

50 Jobs that Teens 14-15 Can Do

ABSTRACT

There are some very specific things to consider when looking for jobs for younger teens.

American Youth Council, Inc.

WHAT KINDS OF JOBS CAN MINORS DO?

Before you get started looking for jobs for a minor, there are a couple of critical things to know. The website www.balancecareers.com has some great information, including:

When Minors Can Work

The [Fair Labor Standards Act](#) (FLSA) sets [requirements related to the employment of minors](#). According to the FLSA, 14 is the minimum age for work in the U.S. (at least in nonagricultural jobs).

While 14- and 15-year-olds can work, there are limits to the hours they can take. They cannot take shifts during school hours and are limited to a total of three hours each school day (18 hours total per school week) or eight hours each non-school day (40 hours per non-school week).

There are also limits to the times of day a 14- or 15-year-old can work. They can work from 7 a.m. to 7 p.m. during the school year (Labor Day through May 31) and 7 a.m. to 9 p.m. during the summer (between June 1 and Labor Day).

When you reach 16 years old, many of these restrictions are removed. You can work as many hours as you would like during any week. The only remaining restriction is that you cannot work in a job considered hazardous by the FLSA.

Once you turn 18 (and are no longer a minor), there are no limits to how many hours you can work, what weeks you work or where you work.

Documentation Required to Work

In some states, if you are under 18, you will need to obtain [working papers](#) to be able to legally take a job. [Working papers](#) are legal documents that certify that a minor can be employed. They are categorized into two types of certifications:

- Employment Certification (certifies eligibility to work)
- Age Certification (certifies age)

The rules about [who needs working papers vary from state to state](#). In some places, you will need working papers if you are under 16. In others, you will need them if you are under 18.

There are some states where you won't need any papers at all to get hired. Here is information on [where working papers are required and how to get them](#).

The best place to find out if you need working papers and what you will need to apply is your school guidance office or your state Department of Labor. Your school may even be able to help you get them.

Common Jobs for 14- and 15-Year-Olds

- Animal Shelter Volunteer
- Assistant to Freelance Writer, Designer, or Programmer
- Babysitter/Nanny
- Baseball Umpire for Little League
- Blogger
- Busser
- Camp Counselor in Training
- Car Wash Attendant
- Cashier
- Childcare Center Volunteer
- Coach for Beginner Sports
- Concession Worker
- Crop Picker
- Dishwasher
- Dog Walker
- Driveway Sealer
- eBay Seller (in conjunction with a parent or guardian)
- Farm Laborer
- Farm Stand Helper
- Fast Food Counter Worker
- Food Prep Worker
- Food Server

- Garden/Nursery Center Assistant
- Golf Caddy
- Greeter
- Grocery Bagger
- House Cleaner
- Ice Cream Scooper
- Independent Beverage Vendor at Outside Event Sites
- Kennel Assistant
- Lawnmower
- Leaf Remover
- Lifeguard
- Marketing Intern
- Movie Theater Employee
- Music Teacher for Beginners
- Nursing Home Volunteer
- Office Assistant
- Pet Sitter
- Receptionist
- Referee for Beginner Soccer, Basketball or Football
- Resort Guest Services Assistant
- Resort Housekeeping Staff
- Restaurant Host/Hostess
- Snow Remover
- Stock Retail Clerk
- Swim Instructor for Beginners
- Tutor
- Video Game Development/Testing Intern
- YouTube Content Creator

BONUS: A great thing to have on a job search resume for a teen are volunteer hours. Doing volunteer work demonstrates commitment, dependability, and lifestyle skills like respect, courtesy and teamwork.

Our organization, the American Youth Council, Inc. helps teens of all ages design and develop Community Service projects. We provide Community Service hours for anyone using our system. For more information, see our Community Service website [HelpWorx](#).

You can also send us an email for more information to info@americanyouthcouncil.com