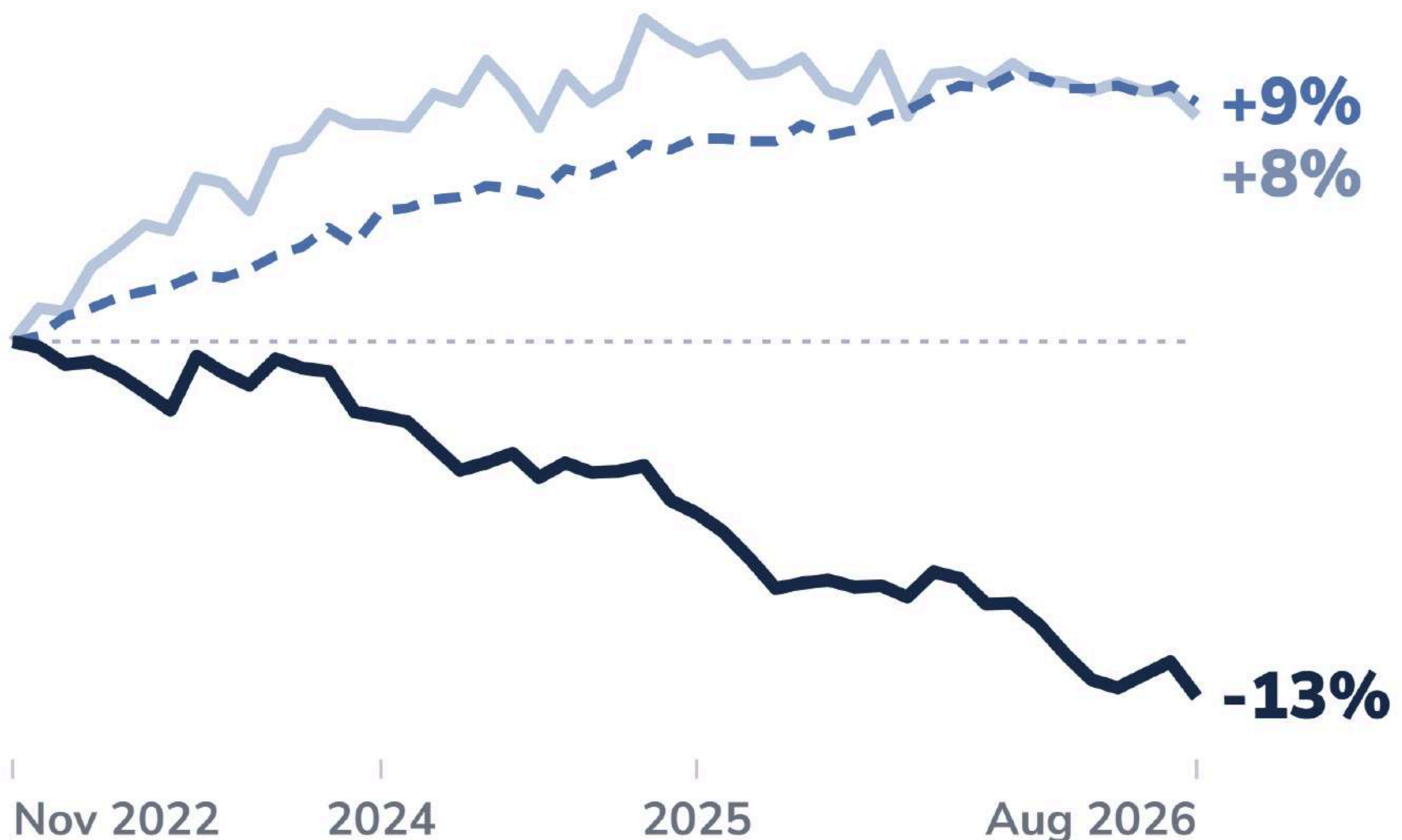


Fewer young workers in the jobs most exposed to AI

US payroll data, ADP via Stanford Digital Economy Lab. To August 2026.

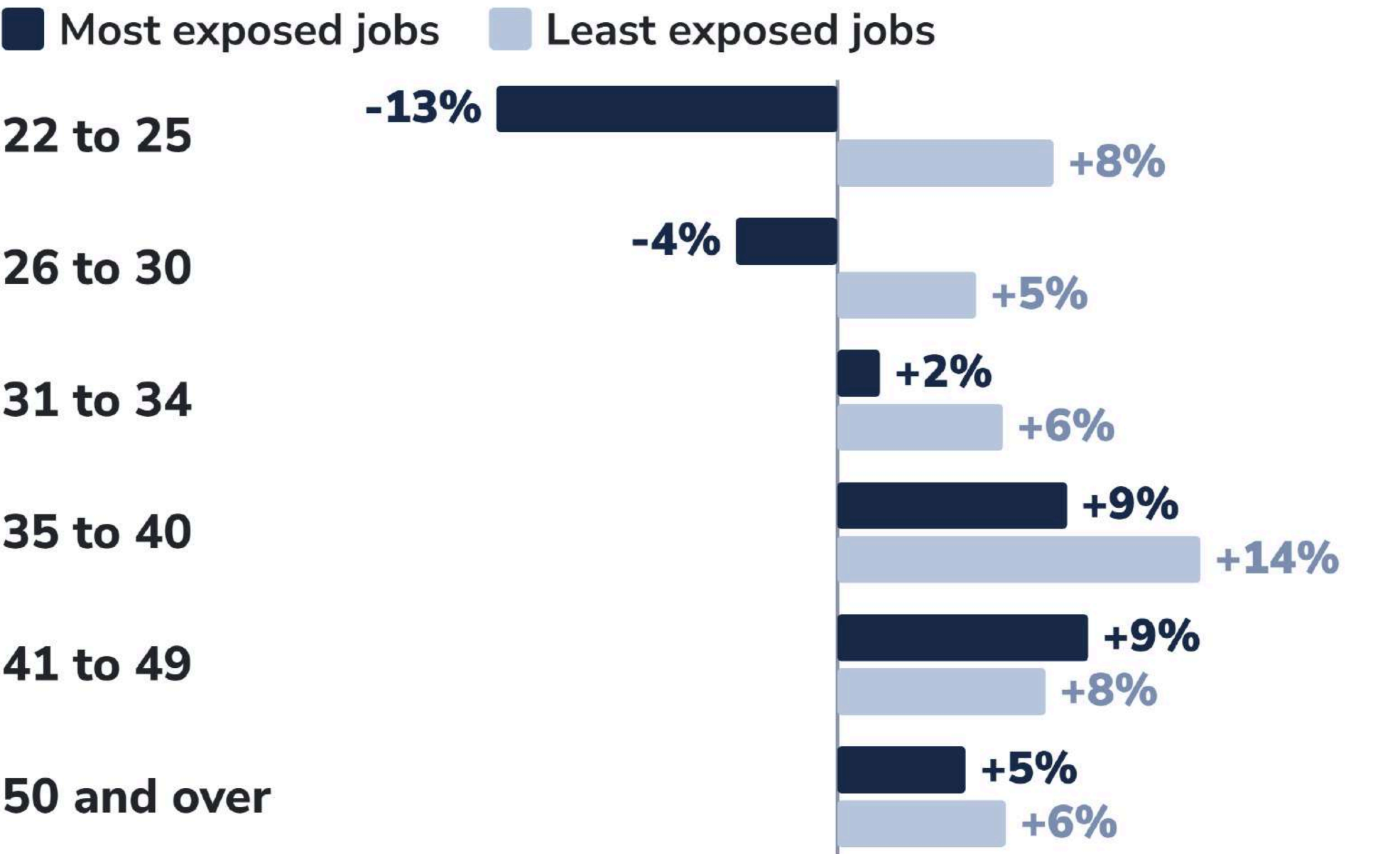
Change in employment since November 2022, when ChatGPT came out

- Age 22 to 25, most exposed jobs
- - - Age 35 to 40, most exposed jobs
- Age 22 to 25, least exposed jobs



The fall is largest for the youngest workers, and smaller for those aged 26 to 30

Change in employment, Nov 2022 to Aug 2026, by age

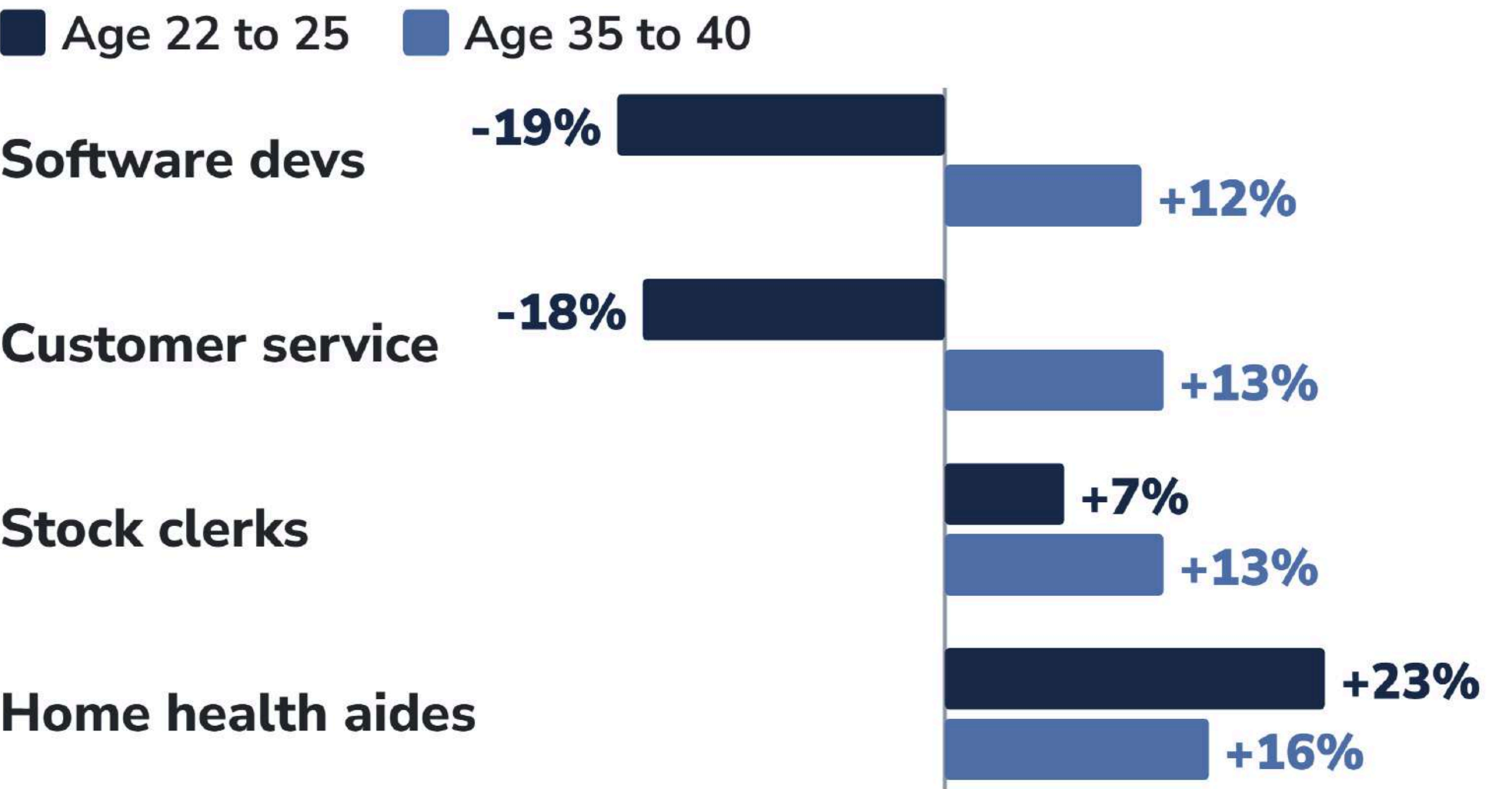


Young workers in these jobs are not leaving or being let go more often, but fewer of them are being hired, according to Stanford's paper.

[Stanford Digital Economy Lab](#), ADP payroll data, Sep 2026 release, data to Aug 2026. Most / least exposed = top / bottom fifth of jobs by AI exposure. Method and sources on the last page.

Software developers and customer service: young workers down, older workers up

Change in employment, Nov 2022 to Aug 2026



MOST EXPOSED TO AI

Software developers and customer service. Young workers down by about a fifth.

LITTLE EXPOSED TO AI

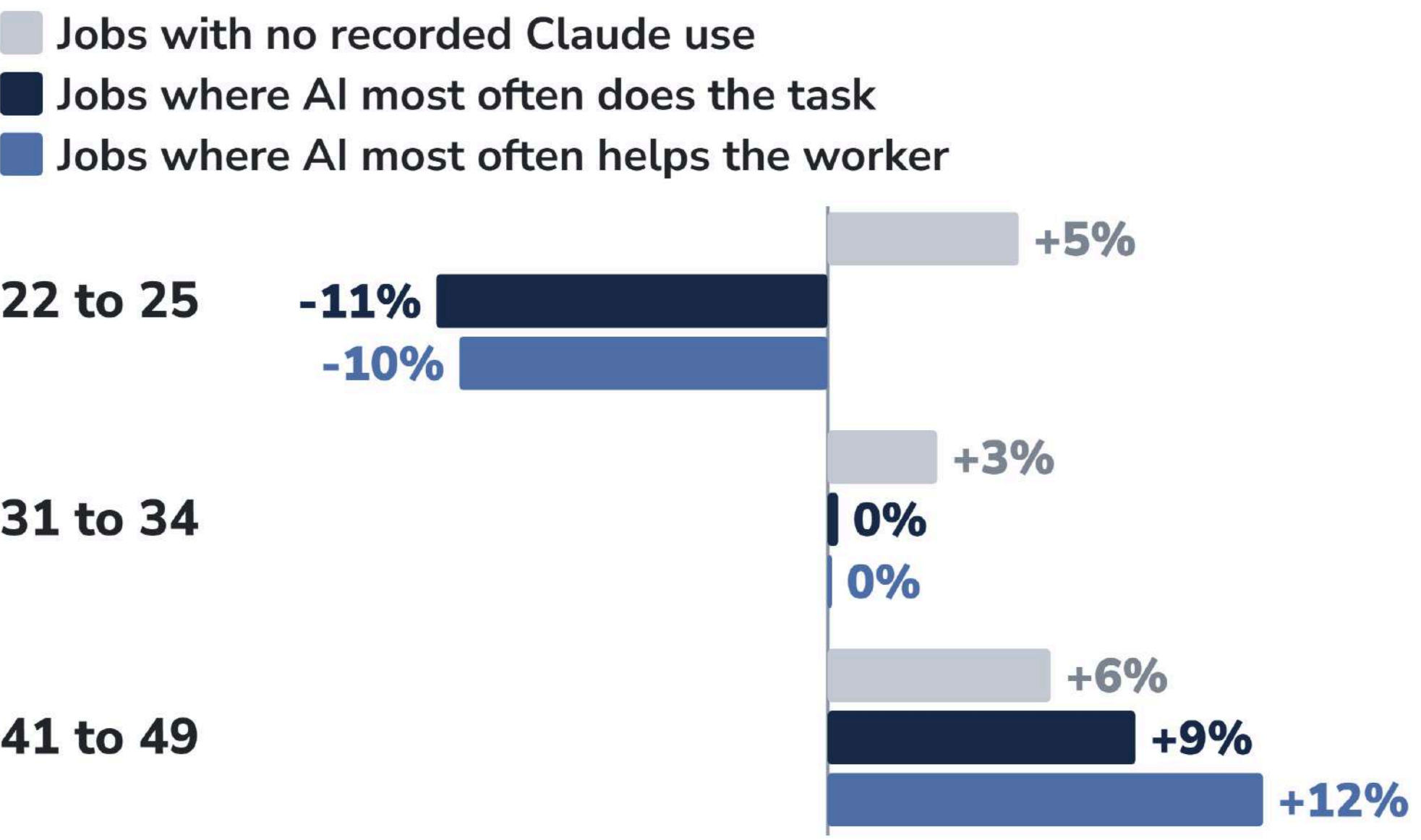
Stock clerks and home health aides. Young workers up too.

[Stanford Digital Economy Lab](#), ADP payroll data, Sep 2026 release, data to Aug 2026. Method and sources on the last page.

DOES AI DO THE TASK, OR HELP?

Young workers fall where AI most often does the task, and also where it most often helps. Workers aged 41 to 49 gain in every group.

Change in employment, Nov 2022 to Aug 2026, by age



Testing them together, Stanford ties the young-worker fall to AI doing the task, and AI helping to gains for workers over 40. The young-worker result for the helping group changes between releases of Anthropic's data.

[Stanford Digital Economy Lab](#), ADP payroll data, Sep 2026 release, data to Aug 2026. Most often does the task / helps = top fifth of jobs by the share of their Claude use of that kind. Method and sources on the last page.

What the data can and cannot show

- It shows a pattern. The authors say it does not prove AI caused the fall.
- It is not the whole US. The sample has more manufacturing, wholesale and large firms, and less retail and food service. Few firms under 10 staff.
- It follows the same firms for five years, so only firms that survived are counted. Stanford finds this sample grows faster than the US as a whole. Young workers who moved to firms outside the sample are not counted, so some of the fall may be people moving rather than losing work.
- In Census survey data for 2022 to 2024, the gap between young workers in the most and least exposed jobs is about a sixth of the ADP gap and not clearly different from zero. Stanford notes Census weighting changes may explain part of this. The two agree mainly for professional, finance and information jobs. The gap also shrinks once the share of graduates is allowed for, and some of it began before ChatGPT.

Across the whole US labour market, Yale's Budget Lab finds no clear sign of AI so far

Yale uses the monthly Current Population Survey, a household survey, with data to August 2026. It finds the mix of occupations is not yet changing in ways that line up with AI, measures of AI use show no link to changes in employment or unemployment, and a statistical comparison of AI-exposed and unexposed workers does not yet show a clear AI footprint.

Stanford's Canaries dashboard

This piece shows a few cuts. The interactive dashboard has far more: every age group by AI exposure, four single jobs, men and women, AI doing the task or helping, with the data to download. Updated monthly; each release revises past months.

Does AI do the task, or help?

Jobs are ranked by the share of their Claude use where AI does the task, or helps the person, from the Anthropic Economic Index. Examples: accountants (does the task), chief executives (helps). For young workers, the result for the helping group changes between releases of Anthropic's data.

Sources

Stanford Canaries dashboard, Sep 2026 release, data to Aug 2026. All charts in this piece.

Canaries in the Coal Mine? Brynjolfsson, Chandar and Chen, revised 12 Aug 2026 (**PDF**). AI exposure of jobs: Eloundou and others (2024). Claude use: Anthropic Economic Index (Handa and others, 2025, and later releases).

Tracking the Impact of AI on the Labor Market. Yale Budget Lab, updated 15 Sep 2026.