



TEENAGERS AND WORK

The Facts of the Matter

50 percent of all students in high school have a paying job. The number of working hours per week has been increasing among adolescents since the late 1980's. By 1998, boys averaged 1.9 hours a day, girls, 0.7 hours a day.

According to researcher Sandra Franke: "More and more students consider paid work as part of their lifestyle and not just one of their activities."

In most cases, teenagers are working because they want to be able to buy things like clothes and tech devices, and/or feel independent and/or gain workplace experience. Only a small percentage feel they work out of necessity, or to help parents pay the bills.

The benefits of working:

- Boys who work reasonable hours are happier with their lives. In general, their marks do not suffer.
- Girls who work reasonable hours actually perform better at school than girls who don't have a job.
- Both boys and girls who work watch less TV than their non-working counterparts.

The dangers of working:

- Teens working more than 15-20 hours a week can suffer from stress; they may miss school days and spend less time on homework, so their schoolwork can suffer;
- Girls who work, in general, regret the time they lose socializing with friends;
- Both boys and girls lose out on sleep when they work, getting about 1.5 fewer hours a night of sleep than kids who do not have paid work;
- Girls who work tend to eliminate sports from their lives.

IF YOU SENSE THAT WORK IS INTERFERING WITH YOUR TEEN'S SCHOOL WORK OR HEALTH, TALK TO HIM OR HER. SOME TEENS MAY FEEL THAT THEY HAVE TO TAKE ALL THE OVERTIME OFFERED, OR ELSE LOSE THEIR JOB.

With input from *Studying and Working, The Busy Lives of Students With Paid Employment*, Sandra Franke. Statistics Canada Publication. 2001

