

Is your Teen ready for a part-time job?

Did you have a part-time job growing up? In the past, having a part-time job was a staple of nearly every teens schedule. Every teen can benefit from working a job in high school, or as early as they are legally allowed to have one. Even before that, having assigned chores around the house, babysitting, dog walking and tutoring younger children are all great ways to establish work ethic from a young age. As a teenager, looking for your first job can feel like a difficult task. Finding a job is hard to begin with for anyone. So, if your teen wants to pursue a job opportunity, you will want to help prepare them for this next big milestone. Today we are going to look at some of the pros and cons of teens getting their first job.

How your teen can benefit from a part-time job:

- 1) **Perspective:** Interaction with people they would not normally be around is a great eye-opener to the world around them and offers a wider perspective on life.
- 2) **Self-esteem:** they will have the opportunity to feel empowered, accomplished and help guide them to gently pull away from their caregivers and ease into adulthood.
- 3) **Life skills:** Working a part-time job will teach them important life skills (i.e., learning to solve difficult problems), give them work experience (i.e., gives them a start to their resume), provide networking opportunities to possible work in the future and by going to work on a regular basis, your teen will learn time management skills and responsibility.
- 4) **Appreciation:** Having their own money will help give them more appreciation of the value of money. Being responsible for their personal finances such as phone, clothing etc.... will teach them to budget and plan for their future finances.

Drawbacks for Teens working part-time:

- 1) **Pressure:** attending high school, and the added pressure from working can cause a lot of stress and some teens may find it hard to cope with. Working a part-time job can cause additional drain on their energy and concentration level.
- 2) **School:** research shows that Teens are more likely to be absent from school and declining grades when they begin to work over 20 hours per week. Studies also show an increase in drug and alcohol use linked to working over 20 hours per week as well.
- 3) **Inexperience:** Being naïve and inexperienced leaves them open to being unfairly treated and exploited by employers.

Ways to support your Teen:

- 1) **Trial basis:** If your teen is already stressed and struggling with school, suggesting a trial basis is a good way to evaluate if they are ready for a part-time job.
- 2) **Discuss:** It is important to sit with your teen and discuss the positive and negative that a job can bring. (some teens only see the \$ signs and have not put a lot of thought into what a job consists of.
- 3) **Wisdom:** Words of wisdom for teens who are already overwhelmed by their responsibilities.
- 4) **Look Out:** It is our responsibility to look out for our kids; to ensure that their terms of employment are fair, and they understand they should be treated with respect. Teens need to be able to know the difference between someone being their boss and being taken advantage of. It is also important that they are aware that respect is earned and should be reciprocated.

5) Be Supportive: Check in with your teen and give them a shoulder to cry on if they need it. Even if they come home complaining that they are tired, or how hard it is to work. As caregivers you may want to roll your eyes or tell them that they have no idea how hard life or work can be. Just remember that this is their first step towards adulthood, and it can feel super tough to them. Give them a shoulder to lean on; this will provide invaluable support.

Article Resource: The Pros & Cons of Teens Getting Jobs (www.teenlife.com)

Between Families Newsletter
Training Questions
Is Your Teen Ready for a Part-time Job?
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PLEASE COMPLETE THE FOLLOWING QUESTIONNAIRE FOR ½ HOUR CREDIT.

Questions:

1. Having assigned chores around the house, babysitting, dog walking and tutoring younger children are all great ways to establish work ethic.

- a. True
- b. False

2. by going to work on a regular basis, your teen will learn _____ management skills and _____.

3. List 2 ways your teen can benefit from working a part-time job.

4. List 2 examples of personal finances teens can be responsible for.

5. List 2 drawbacks to teens working part-time.

6. Working a part-time job does not cause additional drain on their energy and concentration level.

- a. True
- b. False

7. Teens are more likely to be absent from school, have declining grades when they begin to work over _____ hours per week.

8. It is important that teens are aware that respect is _____ and should be _____.

9. List 2 ways Caregiver can support Teens working part-time.

10. It is important to sit with your teen and discuss the positive and negative that a job can bring.

- a. True
- b. False