



WORKING AS A TEEN : RISKS AND BENEFITS

Direction de santé publique de la Montérégie

Data presented in this document pertains to high school students from grade 7 to 11 in the Montérégie. It was compiled from the cycle 2 section of the Québec Health Survey of High School Students (QHSST), carried out by the Institut de la statistique du Québec in 2016-2017. Click [here](#) to learn more about this survey.

How many teens work during the school year?

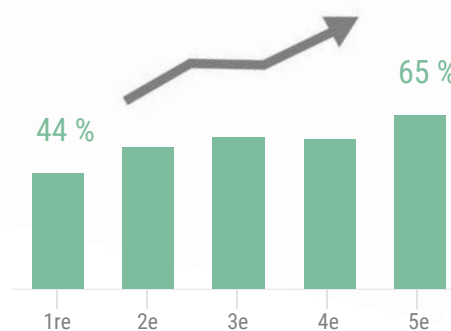
50 %



59 %



54 % of teens



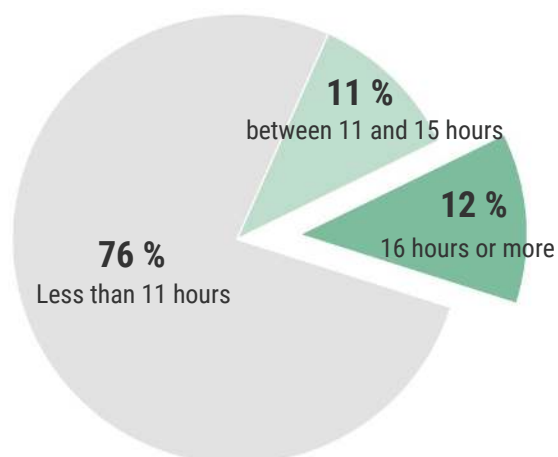
The older they get, the more likely they are to work

Work, yes... But school must still be the priority!

In a balanced schedule, time devoted to work allows teens to develop their skills, a sense of responsibility and independence. However, working too many hours can negatively affect sleep quantity, stress levels and persistence in school.

Although more girls work than boys, more boys work longer hours.

Number of hours spent working



Among teens who work

14 %



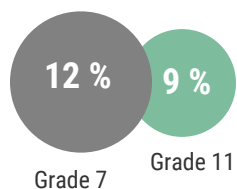
10 %



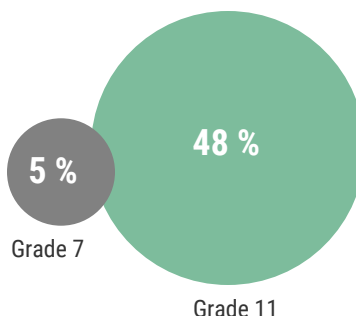
dedicate **16 hours or more** per week to their work

What type of work do they do?

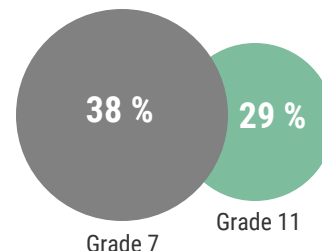
13 %
Work for the **family business**



22 %
Work for an **employer**



36 %
Do **paid odd jobs**
(mow a neighbour's lawn, babysit, help with homework, etc.)



What about safety in all of this...

Regardless of the type of work, all jobs have risks. That is why all employers are obligated to provide their employees with instructions or training about safety or work-related dangers in order to avoid injuries.



28 %

of those who work for the family business or an employer
have not received or do not feel they have received safety instructions

Too many teens are injured while working



20 % of those who work for the family business or an employer were injured at work, or 4,100 teens

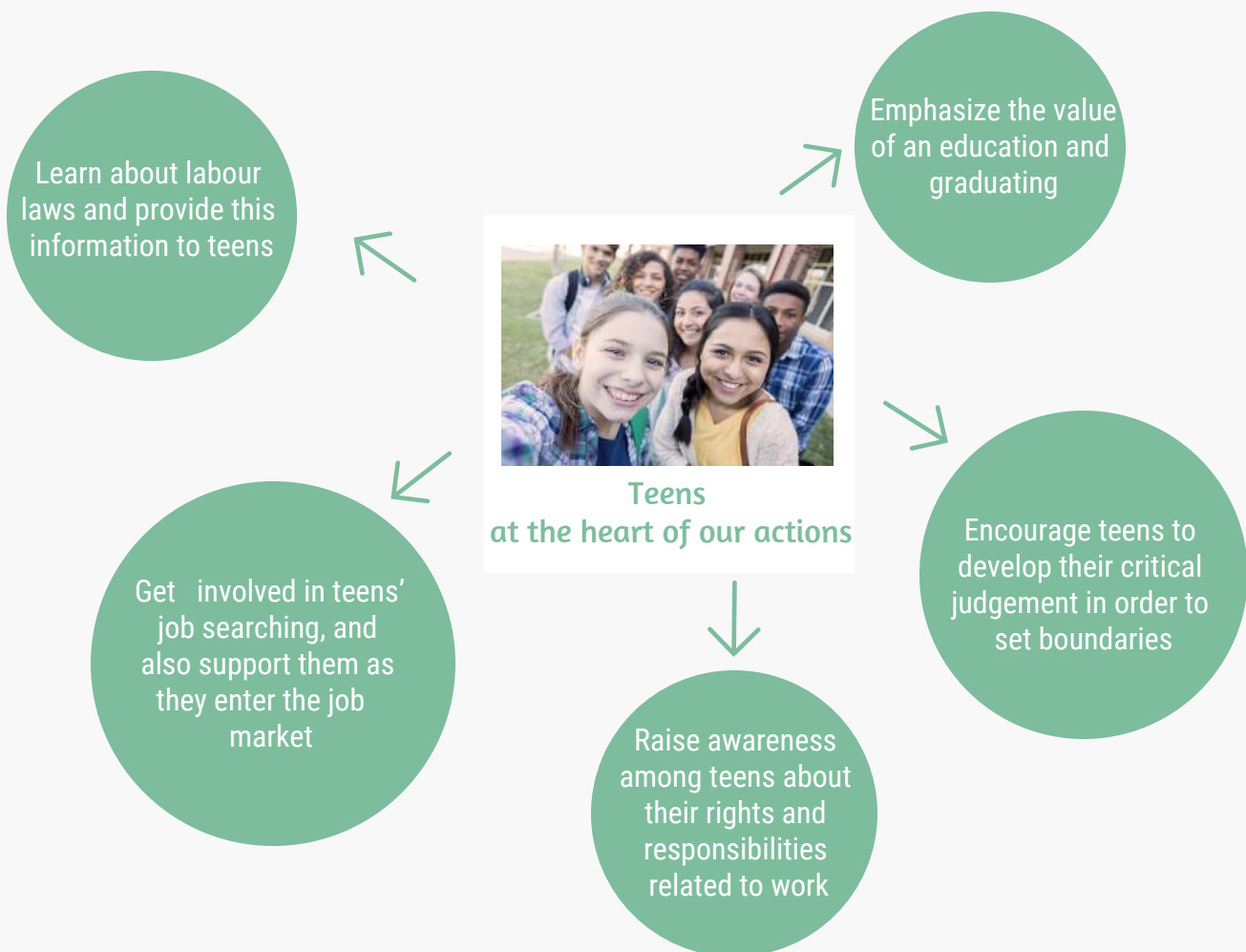
10 % of those who did odd jobs were injured at work, or 2 400 teens

Reminder

Work plays an important role in teens' lives, particularly towards the end of high school. While work is associated with many benefits, working long hours can also have negative impacts on health and persistence in school.

The type of work done by teens can vary throughout their academic career, but all work has its risks. Too many teens are injured each year, which is why it is important to inform them about risks related to their work.

What can the **FAMILY, SCHOOL** and **COMMUNITY** do?



For more examples for parents, consult the Tool kit section on the enmodeado.ca website.

For data by territory (only available in french), click [here](#).

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GLOSSARY

Injury

Teens injured at work.

Safety guidelines

Workers who have received or who feel they have received guidelines (oral or written) or training on safety or work-related dangers to avoid injuries.

High school grades

Grade 7 to 11.

Workers

Students who have worked, with or without a salary, during the school year.

Type of work

Family business : family farm or convenience store, clinic, home office, etc.

Employer : shops, restaurants, municipal sports and recreation department, etc.

Paid odd jobs : babysitting, mowing a neighbour's lawn, helping with homework, etc.

* Data to be interpreted with caution.

>< Significantly higher or lower than the value presented for comparison.
