parents if they used new pronouns or names in school, and limited medical care for trans youth.^[81] The Tegan and Sara Foundation published an [open letter](#) signed by more than 400 Canadian musicians denouncing the UCP policy.^[82] The two also used their [Juno Awards](#) speech time to speak against this policy.^[83]

Touring [[edit](#)]

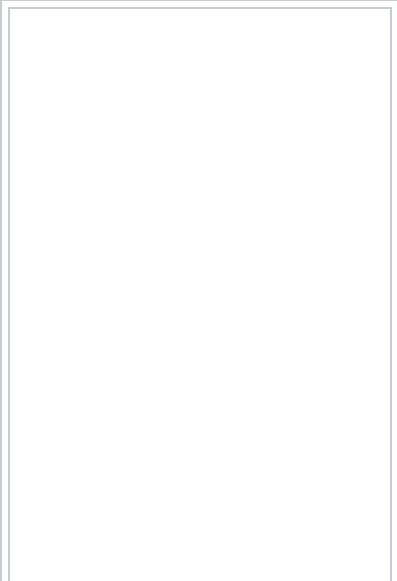
Tegan and Sara began touring after graduating high school in 1998, travelling by car and [Greyhound](#) bus.^[84] In 2000, they toured with [Neil Young](#) and [the Pretenders](#). Other notable touring mates include [Ryan Adams](#), [Weezer](#), [Bryan Adams](#), [Jack Johnson](#), [the Black Keys](#), [Ben Folds](#), [Gogol Bordello](#), [Cake](#), [City and Colour](#), [Death Cab for Cutie](#), [Hot Hot Heat](#), [the Killers](#), [New Found Glory](#), [Paramore](#), [Rufus Wainwright](#), [Eugene Francis Jr](#), [the Jezabels](#), [An Horse](#), [Steel Train](#), [Holly Miranda](#) and [Speak](#).

The sisters engage in onstage banter, often including stories and commentary about their childhood, politics and life on the road. This has become a characteristic trait of their live shows.^{[85][86]}

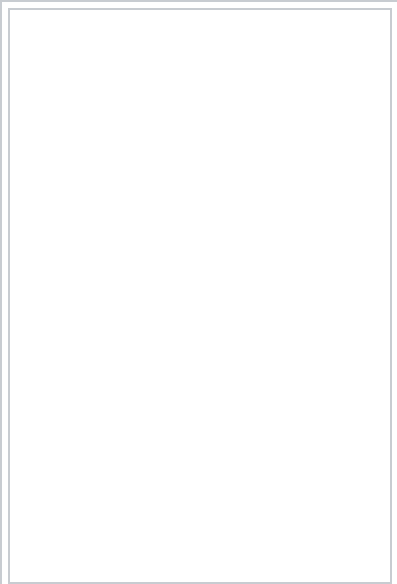
They have performed at festivals including the [Mariposa Folk Festival](#) 2001; [Sarah McLachlan's Lilith Fair](#) 1999, 2010; [Coachella](#) 2005, 2008, 2013; [Lollapalooza](#); [SXSW](#) 2005, 2013; [Austin City Limits](#); [Bonnaroo](#); [Falls Festival](#); [Sasquatch!](#) 2010; [Osheaga](#); [Cyndi Lauper's True Colors Tour](#) 2008; [Southbound](#) 2009; [Glastonbury](#) 2010; Australia's [Groovin' the Moo](#) 2010, 2013; [Splendour in the Grass](#) 2016; [Winnipeg Folk Festival](#) 2011;^[87] [Newport Folk Festival](#) 2011; [saskTel Saskatchewan Jazz Festival](#) 2011; [Cisco Ottawa Bluesfest](#) 2011, 2015; [Outside Lands](#) 2014; [Firefly](#) 2014 and [Area506](#) in 2017 in Saint John, New Brunswick. They performed at the ending ceremony at Toronto World Pride 2014 and at [Boston Calling](#) in May 2014.

In 2013, Tegan and Sara opened for the band [Fun.](#) on their [Most Nights Summer Tour](#), which started in Toronto, Ontario, on July 6 and ended in Bridgeport, Connecticut, on September 28. In January 2014, [Katy Perry](#) announced that Tegan and Sara, [Capital Cities](#), and Kacey Musgraves would be the opening acts for the North American leg of her [Prismatic World Tour](#). Tegan and Sara toured with Perry from September to October 2014.

On February 25, 2014, Tegan and Sara announced their *Let's Make Things Physical Tour*. The tour included various supporting acts for cities, including [Lucius](#), [the Courtneyys](#), [Waters](#), and My Midnight Heart.^[88] The tour kicked off on May 6 in Columbia, Missouri, and ended in November 2014. In July 2014, the pair opened



Tegan at [NIB Stadium](#) in December 2010



Sara at [NIB Stadium](#) in December 2010

for [Lady Gaga](#)'s 2014 concert tour, [ArtRave: The Artpop Ball Tour](#), in Quebec City in front of a crowd of 80,000 people.^[89]

Their 2016 tour for *Love You to Death* started in London and passed through Australia, [Hong Kong](#), [Singapore](#), and [Taiwan](#) in July before looping back to Canada and the U.S.^[90]

Tegan and Sara were a part of the [WayHome](#) summer 2017 line-up in Oro-Medonte, Ontario.^[91]

Tegan and Sara will be joining [Hilary Duff](#) as a supporting act on tour during part of her 2027 American leg of *The Lucky Me Tour*.^[46]

Collaborations and other work [[edit](#)]

In 2009, Tegan and Sara worked as producers for the first time. Tegan worked with char2d2 on the 2009 *Small Vampires EP*, while Sara worked on the 2010 debut albums for [Fences](#) and [Hesta Prynn](#).

Tegan [[edit](#)]

Tegan appeared on [Against Me!](#)'s song "Borne of the FM Waves of the Heart" and in the music video. She also sang backing vocals on [Rachael Cantu](#)'s "Saturday" from her *Run All Night*.

In April 2008, Tegan wrote and recorded a song titled "His Love" at the request of [Augusten Burroughs](#) as a contribution to the audio version of his book *A Wolf at the Table*. The two headlined *Spin*'s September 2008 Liner Notes benefit for [Housing Works](#), a New York non-profit.^[92] Tegan sang with [Jim Ward](#) on his track "Broken Songs" and on the song "Contrails" by rapper [Astronautalis](#), which appeared on his 2011 album *This Is Our Science*. She also appeared in the music video. Tegan was also featured in one of the songs from [Dan Mangan](#)'s new LP *Unmake*, titled "Forgetery Redux".^[93] In 2017, Tegan was featured on [Ria Mae](#)'s song "Broken".

Sara [[edit](#)]

Sara sings in [Reason](#)'s song "We're So Beyond This" and appears in the music video. She was featured on rapper/songwriter/producer [Theophilus London](#)'s track "Why Even Try" from his 2011 *Lovers Holiday* EP. Sara appears on [Jonathan Coulton](#)'s 2011 album *Artificial Heart*, providing vocals for the album's remake of the song "[Still Alive](#)", which Coulton wrote for [Valve](#)'s game *Portal*. Sara covered [Alicia Keys](#)' "[Try Sleeping with a Broken Heart](#)" from [Doveman](#)'s Burgundy Stain Sessions in 2011. In [Kaki King](#)'s music video for "Pull Me Out Alive", Sara can also be seen. Sara sang backup vocals on two songs from former [Smashing Pumpkins](#) member [James Iha](#)'s 2012 album *Look to the Sky*: "To Who Knows Where" and "Dream Tonight".^[94]

Together [[edit](#)]

In December 2010, Tegan and Sara collaborated with the [Yellow Bird Project](#) to produce a charity T-shirt. The shirt was designed by [EE Storey](#), with all profits benefiting FIERCE NYC, an organization that builds the leadership and power of [LGBTQ](#) communities in New York City.^[95]

Tegan and Sara have both ventured into songwriting for other artists. This includes two songs, "A Hot Minute" and "The Worst", featured in [Lisa Loeb](#)'s 2013 release *No Fairy Tale*.^[96] Sara also co-wrote "Sweetie", which was included in the deluxe edition of [Carly Rae Jepsen](#)'s album *Kiss*.

They both feature on the single "Getaway" for [VINCINT](#)'s debut album *There Will Be Tears*.^[97]

They both feature on the single "Teenage Tears" with [Arkells](#) on the album *Blink Twice* ^[98]

List of solo collaborations	[show]
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Other appearances [\[edit \]](#)

Their songs have been featured in the films *Dallas Buyers Club*, *The Lego Movie*, *G.B.F.*, *Monster-in-Law*, *Sweet November*, *These Girls* and *The Carmilla Movie* and in the television shows *Degrassi: The Next Generation*, *90210*, *Being Erica*, *Ghost Whisperer*, *Grey's Anatomy*, *The Hills*, *Hollyoaks*, *iPod*, *The L Word*, *Life Unexpected*, *Melrose Place*, *One Tree Hill*, *Parenthood*, *Rookie Blue*, *The Vampire Diaries*, *Veronica Mars*, *Waterloo Road*, *What's New*, *Scooby-Doo?*, *Awkward*, *Riverdale*, *Girls*, *BoJack Horseman*, and *Scott Pilgrim Takes Off*.

Their song "Closer" was covered by [Glee](#) on the episode "Feud", which aired on March 14, 2013. The music is also used in the teaser trailer for the 2013 independent comedy, *Exes*. The songs "Closer" and "Back in Your Head" were featured in the 2016 video game *LOUD on Planet X*.

In 2011, Sara was a panellist on the [CBC Radio One](#) program *Canada Reads*, defending [Jeff Lemire](#)'s graphic novel *Essex County*. The first graphic novel featured as part of *Canada Reads* was voted off after the first round but later placed in a "People's Choice" poll, collecting more votes than the other books combined.

In early 2014, Tegan and Sara collaborated with [The Lonely Island](#) on a song called "Everything Is Awesome" for *The Lego Movie* soundtrack. The movie opened in theatres on February 7, 2014. The song debuted at number 62^[99] on the *Billboard Hot 100* chart and number 24^[100] on the Official [UK Singles Chart](#). It received an [Oscar](#) nomination for Best Original Song at the 87th Annual Academy Awards. In 2016, the twins briefly appeared on *Take My Wife*, starring [Cameron Esposito](#) and [River Butcher](#), through a particular YouTube-released holiday segment.

In September 2017, Tegan appeared as a guest on Esposito's podcast *Queery*. In October 2017, Sara was a guest on the show. In October 2019, both sisters appeared together on the podcast.

In 2020, their song "Make You Mine This Season" was featured in the film *Happiest Season*, starring [Kristen Stewart](#) and [Mackenzie Davis](#). Clea DuVall, a friend of the duo, directed the film.^[101]

In January 2026, Tegan was announced as a panelist on the 25th edition of the [CBC](#) book competition *Canada Reads*, championing *The Cure for Drowning*, written by [Loghan Paylor](#), a historical fiction book focused on queer Canadian characters.^[102] In April, Tegan went on to win *Canada Reads 2026*.^[103]

Filmography [edit]

Film [edit]

Year	Title	Role	Notes	Ref.
2006	<i>It's Not Fun, Don't Do It!</i>	Themselves	Video album	[104]
2007	<i>The Con: The Movie</i>			[105]
2011	<i>Get Along</i>		Documentary/concert film	[106]
2024	<i>Fanatical: The Catfishing of Tegan and Sara</i>		Documentary film	[107]

Television [edit]

Year	Title	Role	Notes	Ref.
2006	<i>The L Word</i>	Themselves	Episode: "Last Dance"	[108]
2012	<i>90210</i>		Episode: "The Things We Do for Love"	[109]
2013	<i>MTVU Woodie Awards</i>	Co-hosts	Television special	[110]
2016	<i>Comedy Bang! Bang!</i>	Themselves	Episode: "Tegan and Sara Wear Leather Jackets and Skinny Jeans"	
2022	<i>High School</i>	None	Executive producers	
2023	<i>The Marvelous Mrs. Maisel</i>	Special Performance	Episode: "Four Minutes"	
	<i>Canada's Drag Race</i>	Themselves	Season 4 , episode 1 - Guest judges	

Band members [edit]

- Tegan Quin – vocals, guitar, keyboards
- Sara Quin – vocals, guitar, keyboards

Backing musicians [edit]

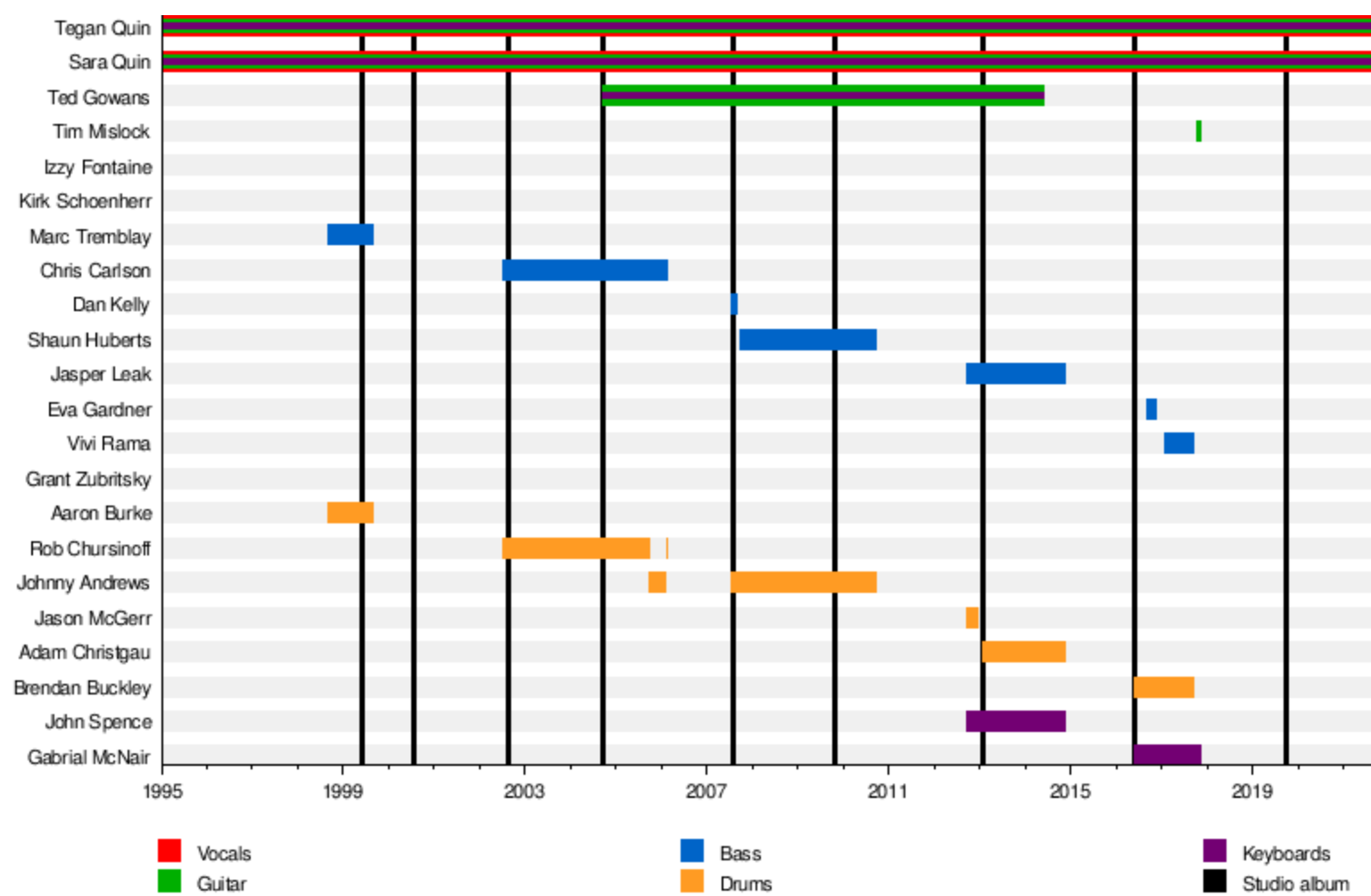
- Adam Christgau – drums (2013–2014, 2022–present)
- Kirk Schoenherr – guitar (2023–present)
- Grant Zubritsky – bass, keyboards (2023–present)

Former backing musicians [edit]

- Aaron Burke – drums (1998–1999)
- Marc Tremblay – bass (1998–1999)

- Chris Carlson – bass (2002–2006)
- Rob Chursinoff – drums (2002–2006)
- Ted Gowans – guitar, keyboards (2004–2014)
- Johnny Andrews – drums (2005–2010)
- Dan Kelly – bass (2007)
- [Shaun Huberts](#) – bass (2007–2010)
- [Jason McGerr](#) – drums (2012)
- Jasper Leak – bass, keyboard bass (2012–2014)
- John Spence – keyboards (2012–2014)
- [Eva Gardner](#) – bass (2016)
- Brendan Buckley – drums (2016–2017)
- Vivi Rama – bass (2017)
- [Gabrial McNair](#) – keyboards (2016–2017)
- Tim Mislock – guitar (2017)
- Isaac Bolivar – guitar, keyboards (2022)

Timeline [\[edit \]](#)



Discography [\[edit \]](#)

Main article: [Tegan and Sara discography](#)

- *Under Feet Like Ours* (1999)

- *This Business of Art* (2000)
- *If It Was You* (2002)
- *So Jealous* (2004)
- *The Con* (2007)
- *Sainthood* (2009)
- *Heartthrob* (2013)
- *Love You to Death* (2016)
- *Hey, I'm Just Like You* (2019)
- *Crybaby* (2022)

Awards and nominations [[edit](#)]

Tegan and Sara were honoured with the Governor General's Performing Arts Award, 2018.^[111]

Year	Award	Category	Nominated work	Result	Ref.	
2000	YTV Achievement Award	Band/Musical Group Achievement Award	Tegan and Sara	Won		
2003	Western Canadian Music Awards	Outstanding Pop Recording	<i>If It Was You</i>	Won		
2006	Juno Awards	Alternative Album of the Year	<i>So Jealous</i>	Nominated		
2007		Music DVD of the Year	<i>It's Not Fun Don't Do It</i>	Nominated		
2008		Alternative Album of the Year	<i>The Con</i>	Nominated		
		Polaris Music Prize		Polaris Music Prize Longlist		Nominated
		MVPA Awards		Best Alternative Video		Nominated
2009	Studio8	Song of August 2009		Won		
2010	Juno Awards	Alternative Album of the Year	<i>Sainthood</i>	Nominated		
	Polaris Music Prize	Polaris Music Prize Shortlist		Nominated		
		Western Canadian Music Awards	International Achievement Award	Tegan and Sara		Won
2011	Indie Awards	Group or Duo of the Year	Nominated			
2012	Juno Awards	Music DVD of the Year	<i>Get Along</i>	Nominated		
2013	Grammy Awards	Best Long Form Music Video		Nominated	^[112]	
	MTVU Woodie Awards	Tag Team Woodie	"Body Work"	Nominated		
		NewNowNext Awards	That's My Jam	"Closer"	Nominated	

	Canadian Radio Music Award	Best New Group - Dance/Urban/Rhythmic		Won	
	MuchMusic Video Awards	International Video of the Year by a Canadian		Nominated	
	Polaris Music Prize	2013 Polaris Music Prize Shortlist	<i>Heartthrob</i>	Nominated	
	MTV Europe Music Awards	Best Canadian Act	Tegan and Sara	Nominated	
	Rober Awards Music Poll	Guilty Pleasure		Won	
2014	World Music Awards	World's Best Group		Nominated	
		World's Best Live Act		Nominated	
		World's Best Song	"I Was a Fool"	Nominated	
	GLAAD Media Awards	Outstanding Music Artist	Tegan and Sara	Won	[113]
	Juno Awards	Group of the Year		Won	
		Songwriter of the Year		Nominated	
		Pop Album of the Year		Won	
		Single of the Year		Won	
	Canadian Radio Music Awards	Best New Group/Solo Artist - Mainstream AC	Tegan and Sara	Won	
		Fans' Choice		Nominated	
		SOCAN Song of the Year	"Closer"	Nominated	
	MuchMusic Video Awards	Pop Video of the Year	"Goodbye, Goodbye"	Nominated	
2016	BDSCertified Spin Awards	"Feel It in My Bones" (with Tiësto)	50,000 Spins	Won	
	Rober Awards Music Poll	Guilty Pleasure	Tegan and Sara	Nominated	
2017	NME Awards	Best International Band		Nominated	
	Juno Awards	Group of the Year		Nominated	[114]
		Songwriter of the Year		Nominated	
		Pop Album of the Year	<i>Love You to Death</i>	Nominated	
	GLAAD Media Awards	Outstanding Music Artist	Tegan and Sara	Won	
	British LGBT Awards	Best Music Act		Nominated	

2018				Nominated	
	Governor General's Awards	Performing Arts Award		Won	
	NYCLU	2018 Liberty Award		Won	[115]
2020	NME Awards	Best Music Book	<i>High School</i>	Nominated	[116]
	Queerty Awards	Memorable Memoir		Nominated	[117]
	Alex Awards	Top 10 Best Adult Books		Won	[118]
	GLAAD Media Awards	Outstanding Music Artist	<i>Hey, I'm Just Like You</i>	Nominated	[119]
2024	Juno Awards of 2024	Juno Humanitarian Award	<i>Tegan and Sara</i>	Won	[44]
	Polaris Music Prize	Slaight Family Polaris Heritage Prize, Public Vote	<i>So Jealous</i>	Won	[120]

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- Junior High* (2023)
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See also [edit]

- List of Canadian bands

Music portal

Canada portal

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