

## Grade 9

## Finding a Job

### Family Newsletter

#### Teens Working

**Roads to Success** is a new program designed to help middle and high school students prepare for their futures. This newsletter will keep you posted on what we're doing in school, and how families can follow through at home.

To find out more, visit [www.roadstosuccess.org](http://www.roadstosuccess.org)

#### Did you know?

In a study of teens working from 2003 - 2008:

- Working decreases the amount of time students spend on homework and extracurricular activities but also decreases the amount of time spent on the computer or in front of the TV.
- Students who work get good sleep on school days but suffer with less sleep on non-school days.

Is your son or daughter thinking about a part-time or summer job? Here are some things to consider:

#### The Good

Working can help young people feel responsible and independent. They can gain skills that will be useful as they move up in the world: problem-solving, punctuality, pride in a job well done. If students do good work, employers can provide references when they move on to college or full-time jobs. Earning money can also give teens experience with budgeting and prioritizing wants and needs.

#### The Bad

Balancing work, friendships, school and family can be stressful. Students who work long hours (more than 15 or 20 hours a week) get poorer grades than those who work fewer hours.

#### Health and Safety

U.S. law limits the kinds of job students can hold and the hours students can work —



no more than 3 hours on a school day or 18 hours during a school week for students 14 and 15.

Talk to your teens about ways to deal with unsafe work situations. (See Resources for help.)

#### Ways to Help

Attitude is everything! Here are some ideas for coaching your teen through tough work assignments:

1. Your effort is valuable.
2. You are learning work

skills you can use later in other jobs.

3. Knowing the kinds of work you like (or don't like) will guide your future career choices.

Set limits and expectations about school performance and hours worked. Your teen may not know how to turn down longer hours or juggle all his responsibilities. Watch for slipping grades, fatigue, or stress.

Help your student manage her money so she'll have something to show for her efforts. Reach an agreement on how much to spend and how much to save.

#### Resources:

[www.youthrules.dol.gov](http://www.youthrules.dol.gov)  
[www.osha.gov/SLTC/teenworkers](http://www.osha.gov/SLTC/teenworkers)

#### Grade by Grade: Getting a Job

Knowing how to get the job of your dreams is nearly as important as having the skills to do the job well.

In Grade 9, Roads to Success devotes an entire unit to teen jobs: who's hiring, filling out applications, and rights

and responsibilities at work.

Teens looking for jobs can choose whether to work for a boss (retail stores, restaurants, summer camp) or themselves (babysitting, yard work). We'll be talking about both.

Should teens work? It depends on the teen. "You're only a kid once," some people say. "There's plenty of time for work later on." But for some teens, the joy of a first paycheck and the chance to make their way in the adult world is worth the effort.