



# **Transition Planning Resource for Youth**

Version 2

**Money Management**

2020



The development of the Transition Planning for Youth Aging Out: A Guide for First Nations Child/Youth Workers 2015 document was coordinated and facilitated by the Saskatchewan First Nations Family and Community Institute Inc.

This is the 2<sup>nd</sup> Version of the document. A very similar version of information has been translated to a free app, It's my Life, available on:



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## **Acknowledgements**

The Saskatchewan First Nations Family and Community Institute would like to acknowledge the advisory committee to the development of the Transition Planning Resources comprised of an Elder, youth, caregiver, and a group of experts working within child welfare who spent many hours providing best practice knowledge to include in the resource. Their energies and passion in reviewing and vetting are much appreciated.

SFNFCI would also like to thank Indigenous Services Canada, Saskatchewan Region for their input on the Assisted Living information and to Indigenous Services Canada and Saskatchewan Ministry of Social Services for providing funds for this project.

A final thank you to the SFNFCI summer students. Since 2017, SFNFCI First Nations summer students are tasked with reviewing and updating the web links and information to ensure it is current.

## Introduction

The Saskatchewan First Nations Family and Community Institute conducts research, delivers training, and develops policies and best practices to support First Nations Child Welfare in the province of Saskatchewan based on First Nations culture, traditions, and knowledge.

We began this project with the intention of providing useful information to front-line service providers when working with youth who are aging out of care. A group of subject matter experts provided information for the development of this resource based on their knowledge and experiences. Since its beginning in 2015 the document has been used in many ways in the children welfare and education field. SFNFCI has presented to workers in First Nations Child Welfare agencies, youth in high schools, and conferences targeted at practitioners who are supporting youth in their transition to adulthood. Our research has indicated the resource supports youth and those working with youth the knowledge and tools to assist youth to make educated and informed decisions regarding their future.

The resource has been adapted into two more mediums: an app 'it's My Life', available free on Google and Apple Store and available for free download [www.sfnfci.ca](http://www.sfnfci.ca). The binder resource is the 2<sup>nd</sup> version of the document with updated links, information and feedback from both youth and users. The intent of Version 2 has remained the same; to continually support documentation, conversations, and youth to make informed decisions. The FREE downloadable version is located: <http://www.sfnfci.ca/pages/transition-planning.html>

Our hope is for youth to use the resource and begin to recognize the abundance of community supports available to them, and opportunities to build and maintain relationships and partnerships with local organizations in their community or region that helps them transition to adulthood.

## ASSESSMENT – MONEY MANAGEMENT

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**Backgrounder:** Assessing a youth on their readiness to transition to adulthood starts with looking at various skills or abilities that they may have gathered knowledge on and then building on that knowledge.

This will help you, the worker, to focus on skills or abilities the youth needs to move towards a successful transition. The following assessment guide shows where the youth is at currently and will lead you to topics that will help the youth with their goal setting and planning.

**NOTE:** The following assessment guide is a conversational tool.

**Assessment:** The Assessment column is for you to record the level of information (based on codes below) the youth seems to have on that objective.

**Objectives:** The Objectives column describes the subject knowledge the youth is assessed on in the first column.

**Meeting Objectives:** This column has suggestions for conversations and useful activities that will help the youth reach their objectives.

**Reference:** This column shows you where to find more information of the objective in the manual.

**Notes:** This space is for notes and the dates you worked with the youth on the objective. You may want to write down specific information or activities the youth may need to move forward.

Please use the following codes below to support your assessment of specific skills or abilities the youth has knowledge on.

<b>E = Exceptional</b>	Youth has <u>e</u> xceptional knowledge on this specific skill.
<b>G = Good</b>	Youth has a <u>g</u> ood understanding of the skill but still needs additional assistance to build up confidence to master the knowledge.
<b>A = Assistance</b>	Youth has little to no knowledge of this skill and needs <u>a</u> ssistance before transitioning out of care.

## MONEY MANAGEMENT ASSESSMENT GUIDE

Assessment	Objectives	Meeting Objectives	Section in manual	Notes
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can describe some monetary goals	Have a conversation about potential money goals and what they could consider their personal goals.	1.1	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can identify their money attitudes	Have a conversation with the youth about their money attitudes.	1.2	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can identify their money values	Have a conversation with the youth about their money values.	1.3	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can give examples of personal financial needs and wants.	You can have a conversation with the youth about their spending needs and wants now and how they will change once they are out of care.	1.4	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth opens a bank account	A sample application form is provided that you can go over with the youth.	1.5	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth knows what kind of ID is needed to open a bank account	Have a chat about ID and reinforce how important it is	1.6	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can give an example of when a direct deposit could be used	Have a conversation with the youth about the pros and cons of direct deposits.	1.7	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can give an example of when a pre-authorized debit could be used	Have a conversation with the youth about when a pre-authorized debit could be used.	1.8	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can give an example of why a hold could be placed on cheque	Have a conversation with the youth about why this could be done.	1.9	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can give an example of a risk of using a cheque cashing store	Have a conversation with the youth about what they think cheque cashing stores. Explore pros and cons.	1.10	
<input type="checkbox"/> E <input type="checkbox"/> A	Youth can identify reasons	Have a chat about how to apply for financial	1.11	

## Transition Planning Resource for Youth

<input type="checkbox"/> G	financial assistance could be needed	assistance and where they can access it in the community they plan to live in		
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can identify financial difficulties and resources to deal with them	Show the youth the list of suggestions provided here and discuss ways to access them.	1.12	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can fill out an appropriate, realistic budget	With the youth, develop a daily, weekly and monthly budget outlining expenses and revenues.	1.13	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can identify their main areas of spending	Youth can demonstrate filling out an expense diary	1.14	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth has identified a short-term savings goal	With the youth, brainstorm items they may want to save for (eg. car). How long will it take to save money, how will the youth monitor progress?	1.15	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth indicates ways to save money when shopping	You can use flyers or advertisements to show youth the best prices on different items	1.16	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can describe process of making a purchase using debit	Have a conversation with the youth about why debit cards can be a good way to pay for items they buy.	1.16.1	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can discuss the process for returning a purchased item	Have a conversation with the youth about what reasons someone could have for returning something.	1.17	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can create a personalized grocery list	You can help the youth create a weekly grocery list.	1.17.1	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can summarize ways to comparison shop	Have a conversation about when comparison shopping is especially useful such as on expensive items	1.17.2	

<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth recognizes how advertising affects their spending habits	Have a conversation about how advertising has affected either you or them or someone they know.	1.18	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can identify reasons they might want to file a tax return	Have a conversation about tax returns	1.19	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth recognizes the benefits of a good credit history	Have a conversation about how having a good credit rating could be useful in the future.	1.20	



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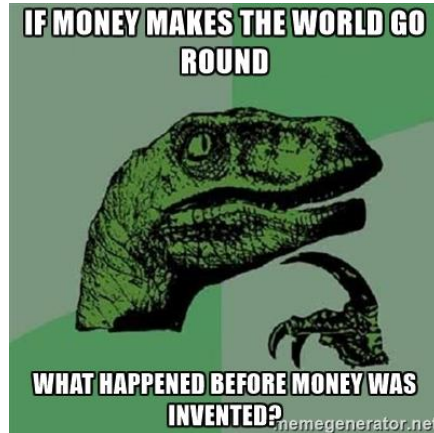
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# 1 YOUTH MONEY MANAGEMENT INFORMATION AND ACTIVITIES

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Money solves many problems and it creates others. Some people say money makes the world go round. Anybody would find it very hard to live with no money.



## 1.1 MONEY GOALS



**You can have a conversation about the youth's money goals.**

Setting money goals can be fun. You can dream about your future and decide what kinds of things you want to do or have. Your list could be different than your friends' lists.

What kinds of money goals do you have?

- ☐ Go out to eat
- ☐ Buy your favorite video game
- ☐ Buy a vehicle
- ☐ Buy clothes
- ☐ Get a cell phone
- ☐ Concert tickets
- ☐ Security deposit on a place to rent

## 1.2 MONEY ATTITUDES



**Have a conversation with the youth about their money attitudes.**

It is good to know your attitude about money. The way one person manages their money can be different from another person. It does not mean one person is right or wrong, it is just different.

These questions can help you decide what your own attitudes towards money are.

- Do you want to travel to new places?
- Do you want to have a nice home with nice furniture?

- Do you like to share money with your family and friends?
- Do you want to be able to earn a lot of money?
- Do you have fun finding the best sales?
- Do you want to have a lot of money in your bank account?

### 1.3 MONEY VALUES



**Have a conversation with the youth about their monetary values.**

A value is a belief that something is important to you. Everyone has values but not everyone values the same things equally.

Examples of values are:

- Shannon likes to wear designer clothes. She likes people to compliment her on how she looks. She thinks that travelling to Mexico could be fun but it's not very important to her. She values her image more than travel.
- Chelsea wants to buy a cell phone. She knows they can cost a lot of money. She thinks wearing designer clothes could be fun but they're not very important to her. She values having a phone to text with more.

Both Shannon and Chelsea have their own money values. They both will make money decisions that are right for them.

### 1.4 WANT VS. NEED



**Have a conversation with the youth about their spending needs and wants now and how they will change once they are out of care.**

- **Need:** Something you can not live without
- **Want:** A desire, something wished for, something non-essential

You are making a grocery list. You know that you need to eat.

What are your choices?

- If you are thinking about what you NEED you might decide that you need ground beef. Ground beef can be less expensive than other meats.
- If you are thinking about what you WANT you might decide that you want to buy a ribeye steak. It is a lot more expensive than ground beef.



OR  
1.5BANK ACCOUNTS



**Below this section is a picture of a sample application that a youth may fill out when they open a bank account. It could be useful to chat about some of the info fields, so they have an idea of what they need.**

Banks are not all the same.

Banks charge people money for having an account. These fees are not the same at all banks.

Tips for choosing a bank:

- Try to find one that is close and easy for you to get to
- Ones that have low charges and service fees.

You have the right to go to any bank you want and compare their fees to get the deal that works best for you.

To open an account, you can:

- go to the bank
- show the bank your ID

## Sample bank fees

Account Transaction Fees (Credit Union)		
	Chequing Account	Savings Account
ATM services		
Check account balance	Free	Free
Deposits	Free	Free
Withdrawals	\$0.60	\$5.00
Transfers	\$0.60	\$5.00
Bill payments	\$2.00	\$5.00
Other financial institutions (ATM's at concerts, convenience stores)		
Withdrawals (INTERACT®)	\$2.50	\$5.00

## Sample bank account application

<b>BANK ACCOUNT APPLICATION FORM</b>											
For Office Use : Branch Code : <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/>				Customer ID : <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/>							
Account No : <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/>											
Date : <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/>											
The Branch Manager, Branch : _____ Surbhadra,											
Please open an account as per details given below:											
<b>SAVINGS BANK ACCOUNT</b>				<b>TERMSPECIAL TERM/PROGRESSIVE DEPOSIT</b>				<b>CURRENT/OVERDRAFT/CASH CREDIT</b>			
General Savings A/c <input style="width: 100%;" type="text"/>				Name of Scheme : <input style="width: 100%;" type="text"/>				General Current A/c <input style="width: 100%;" type="text"/>			
Special Savings A/c (Please specify Scheme) <input style="width: 100%;" type="text"/>				Term/Period : <input style="width: 100%;" type="text"/>				Special Current A/c (Please specify Scheme) <input style="width: 100%;" type="text"/>			
Initial Deposit <input style="width: 100%;" type="text"/>				Rate of Interest : <input style="width: 100%;" type="text"/>				Initial Deposit <input style="width: 100%;" type="text"/>			
Amount of Deposit/ Monthly Payment <input style="width: 100%;" type="text"/>											
<b>Flexi Fund Deposit Scheme</b>		Flexi-Deposit I linkage with : Minimum Balance to be kept in SDC/A Flexi-Deposit of Minimum Amount Period of Flexi-Deposit <input style="width: 100%;" type="text"/>		<b>Savings A/c</b>		<b>Current A/c</b>					

C

In Canada there are rules to opening a bank account; there is more information on it on this site

<https://www.canada.ca/en/financial-consumer-agency/services/rights-responsibilities/rights-banking.html>

## 1.6 IDENTIFICATION (ID) NEEDED TO OPEN A BANK ACCOUNT



**You will have chatted about the need for identification in the Housing section. The youth will likely be able to repeat back to you the types of ID they will need and why they need ID.**

The bank will need to see your actual ID, not photocopies of it. They usually want to see two pieces of ID. These can be:

- a driver's license
- passport
- Birth certificate
- Social Insurance Number (SIN) card
- Certificate of Indian Status
- Provincial health care card
- Saskatchewan Government Insurance Document or card, with your picture and signature on it,

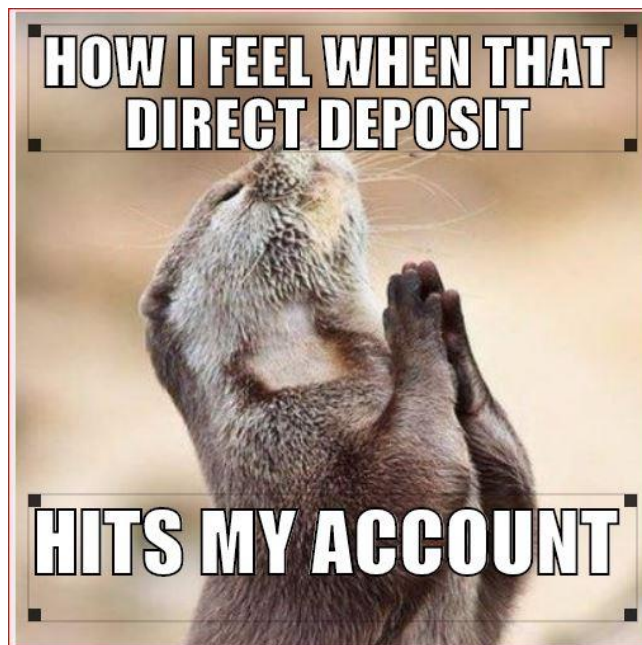


## 1.7 DIRECT DEPOSIT



**Have a conversation with the youth about how using direct deposit has been a good thing or a bad thing in your experience.**

Many employers like to deposit your pay cheque right into your account. Direct deposits do not cost you any money and you can have your money right away.





## 1.8 PRE-AUTHORIZED DEBITS



**Have a conversation with the youth about what pre-authorized debit means.**

Some utility companies, phone companies and other places want you to sign a pre-authorized debit form. This allows the company to take the amount of money you have agreed on out of your account whenever the form says they can.

## 1.9 HOLDS ON CHEQUES



**This is a good place to have a conversation with the youth about holds on cheques.**

When someone writes a cheque to you they agree to pay to you the amount of money that is written on the cheque and they are telling their bank to make that payment. Sometimes the money from the cheque is held until your bank finds out from their bank there is enough money in their account to cover the cheque (clear the cheque). Your bank may put a hold on a cheque over \$200 for 4 or more business days. This is still your money and if the cheque doesn't clear you can talk to them and find another way that they can pay you.

<http://cba.ca/cheques-what-you-need-to-know>

<https://vimeo.com/76968051>





## 1.10 CHEQUE CASHING STORES - RISKS AND BENEFITS



**To help the youth understand the costs of cashing a cheque at a cheque cashing store you can have a conversation with them about how they might spend the money they would spend in fees if they went to a cheque cashing store.**

Taking a cheque to a cheque cashing store can make it easy to get cash fast. These stores will cash a cheque even if you do not have a bank account. They will need to see ID before they will cash a cheque. Cheque cashing stores have high fees.

If you were to cash a paycheque for \$600 the cheque cashing store could charge you \$20. This does not sound like a lot of money but the bank usually cashes cheques for free.

<http://www.nomoredebts.org/blog/money/payday-loans-cheque-cashing-mart.html>

## 1.11 FINANCIAL ASSISTANCE



**You can have a conversation with the youth about why they might need financial assistance, what kinds of financial help is available and how they will apply for it.**

If your income is too low to live on you can apply for assistance.

1. You can go to a social services office and fill out an application form.
2. A worker will meet with you to go over your needs and develop a case plan.
3. The help you will get depends on many things and can be different for everyone.

Your worker can also help with:

- Saskatchewan Assistance Program (SAP)
- Transitional Employment Allowance (TEA)
- Saskatchewan Assured Income for Disability Program (SAID)
- Saskatchewan Employment Supplement (SES) and
- Provincial Training Allowance (PTA)

You can call 1-866-221-5200

Other financial assistance you could qualify for are:

- Discounted Bus Pass Program
- Health benefits for low-income working families
- Support services and benefits for people with disabilities
- A general living allowance for people looking for work
- Help with the costs of living for unemployed or lower-income families
- Supplements to lower-income families with children
- Child care subsidies

## 1.12 FINANCIAL DIFFICULTIES



**You can help youth identify people and places that can help them when they have financial difficulty.**

There are many places that can support you if you use up all your money before payday.

- Social assistance
- Salvation Army
- Friendship Inn
- Friendship centers
- YMCA
- YWCA
- Shelters

## 1.13 BUDGETING FOR MONTHLY EXPENSES



**What can budgeting mean to the youth? A conversation surrounding how to plan and follow a basic budget can be helpful.**

No one likes to pay bills but they are a part of living on your own.

To know how much you will need to live on your own is hard. You can ask people how much they spend on groceries, lights, and other utility bills.

You can also make a list of items you could need or want to spend money on every month.

These can include:

- |  |   |
|--|---|
| <input type="checkbox"/> Rent            | <input type="checkbox"/> Bus pass           |
| <input type="checkbox"/> Power bill      | <input type="checkbox"/> Gifts              |
| <input type="checkbox"/> Phone bill      | <input type="checkbox"/> Renter's Insurance |
| <input type="checkbox"/> Groceries       | <input type="checkbox"/> Fast Food          |
| <input type="checkbox"/> Clothing        | <input type="checkbox"/> Restaurant meals   |
| <input type="checkbox"/> Shoes           | <input type="checkbox"/> Games              |
| <input type="checkbox"/> Car plates      | <input type="checkbox"/> Smokes             |
| <input type="checkbox"/> Gas for the car | <input type="checkbox"/> _____              |
| <input type="checkbox"/> Car repairs     | <input type="checkbox"/> _____              |
|  | <input type="checkbox"/> _____              |

There are a lot of ways to spend money!

### 1.13.1 Sample basic living apartment for a person living alone with no children

<b>Fixed Expenses</b>	<b>Possible expenses (2017)</b>
Rent	\$711
Power	\$35
Telephone/Cell Phone	\$60
Cable/Internet	\$100
Groceries	\$200
Transit	\$65
<b>Total Monthly Spending</b>	<b>\$1171</b>

### 1.13.2 Developing a budget worksheet



**It can be helpful to print out the checklist and work through it with the youth or to guide them to the online budget calculator and help them figure out how to use it.**

Income, Expense and Budget Checklist [http://www.fcac-](http://www.fcac-acfc.gc.ca/Eng/resources/educationalPrograms/ft-)

[acfc.gc.ca/Eng/resources/educationalPrograms/ft-](http://www.fcac-acfc.gc.ca/Eng/resources/educationalPrograms/ft-of/Documents/ieb_income_expenses_and_budget_checklist-6-eng.pdf)

[of/Documents/ieb\\_income\\_expenses\\_and\\_budget\\_checklist-6-eng.pdf](http://www.fcac-acfc.gc.ca/Eng/resources/educationalPrograms/ft-of/Documents/ieb_income_expenses_and_budget_checklist-6-eng.pdf)

Online Budget Calculator [http://itools-ioutils.fcac-acfc.gc.ca/BC-CB/NetInc-RevNet-](http://itools-ioutils.fcac-acfc.gc.ca/BC-CB/NetInc-RevNet-eng.aspx)  
[eng.aspx](http://itools-ioutils.fcac-acfc.gc.ca/BC-CB/NetInc-RevNet-eng.aspx)



# Monthly Budget



Income	Estimated Amount	Actual Amount
Job or Social Assistance		
Other??		
Total Income		

Expenses	Estimated Amount	Actual Amount
Rent		
Groceries		
Transportation		
Internet		
TV		
Cell Phone		
Entertainment/Fun		
Clothing		
Laundry		
Personal Hygiene products		
Household items		
Gifting		
Miscellaneous		
Total Expenses		

	Estimated Amount	Actual Amount
Total Income		
(subtract) Total Expenses		
Net Income		

## 1.14 TRACKING YOUR SPENDING



**You can print out a spending tracker or looking at one online and help the youth think of the last few days' worth of spending. The youth can write down what they have spent money on and see how it added up.**

It can be helpful to know what you spend your money on.

You can keep track of how you spend your money by writing it down, saving receipts or using an app on your phone that will send you a text every time you use your bank account. This way you can see where you spend your money. Everyone has different ways they like to spend their money.

You can download these apps for Android or iPhone.

Dollarbird: [dollarbird.co](http://dollarbird.co)

### Track Your Money

Monthly Expense Tracker		
Date	Description	Amount
___/___/___		\$____.____
___/___/___		\$____.____
___/___/___		\$____.____
___/___/___		\$____.____
___/___/___		\$____.____
___/___/___		\$____.____
___/___/___		\$____.____
___/___/___		\$____.____
___/___/___		\$____.____
___/___/___		\$____.____
___/___/___		\$____.____
___/___/___		\$____.____
___/___/___		\$____.____
<b>Total spent this month</b>		\$____.____

## 1.15 SAVING MONEY



**With the youth, brainstorm items they may want to save for (eg. car). How long will it take to save money, how will the youth monitor progress?**

There is a lot of advice online on how to save money. Many people like to have extra ideas on how they can save more money!

Here are some tips on ways to save money:

- Take a lunch to work or school instead of buying it
- Share video games with friends instead of buying new ones
- Drink water at restaurants instead of buying pop or coffee
- If there are cable channels you don't watch you could cancel them
- Try buying less pre-packaged foods
- Collect coupons/ look for deals
- Take the bus, bike, walk

When you have money saved you can have a conversation with a financial professional to help you manage it. If you are lucky and inherit or win more than \$1000 it is a good idea to think carefully about what you spend the money on and get advice on how to spend it.

## 1.16 SHOPPING



**You can use flyers or advertisements to show youth which stores have the best prices on different items**

These tips can help you save money when you are shopping:

- Wait to buy something when it is on sale
- Buying generic products instead of name-brand
- Using coupons

There are often local newspapers and flyers which will show you where the sales are. You might get them at the store, at the post office, or they might be delivered to your home.

Some places you can find flyers online include:

<http://www.redflagdeals.com>

<http://www.flyerspecials.com/Canada/Saskatchewan/saskatchewan.htm>

<http://www.flyercity.ca>

### 1.16.1 Buying something with debit



**Have a conversation with the youth about why debit cards can be a good way to pay for items they buy.**

Swipe or put your card in the slot on the debit machine. Follow the instructions on the keypad to finish paying. Remove your card when you are finished.

Something very important: Don't share your PIN number!



## 1.17 RETURN OR EXCHANGE SOMETHING



**Have a conversation with the youth about what reasons someone could have for returning something. You could also role play the conversation; returning items is difficult for some people.**

Some stores might let you return something you bought. Some stores will not let you return anything. If you think you might want to return something check their return policy. Often you can not return something that is on sale.

If the store you bought the item from has a return policy, you might be able to do a return.

- Put the item back into the box or package it came in.
- Find the receipt that you got when you bought the item.
- Once you get to the store take it to the Customer Service counter or to the cash register.
- Tell them that you want to return it. They will ask you why.
- They could ask for the debit card you used to buy the item so they can refund your money onto it.
- You could also exchange it for a different one.

### 1.17.1 Grocery shopping



**You and the youth can create a weekly grocery list. The two of you could identify which foods they would want to buy, other foods that are not on the list they could want to buy, and go through flyers to get a sense of how much the grocery bill could add up to.**

Your needs and wants will help you choose how to spend your money when you are grocery shopping.

Your needs and wants can help you decide what type of spreadable cheese you want to buy. There could be two options: brand-name Cheez Whiz® or a generic cheese spread.

- How much does each cost regularly?
- How much is the Cheez Whiz® on sale?
- Which is the better price: the Cheez Whiz® or the generic brand?
- Which do you personally want: spreadable cheese or Cheez Whiz?

Saving money on groceries: <http://canadianbudgetbinder.com/2012/06/10/knowing-your-prices-is-the-key-to-saving-money-on-your-grocery-bill/>

## Grocery List

### Fruit and Vegetable Section

- ☐ Salad
- ☐ Carrots
- ☐ Celery
- ☐ Onions
- ☐ Oranges
- ☐ Apples
- ☐ Bananas

### Bakery

- ☐ Bread

### Dairy

- ☐ Cheese
- ☐ Margarine
- ☐ Yogurt
- ☐ Milk
- ☐ Eggs

### Meat

- ☐ Bacon
- ☐ Ground beef
- ☐ Sausages



### Middle Aisles

- ☐ Soup
- ☐ Crackers
- ☐ Peanut butter
- ☐ Jam
- ☐ Granola or cereal bars
- ☐ Dry cereal
- ☐ Pasta sauce
- ☐ Spaghetti
- ☐ Prepackaged pasta like Kraft Dinner®
- ☐ Oil
- ☐ Mayonnaise
- ☐ Ketchup

### Other groceries

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



### 1.17.2 Comparison shopping



**Have a conversation about when comparison shopping is especially useful such as on expensive items.**

When you comparison shop you compare prices before buying something. Then you know if the price is more or less than any other store.

Places you could find compare prices include:

- Local newspapers and flyers
- Ads online can show you what options there are.
- TV commercials
- Magazines
- Do other stores have the same thing? If they do, write down the price to see who has the better deal.



## Comparison Shopping

Below is a chart you can use when you are comparison shopping.

	#1		#2		#3	
<i>Item</i>	<i>Place</i>	<i>Price</i>	<i>Place</i>	<i>Price</i>	<i>Place</i>	<i>Price</i>
Eg. Cell Phone	Telus	\$49.99	SaskTel	\$51.00	Bell	\$65.00

## 1.18 ADVERTISING



**You can use an online flyer or a printed flyer to discuss the youth's needs and wants with them and how advertising effects them.**

Ads are all trying to make you want to buy their product. The products may or may not be what you need.

Let's think about peanut butter. Kraft® peanut butter is tastes great. Does it taste better to you than any other peanut butter?

Try asking yourself if...

- Secretly you like to buy the Kraft® peanut butter because the bears on the front are cute.
- Maybe buying a cheaper peanut butter could give you extra money to buy a teddy bear!



Ads are part of everyday life. You can not avoid them. You can make your own choice about the ad and how it applies to you.

## 1.19 TAXES



**You can have a conversation with the youth about what they might do if they get money back on their income tax return.**

Many people find it difficult to do their own taxes. There are many places that will help you with your taxes. There are also volunteers who can help with your taxes for free.

<http://www.cra-arc.gc.ca/tx/ndvdl/vlntr/clncs/sk-eng.html>

Taxes can help you get extra money from the government. This is based on filling out a tax form each year and sending it in.

This extra money could be:

- GST rebates

- child tax credits

There could be other money you qualify for.

You do not have to make any money to send in a tax return.

You can get tax forms at post offices. Post offices are usually in other stores like Shoppers Drug Mart or a store in your community. You can also go to the government website and download the forms.



## 1.20 A GOOD CREDIT HISTORY

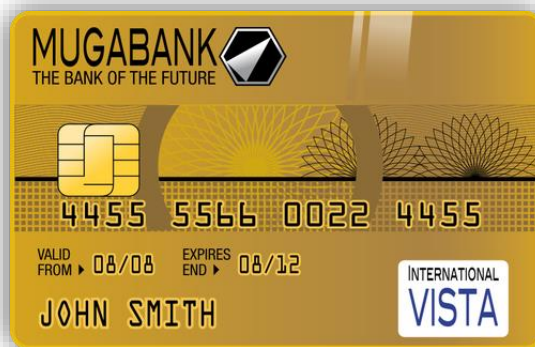


**You can have a conversation with the youth about the ways credit works for many people, and how it can be a bad thing for many people.**

It is important to have a good credit history for when you want to buy a car or a house.

Ways you can build a good credit rating include:

- Having a bank account
- Paying your bills on time
- Keeping a job for a long time such as a year or more
- Living in one place for a long time, such as a year or more
- Apply for a store credit card. Often store credit cards can be easier to get than a bank credit card.
- Pay minimum balances if you cannot pay it all
- If you have missed payments, make them up



### **1.20.1 Reasons credit might not be approved**

You can apply for a credit card. Sometimes stores like Walmart will have forms you can fill out to apply for credit.

If you applied for a credit card it could be declined because:

- You have missed or late payments for rent or utilities
- You have not been at your job long enough
- Your income is too low
- Not having collateral (something valuable like a car owned by you)



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