

Introduction

Why manage your money?



Why is money management important ?



**For our
Health**

**To avoid
Debt**

**For
Quality of
life**



What matters to you?

Think about what we **NEED** to spend our money on and what we **WANT** to spend our money on. These are broken down into 3 main categories:



To be able to afford; food, drink and a roof over your head.



Being able to buy the things you want – whether that's clothes, experiences or gadgets.



To be able to buy presents for others. To go on holidays

What matters to you now?

Think about what we NEED to spend our money on and what we WANT to spend our money on. At 14 - 16 years of age your priorities may be different:

Think about your sources of Income:

- Earnings from a job.
- Birthday money.
- Spending money.

Think about what you NEED to buy:

- Clothes.
- Any items that your are responsible for paying for at home.

Think about what you WANT to buy:

Food / Drink
Going Out
Games / Gym / Phone
Holiday / Gifts

Money management can make all the difference

Whichever goal is important to you, an important part of achieving that goal is being able to manage money effectively.

Whether a person starts out with a lot of money...



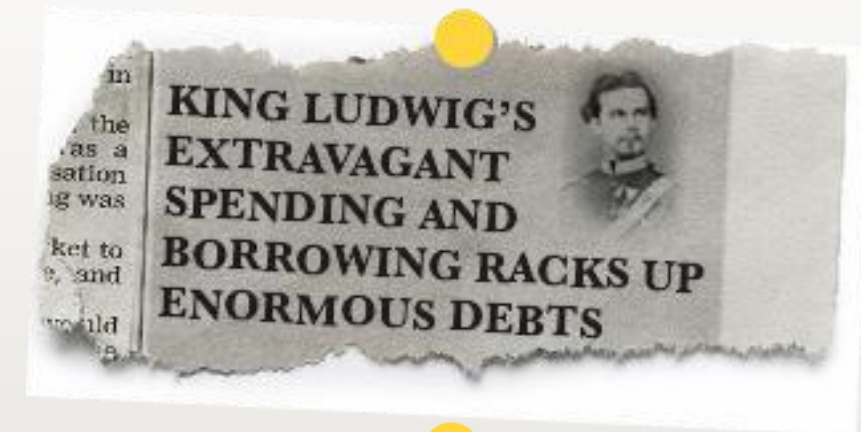
King Ludwig II of Bavaria
(1845 – 1886)

...or a little...



Madame C.J. Walker
(1867 – 1919)

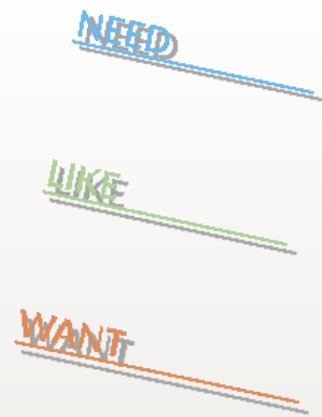
... being able to manage money can make all the difference.



MADAME C.J. WALKER
BECOMES FIRST FEMALE SELF-MADE MILLIONAIRE IN AMERICA

Money management

What do you think good money management looks like?



Challenge:

Do you think good money management can impact a person's feelings or mental wellbeing? Explain your thinking.



Money management and your health

Struggling to balance your money can lead to :



- Stress
 - Anxiety
 - Depression
 - Lack of Sleep
 - Mental Health issues
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- Inability to pay for social activities with your friends.
 - Inability to buy new clothes.
 - Debt with your bank or other lenders.
 - Inability to keep a roof over your head.

