



Content Outline

Minding Your Money: Skills for Life

LESSON	TOPICS	DESCRIPTION	LEARNING OBJECTIVES <i>Students will be able to...</i>
1 The Financial Stages of Life	<ul style="list-style-type: none"> • Education and training • Earning, saving, investing (early in career) • Growing wealth (established in career) • Retirement (planning on retiring soon) • End-of-life planning (well into retirement) 	Students get a glimpse into the lives of five people who are in different stages of life. They'll learn what their financial needs and responsibilities are and how to best prepare for the next stage.	<ul style="list-style-type: none"> • Learners will differentiate between financial needs and priorities as they change over the various stages of life. • Learners will describe their current financial stage of life and begin to plan for their next phase.
2 Understanding Your Financial Values	<ul style="list-style-type: none"> • Financial values <ul style="list-style-type: none"> ○ Security ○ Freedom ○ Adventure ○ Self-Care ○ Community • Financial well-being <ul style="list-style-type: none"> ○ Spending wisely ○ Saving for the future • Charitable giving <ul style="list-style-type: none"> ○ Community ○ Faith-based • Setting goals <ul style="list-style-type: none"> ○ Buying a home 	Students take a brief quiz to discover what their financial values are, then discover the strengths and weaknesses of focusing on one value set.	<ul style="list-style-type: none"> • Learners will identify their own financial values and behaviors that support those values. • Learners will identify how marketing can influence behaviors and strategies for sticking to goals.

	<ul style="list-style-type: none"> ○ Financing education ○ Vacation/travel 		
3 Money and Mental Health	<ul style="list-style-type: none"> ● Understanding financial stress <ul style="list-style-type: none"> ○ Too little income ○ Job loss ● Decision-Making process <ul style="list-style-type: none"> ○ Opportunity costs and trade-offs ● Discovering financial habits <ul style="list-style-type: none"> ○ Budgeting ○ Saving ○ Impulse purchases ● External influences <ul style="list-style-type: none"> ○ Advertising ○ Media/social media ○ Social circle ● Mental Health <ul style="list-style-type: none"> ○ Anxiety and depression ● Tips for improving or maintaining a healthy financial lifestyle <ul style="list-style-type: none"> ○ Track spending ○ Budget realistically ○ Pay yourself first ○ Pay bills on time ○ Reduce recurring expenses ○ Investing 	<p>Students observe a family navigating financial stress then learn how stress can affect decision-making, leading to increasing stress, as well as feelings of anxiety and depression.</p>	<ul style="list-style-type: none"> ● Learners will be able to identify the connections between finances, stress, and mental health. ● Learners will describe techniques to manage both financial and mental stressors.
4 Money and Relationships	<ul style="list-style-type: none"> ● Family <ul style="list-style-type: none"> ○ Parents <ul style="list-style-type: none"> ▪ Learning through allowance ▪ Demonstrating budgeting skills 	<p>Students observe a group of friends with different backgrounds and levels of comfort in managing finances, as they negotiate plans.</p>	<ul style="list-style-type: none"> ● Learners will describe ways that friends and family influence their financial attitudes and behaviors.

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- Discussing large purchases or experiences (vacation, etc.)
 - Friends
 - Platonic
 - Lending and borrowing money
 - Navigating unequal resources
 - Peer-to-peer cash sharing apps
 - Romantic
 - ⅓ of teens have red flags for financial abuse in relationships

Then, they learn to identify warning signs of financial abuse.