

# Youth Financial Literacy 101: Financial Planning at a Young Age

## Youthful Savings



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**Learning Objective:** At a young age, youth will learn how to manage their finances through sound budgeting practices, savings, and cash flow management strategies, thereby avoiding debt, managing and increasing their future credit score, and understanding taxes and investment planning. The core strategies discussed in this learning exercise aim to improve youth financial literacy so that youth can be financially secure at a young age and live a prosperous and productive life.



## Youth and Financial Wellbeing

Learning to manage your finances at a young age can significantly enhance your personal and professional life, while also supporting your mental well-being. According to the Money and Mental Health Policy Institute, 86% of respondents to a Money and Mental Health survey of nearly 5,500 people with experience of mental health problems said that their financial situation had made their mental health problems worse. Learning to manage money early in your life is a sure-fire way to ensure you are financially and mentally secure!



Image source: <https://www.moneyandmentalhealth.org/money-and-mental-health-facts/>