



Your rights at work and the minimum wage

What every young worker should know

16+ | Rates from 1 April 2026

Minimum wage per hour

- Under 18: £8.00
- 18 to 20: £10.85
- 21 and over (National Living Wage): £12.71
- Apprentice (under 19, or in the first year): £8.00



Your rights from day one

- A written statement of your main terms, such as pay, hours and holidays
- A payslip each time you're paid
- Paid holiday, even if you work part-time
- Training to do the job safely
- Fair treatment, without discrimination



Extra rules for under-18s

- A 30-minute break if you work more than 4.5 hours
- Usually no more than 8 hours a day or 40 hours a week
- Proper rest between shifts

If something is wrong

Talk to your manager, a trusted adult or your careers adviser. You can check your pay at [Check your pay](#) and get free advice from Acas.

Where next? [Job search tips](#) · [National Insurance and bank accounts](#) — www.tags.careers/guides.html