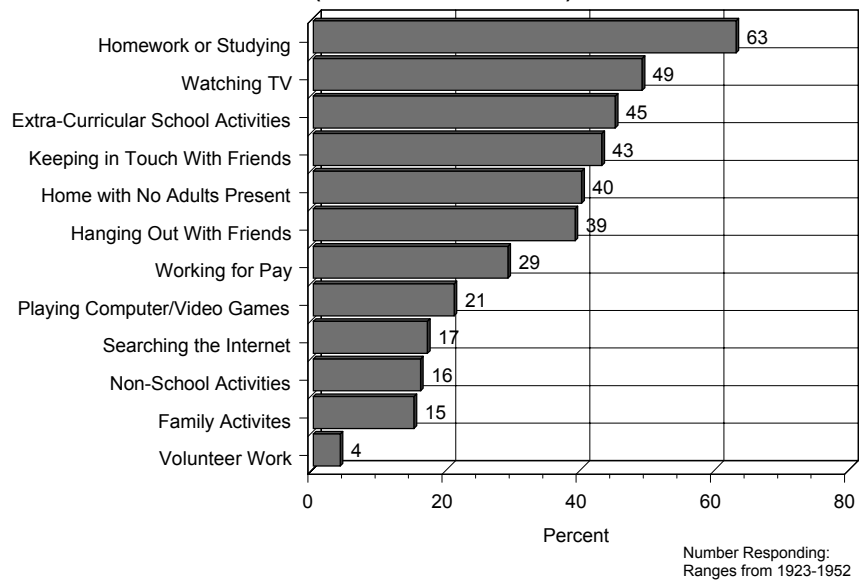

CHAPTER 8

Student Time Use

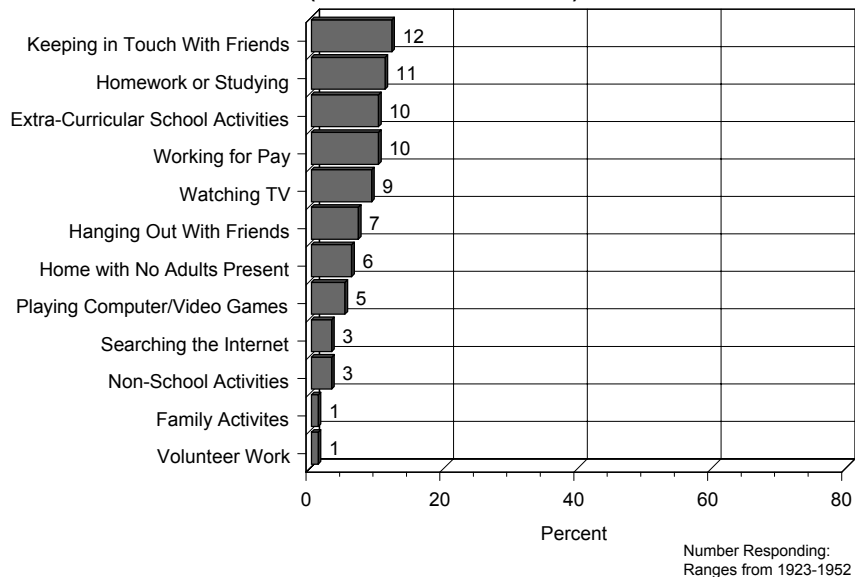
This chapter is comprised of a series of charts showing how local youth spend their time outside of school. The charts allow for easy comparisons between the different ways local youth spend their time by illustrating the average number of hours per week youth spend on each activity.

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 in the same activity. This is followed by a pair of charts showing the differences between middle school and high school youth for those activities; Figure 8-3 shows the levels for five or more hours and Figure 8-4 shows 16 or more hours. Finally there is a pair of charts to show the differences on the basis of gender, with Figure 8-5 showing the rates for five or more hours involved in the activity, and Figure 8-6 showing the rates for 16 or more hours.

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



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



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

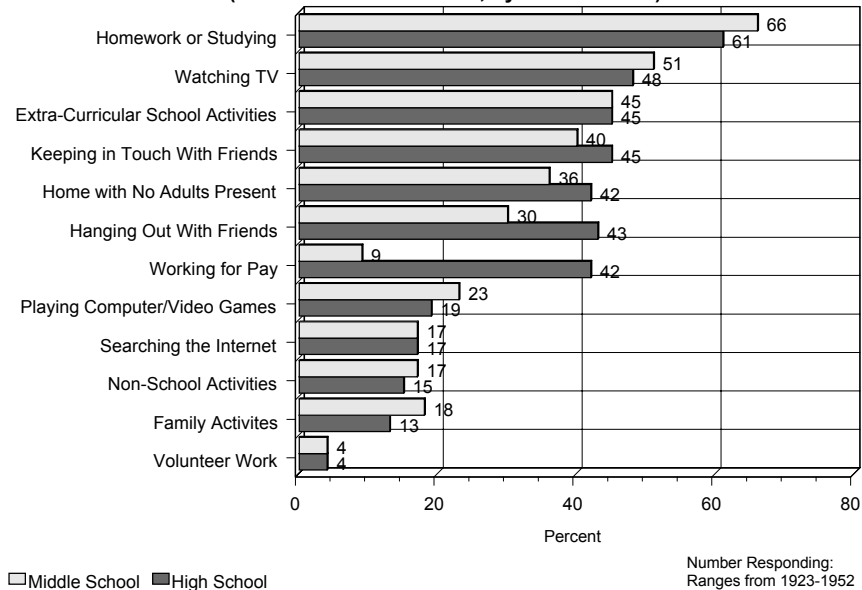


Figure 8-4: How Teens Spend Their Time
(16 or More Hours a Week, by School Level)

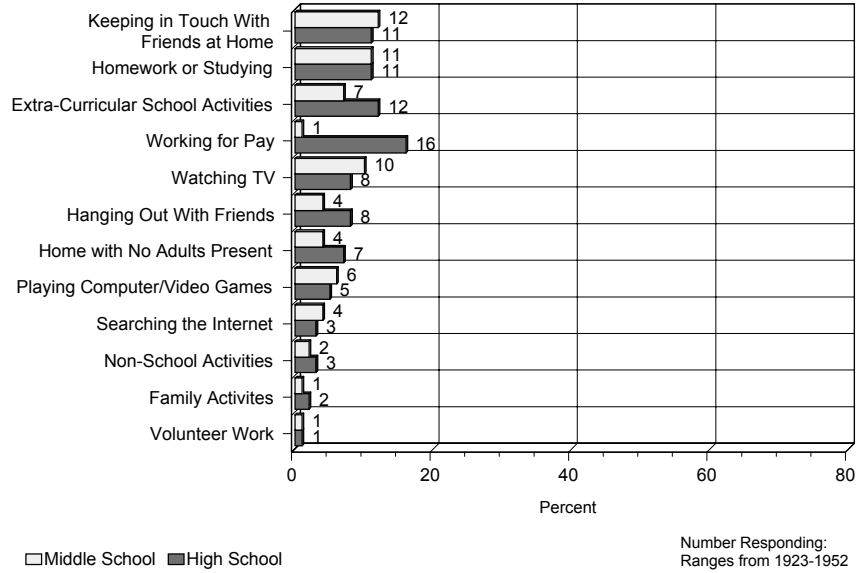
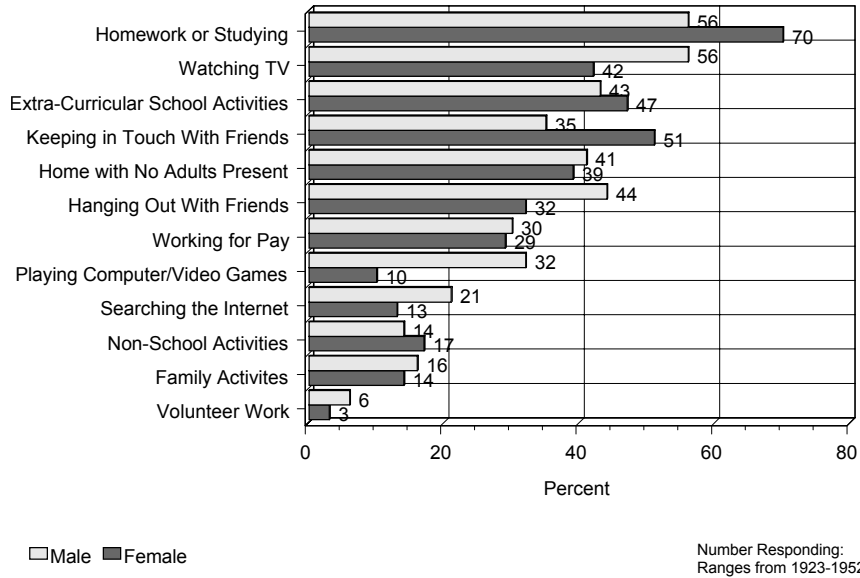
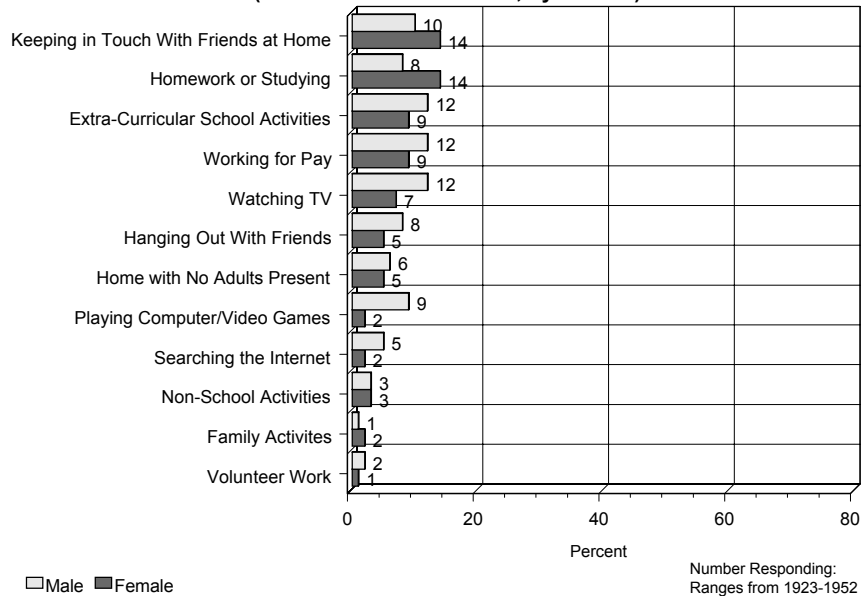


Figure 8-5: How Teens Spend Their Time
(5 or More Hours a Week, by Gender)

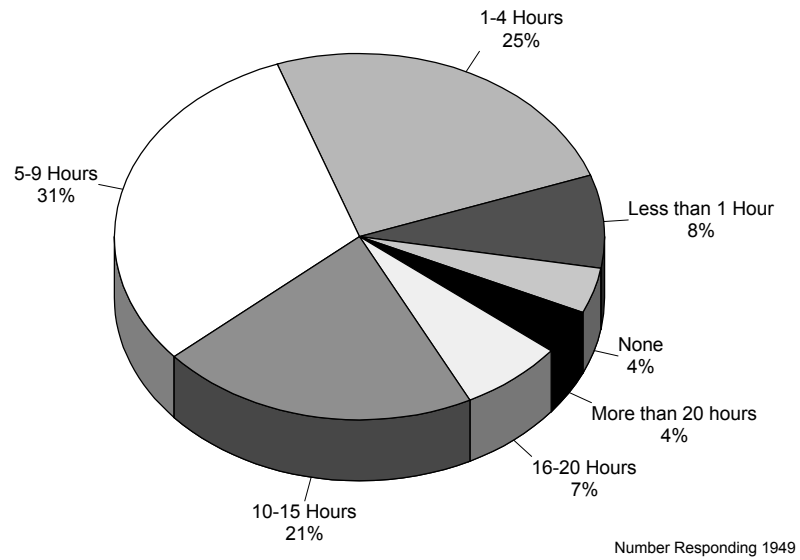


**Figure 8-6: How Teens Spend Their Time
(16 or More Hours a Week, by Gender)**

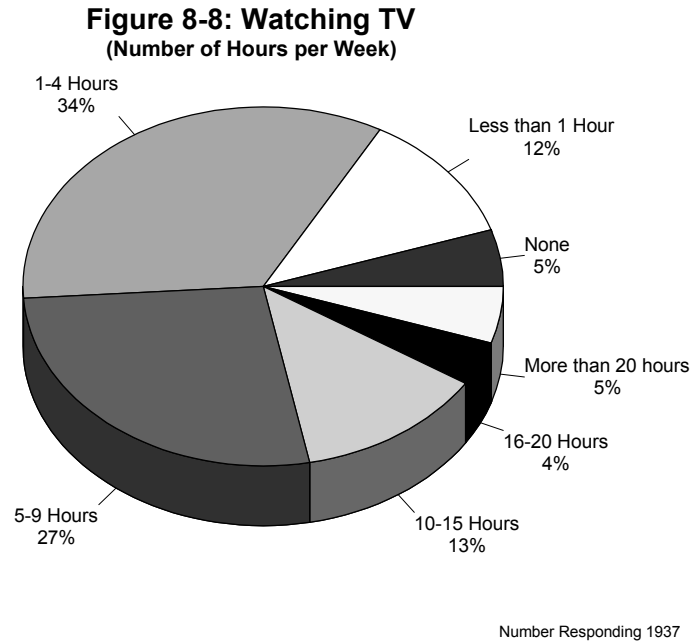


Doing Homework or Studying - Figure 8-7 shows 12% of students spend less than one hour studying each week. In contrast, 63% of students spend five or more hours a week studying, and 11% spend 16 or more hours a week studying. At the five or more hours a week level, female students spend more time studying than males do (females, 70%; males, 56%). More middle school students than high school students study at this rate (middle school, 66%; high school, 61%).

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

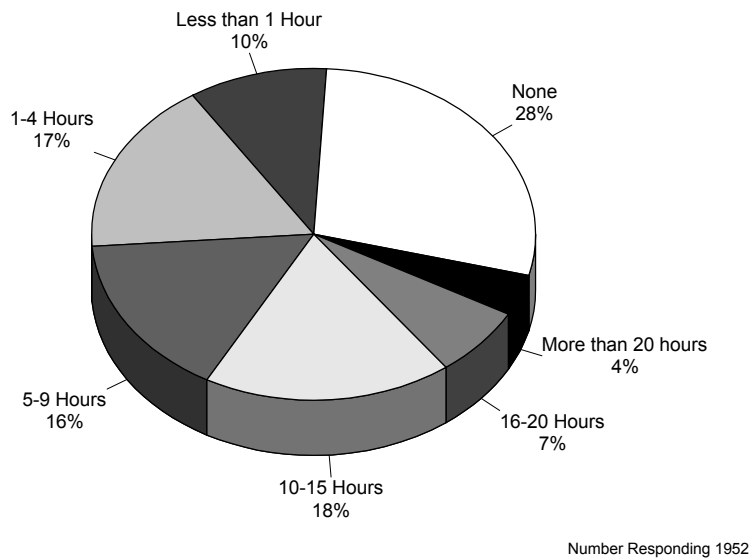


Watching TV - Figure 8-8 shows that almost half (49%) of students spend five or more hours a week watching TV, including 22% who watch 10 or more hours and 5% who watch more than 20 hours. Watching TV for five or more hours a week slightly decreases between middle school (51%) and high school (48%). In both middle school and high school, males have a higher rate than females for watching TV at the level of five or more hours a week (middle school males, 56%; middle school females, 45%; high school males, 56%; high school females, 41%).



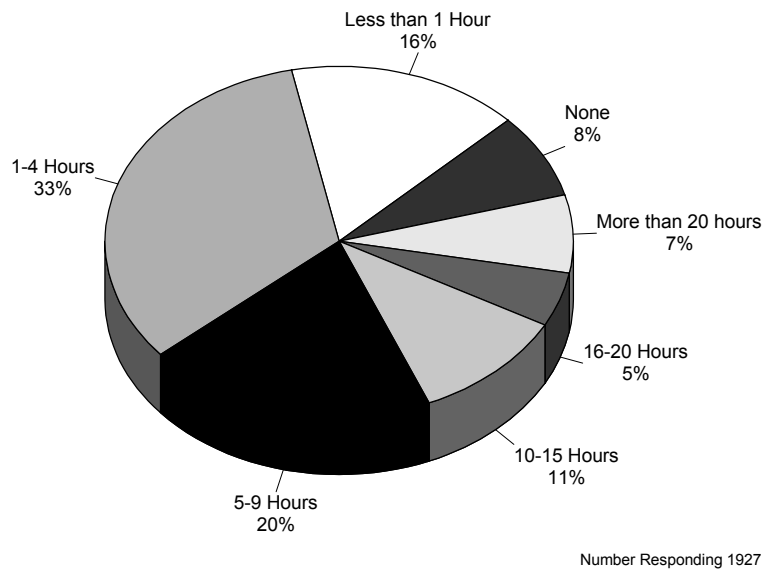
Extra-Curricular School Activities - Figure 8-9 shows many students (72%) spend time in extra-curricular school activities (such as sports, band, clubs, yearbook, etc.), with 45% spending five or more hours a week in these activities. The chart shows students demonstrate varying degrees of commitment to extra-curricular school activities. In both middle school and high school slightly more females than males spend five or more hours a week in extra-curricular school activities (middle school females, 46%; middle school males, 43%; high school females, 47%; high school males, 44%).

Figure 8-9: Extra Curricular School Activities
(Number of Hours per Week)



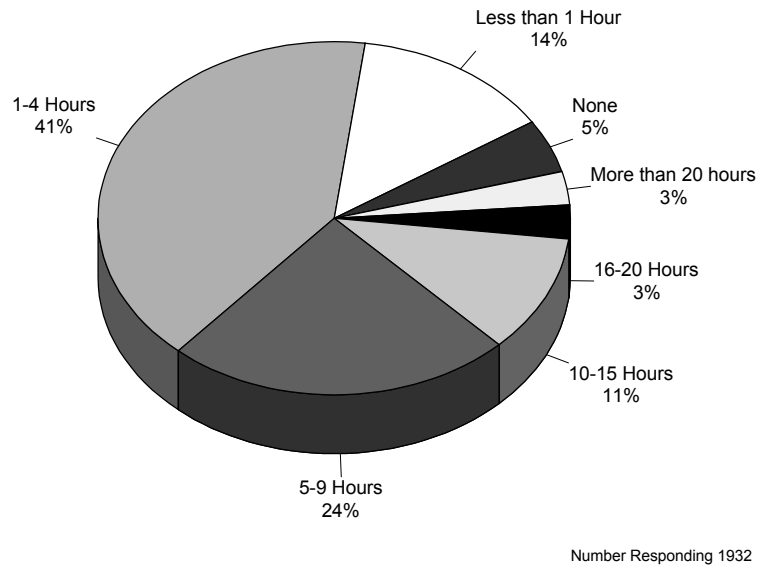
Keeping in Touch with Friends at Home - We asked students how much time per week they spent “*Being at my home with adults there and keeping in touch with my friends in person, by phone, or by e-mail.*” Of all those surveyed, 76% reported they spend one or more hours a week doing so. More high school students (45%) than middle school students (40%) spend five or more hours a week keeping in touch with friends at home. More females (51%) than males (35%) do so. Figure 8-10 shows 43% said they spend five or more hours a week keeping in touch with their friends while they are at home.

Figure 8-10: Keeping in Touch With Friends at Home
(Number of Hours per Week)



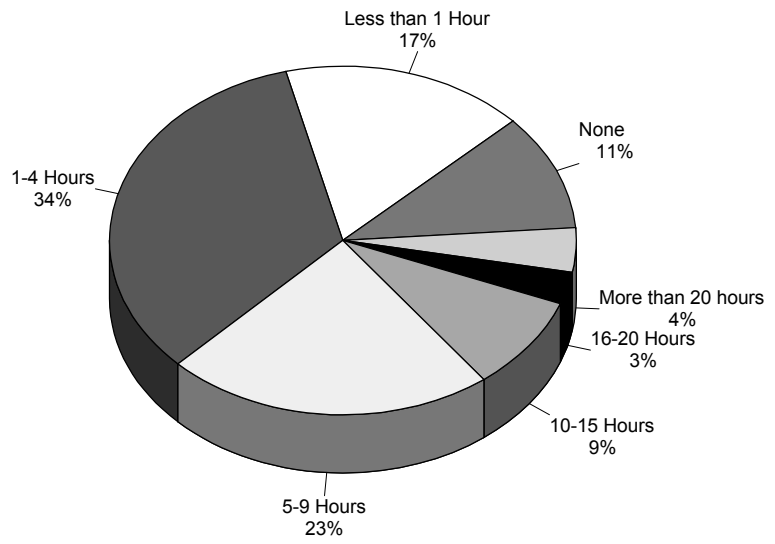
At Home With No Adults Present - Figure 8-11 shows 41% of all students spend five or more hours a week at home with no adults present. High school students are more likely to do so (high school, 42%; and middle school, 36%). Seventeen percent (17%) of teens spend ten or more hours at home with no adults present, including 6% who spend 16 or more hours per week at home without supervision.

Figure 8-11: At Home Alone with No Adults Present
(Number of Hours per Week)



“Hanging Out” With Friends - Figure 8-12 shows 39% of all students spend five or more hours per week “hanging out” with friends (here defined as “around town but not at my house.”). “Hanging out” may have many definitions such as being together at a shopping mall or at a park. The number of youth who spend five or more hours per week with friends increases from middle school (30%) to high school (43%). Males spend more time than females hanging out with their friends (males, 44%, and females, 32%) at the five or more hours level.

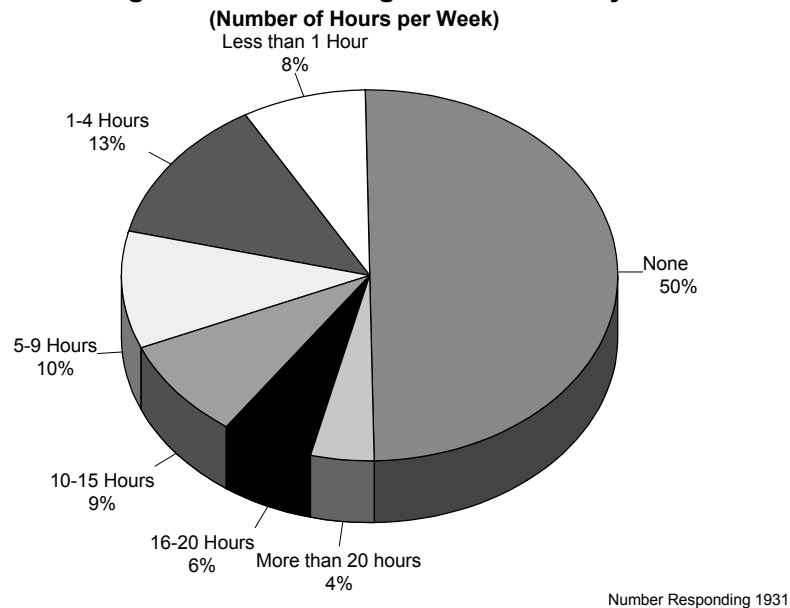
Figure 8-12: Hanging Out With Friends
(Number of Hours per Week)



Number Responding 1926

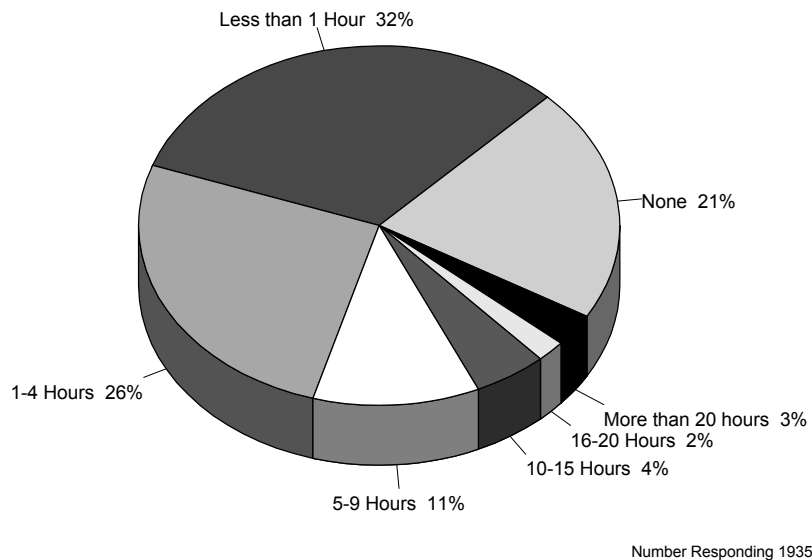
Working at a Job For Pay - Figure 8-13 shows many teens work during non-school hours. Forty-two percent (42%) of students work at a job for pay at least one hour per week. Twenty-nine percent (29%) work five or more hours a week, and 10% work 16 hours or more per week at a job for pay. The hours spent working for pay increase as students get older. In middle school, only 9% work five or more hours, while 42% of high school students do so. There is no gender difference at the middle school level (males, 9%; females, 9%). In high school, females are slightly less likely than males to work 5 or more hours a week (females, 41%; males, 43%). 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 and a decline in school performance (Greenberger and Steinberg, 1986).

Figure 8-13: Working at a Job For Pay



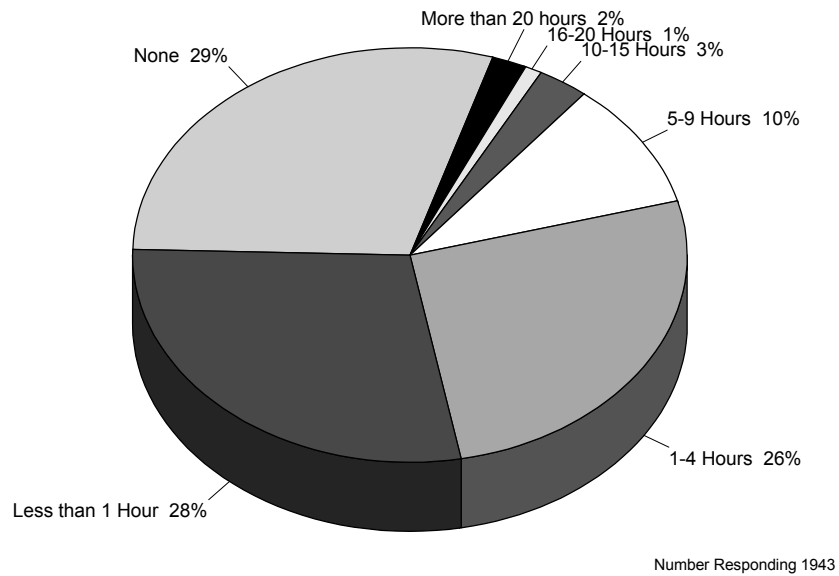
Playing Computer or Video Games - Figure 8-14 shows 20% of students reported playing video or computer games for 5 hours or more per week. At the extremes, 21% of students reported spending no time playing such games, while 3% reported spending more than 20 hours a week doing so. The number of students who played these games at the level of 5 or more hours a week dropped between middle school and high school (middle school, 23% and high school, 19%). Playing computer or video games is a more common activity among males than among females. Overall, 32% of males and 10% of females reported using such games for 5 or more hours a week. In middle school, the rates were 34% for males and 12% for females. In high school these rates dropped to 30% for males and, at this level, 9% for females.

Figure 8-14: Playing Computer or Video Games
(Number of Hours per Week)

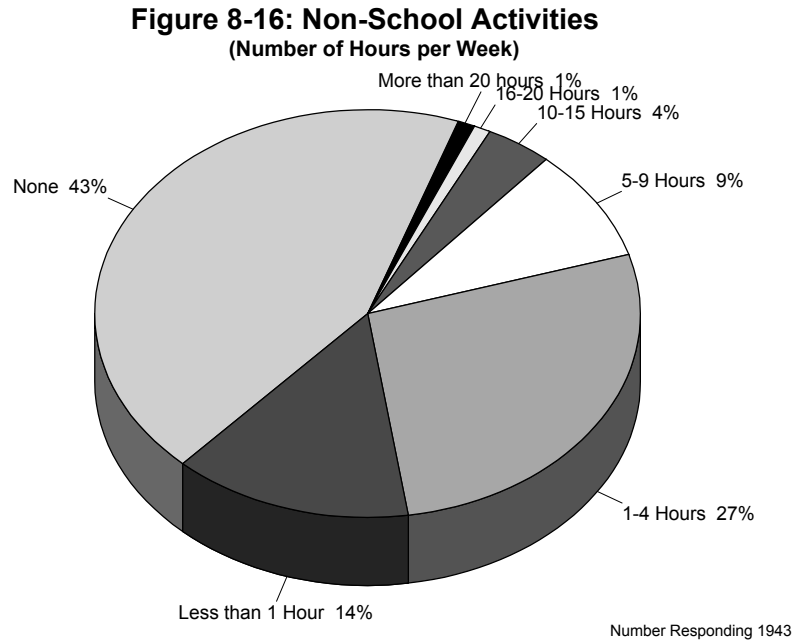


Searching the Internet - Figure 8-15 shows 71% of students surveyed spend some time searching the Internet or in a chat room. More males (21%) than females (13%) spend 5 or more hours a week on the Internet. TAP data found no difference between middle school and high school students' responses (middle school, 17% and high school 17%).

Figure 8-15: Searching the Internet
(Number of Hours per Week)

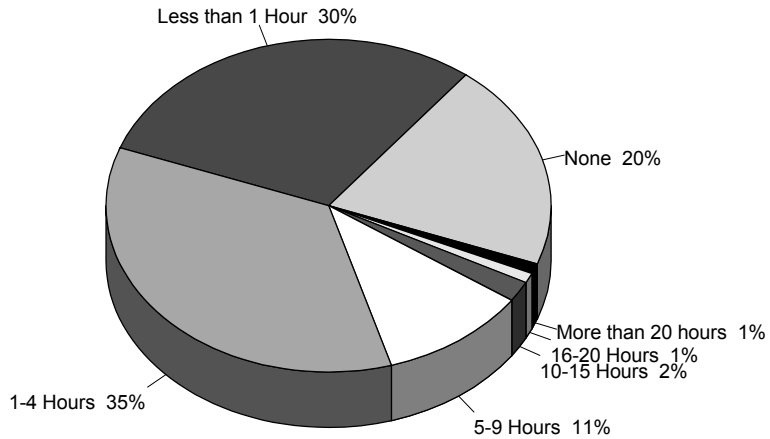


Non-School Activities - Teens were asked how much time they spent in non-school activities, such as music or dance lessons, 4-H, scouts, recreation department activities, religious youth group meetings, etc. Figure 8-16 shows 56% spend some time during the week participating in some sort of non-school activity. TAP data also show 15% of those surveyed report non-school activity at the 5 or more hours a week level (middle school, 17%; high school, 15%; males, 14%; females, 17%).



Family Activities - One-half of all students spend an hour or more involved with family activities. Figure 8-17 shows 15% spend 5 or more hours a week doing so. More middle school males (20%) than females (15%) spend time doing family activities at the 5 or more hours a week level. Only slightly more high school males (14%) than high school females (13%) report doing so.

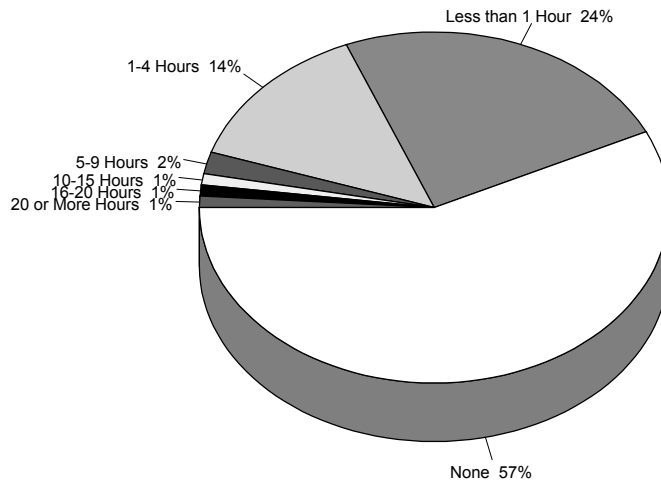
Figure 8-17: Family Activities
(Number of Hours per Week)



Number Responding 1937

Volunteer Work - Of all students surveyed, 43% report doing any volunteer work (like helping others, working with the elderly or disabled, helping with political or environmental issues/causes). Figure 8-18 shows 4% of local youth spend 5 or more hours a week doing volunteer work. Slightly more males than female are involved with volunteer work 5 or more hours a week (males, 6% and females, 3%).

Figure 8-18: Volunteer Work
(Number of Hours per Week)



Number Responding 1923

Religious Activities

We asked local youth, "Do you attend religious services or participate in other religious activities (for example, choir, religious classes, youth group)?" Overall, 46% reported they participate in some kind of religious activity. Figure 8-19 shows more middle school students than high school students said they participate in religious activities.

**Figure 8-19: Level of Teens' Religious Activity
(By School Level)**

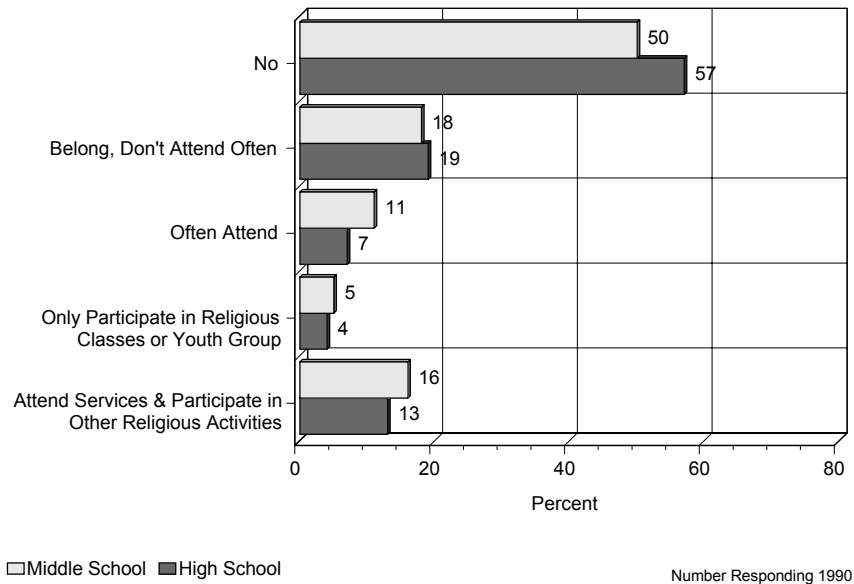


Figure 8-20 shows more females (48%) than males (44%) participate in any kind of religious activity. However, in the "I often attend religious services" category, more males (11%) than females (7%) report doing so.

Figure 8-20: Level of Teens' Religious Activity (By Gender)

