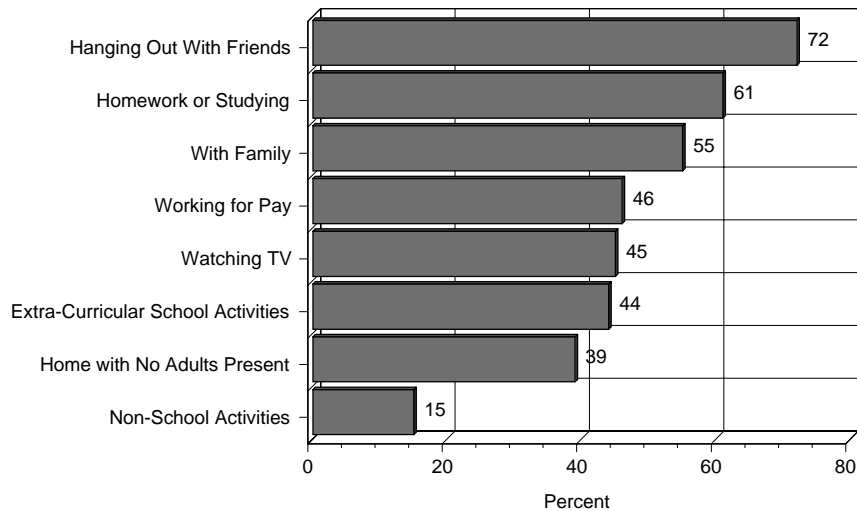

CHAPTER 8

Student Time Use

This chapter is comprised of a series of charts showing how local youth spend their time outside of school. The charts allow for easy comparisons between the different ways local youth spend their time by illustrating the average number of hours per week youth spend on each activity.

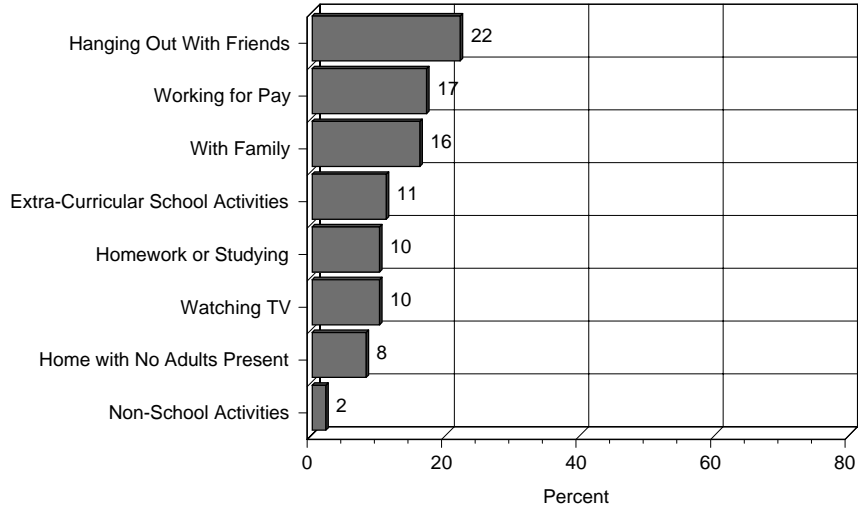
Figure 8-1 shows the overall percentages of those students who spend five or more hours a week doing a particular activity; Figure 8-2 shows those who spend 16 or more hours a week in the same activity. Figure 8-3 shows the levels for five or more hours a week spent on activities by gender, and Figure 8-4 shows 16 or more hours by gender.

Figure 8-1: How Teens Spend Their Time
(5 or More Hours a Week, Total)



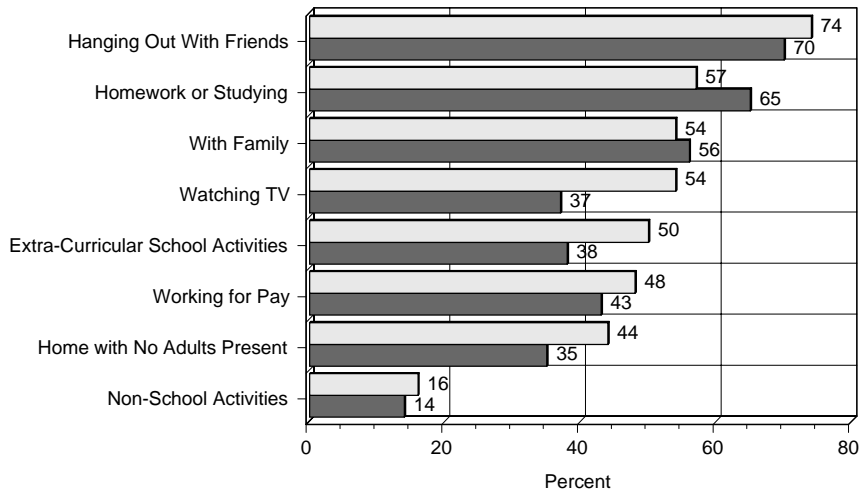
Number Responding:
Ranges from 640-645

Figure 8-2: How Teens Spend Their Time
(16 or More Hours a Week, Total)



Number Responding:
Ranges from 640-645

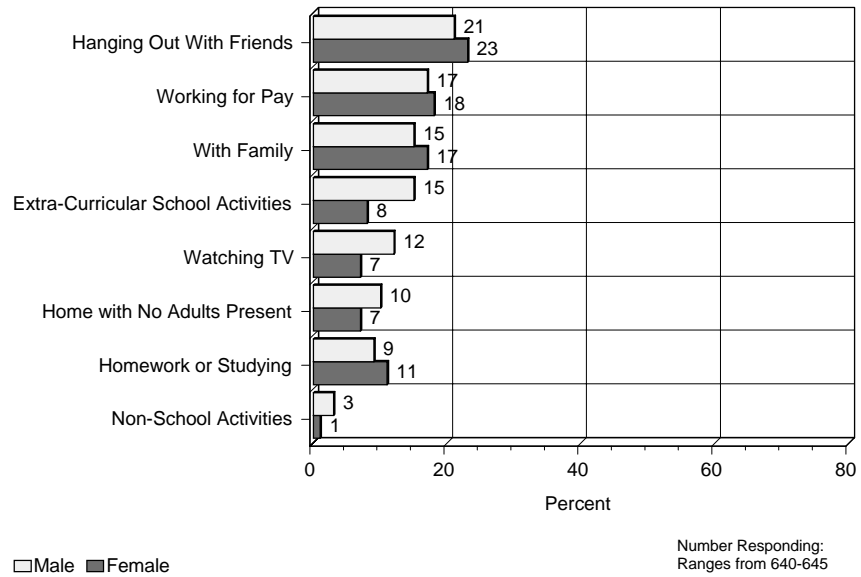
Figure 8-3: How Teens Spend Their Time
(5 or More Hours a Week, by Gender)



□ Male ■ Female

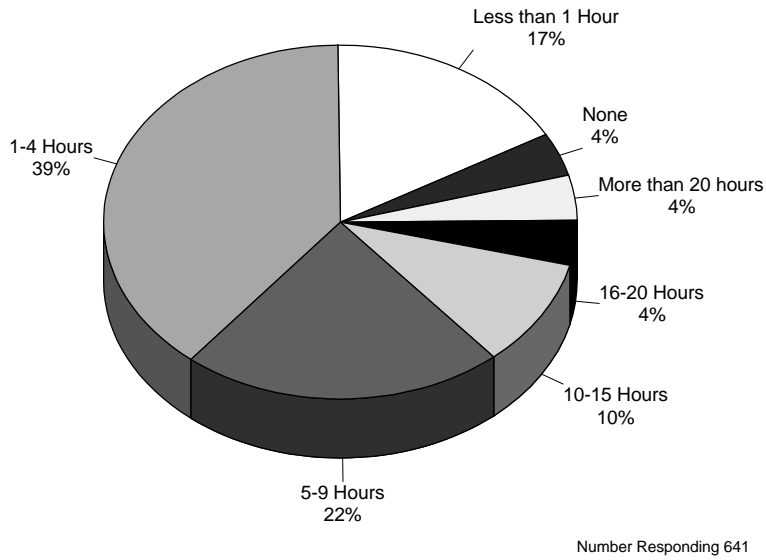
Number Responding:
Ranges from 640-645

Figure 8-4: How Teens Spend Their Time
 (16 or More Hours a Week, by Gender)



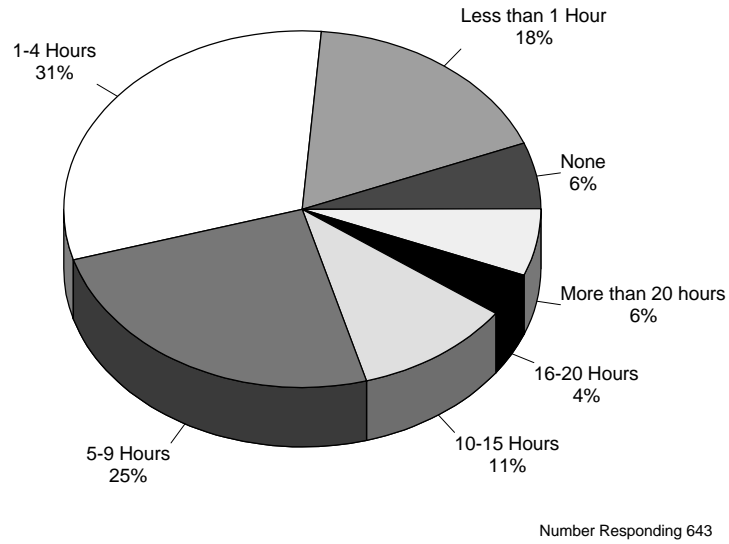
At Home With No Adults Present. Figure 8-5 shows 40% of all students spend five or more hours a week at home with no adults present. Eighteen percent (18%) of teens spend ten or more hours at home with no adults present, including 4% who spend 20 or more hours per week at home without supervision.

Figure 8-5: At Home Alone with No Adults Present
(Number of Hours per Week)



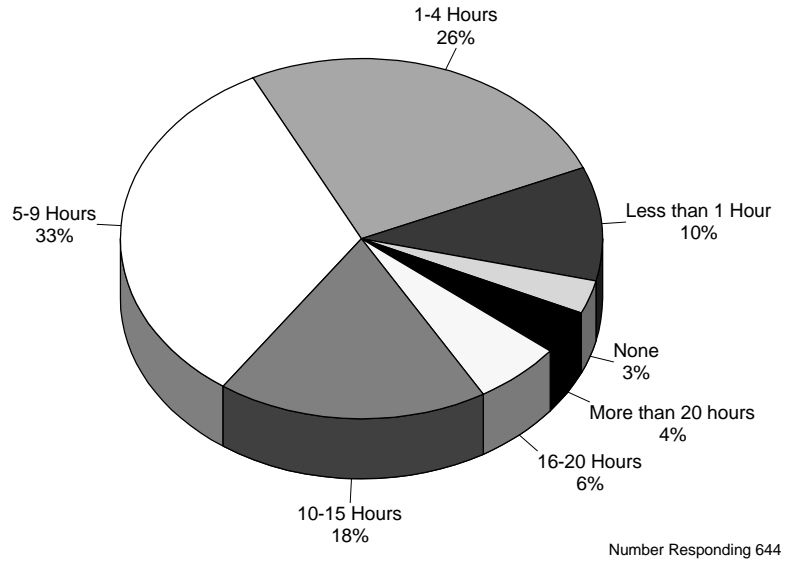
Watching TV. Figure 8-6 shows almost half (46%) of students spend five or more hours a week watching TV, including 21% who watch 10 or more hours and 6% who watch more than 20 hours.

Figure 8-6: Watching TV
(Number of Hours per Week)



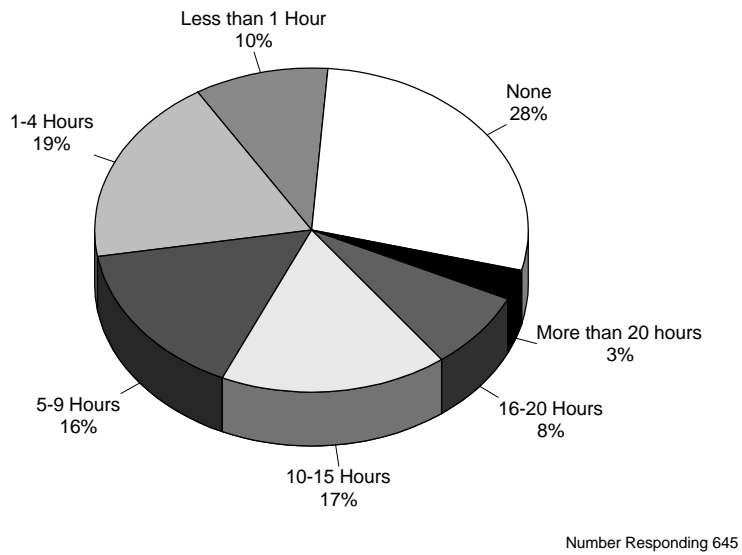
Doing Homework or Studying. Figure 8-7 shows 10% of students spend less than one hour studying each week. In contrast, 61% of students spend five or more hours a week studying, and 10% spend 16 or more hours a week studying. At the five or more hours a week level, female students spend more time studying than males do (males, 57%; and females, 65%).

Figure 8-7: Doing Homework or Studying
(Number of Hours per Week)



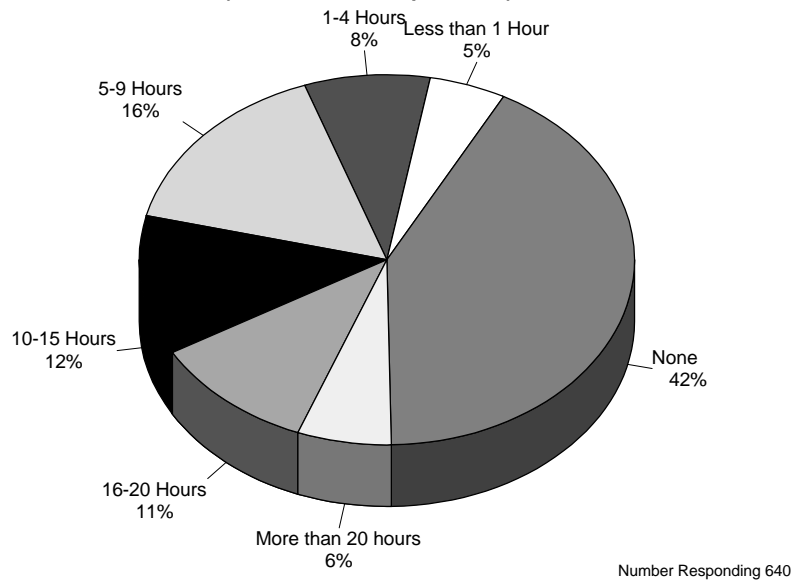
Extra-Curricular School Activities. Figure 8-8 shows many students (72%) spend time in extra-curricular school activities (such as sports, band, clubs, yearbook, etc.), with 44% spending five or more hours a week in these activities. The chart shows students demonstrate varying degrees of commitment to extra-curricular school activities. More males than females are involved in extra-curricular school activities (males, 50%; and females, 38%).

Figure 8-8: Extra-Curricular School Activities
(Number of Hours per Week)

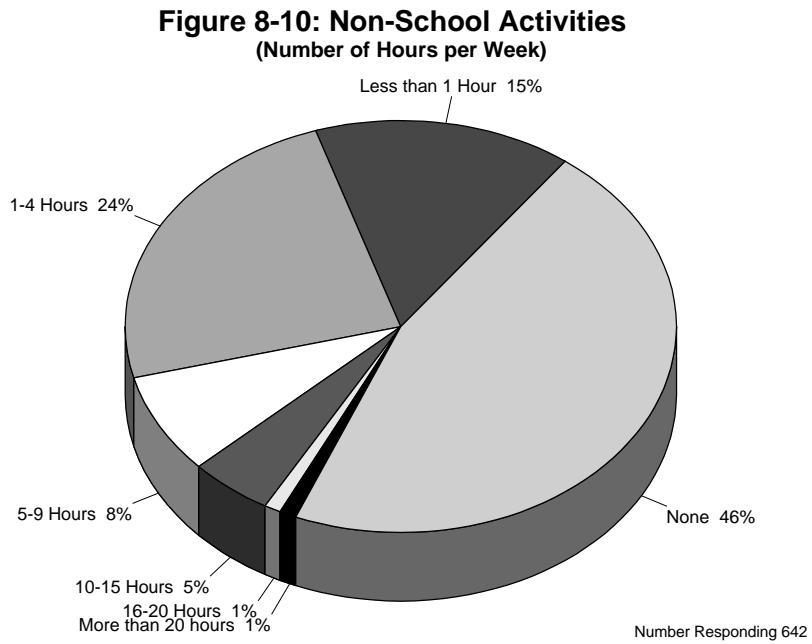


Working at a Job For Pay. Figure 8-9 shows many teens work during non-school hours. Fifty-three percent (53%) of students work at a job for pay at least one hour per week. Forty-five percent (45%) work five or more hours a week, and 17% work 16 hours or more per week at a job for pay. There is little difference between males and females. The survey found that as students get older, they are more likely to work and to work more hours each week. Having a part-time job can provide teens with a number of beneficial experiences including opportunities to develop responsibility and self-reliance. They also learn to deal more effectively with others and acquire knowledge about business and consumer matters. However, working more than 15-20 hours per week may entail costs. Working too many hours can diminish involvement in school activities and is associated with increased absenteeism, decline in school performance, higher levels of emotional distress, substance use and earlier age of sexual activity (Greenberger and Steinberg, 1986; Resnick et al., 1997).

Figure 8-9: Working at a Job for Pay
(Number of Hours per Week)

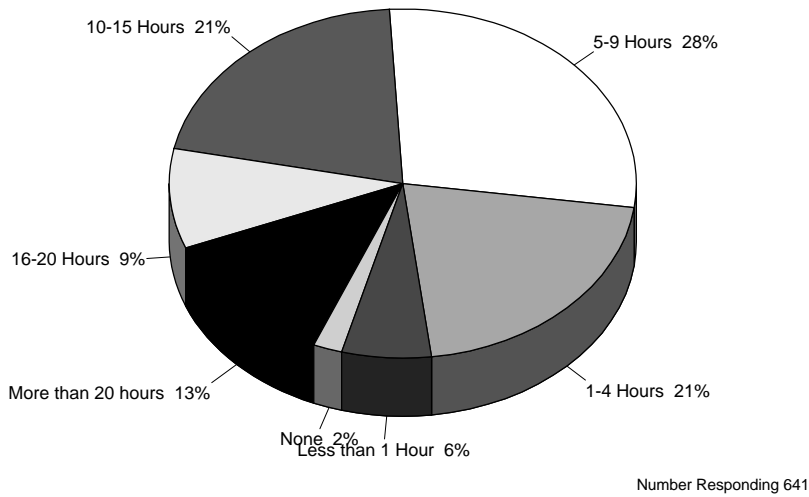


Non-School Activities. Teens were asked how much time they spent in non-school activities, such as music or dance lessons, 4-H, scouts, recreation department activities, religious youth group meetings, etc. Figure 8-10 shows 54% spend some time during the week participating in some sort of non-school activity. TAP data show 15% of those surveyed report non-school activity at the five or more hours a week level (males, 16%; and females, 14%).



Hanging Out With Friends. Figure 8-11 shows 43% of local youth spend 10 or more hours every week with friends. At the 16 or more hours level, 21% of males and 23% of females spend time every week hanging out with friends.

Figure 8-11: Hanging Out With Friends
(Number of Hours per Week)



Spending Time With Family. Figure 8-12 shows how much time youth spend with their families per week. Twenty-eight percent (28%) spend at least 10 hours a week with their families.

Figure 8-12: Spending Time With Family
(Number of Hours per Week)

