



Living in Safety and Stability



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Purpose: To provide participants with the skills and knowledge to make better money choices now and in the future.

Participant learning objectives:

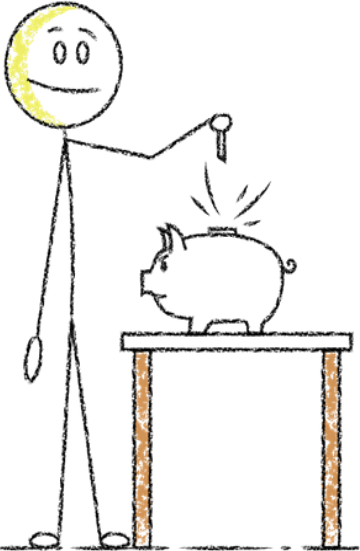
1. Understand the difference between want and need
2. Understand the importance of safe spending and saving
3. Provide participants with some tips on how to make/save money

CONTENT	METHODS/ RESOURCES <i>Slides 93-102 can assist with this session.</i>	APPROX. TIME
<p>Want and Need – Desert Island</p>	<p>Inform participants of the purpose of today’s session – to provide them with the skills and knowledge to become more aware of money matters and to make better money choices now and in the future.</p> <p>Ask participants to sit in a circle. Tell them to imagine that they are stranded on a desert island. They don’t know how long it will be before they are found – it could be hours, days, weeks, months or even years!</p> <p>Go around the circle and ask participants to tell the group three items that they would choose to bring with them and why. Probe people’s choices as appropriate. To keep it a realistic exercise, inform participants that items must be readily accessible to them (at home etc.) and can be carried/ brought along to the desert island with ease.</p> <p>The leaders can have a go once all participants have finished.</p> <p>Ask participants what the main reason is for choosing their items – hopefully the answer is survival. Show participants Slide 95 and the difference between want and need. Ask them to identify what category their three items fall into. Ask them to provide some other examples of wants and needs.</p>	<p>30 minutes</p>



<p>Does Shopping Make Us Happy? - Small Group Reflection</p>	<p>Show participants slide 96. Ask them, in small groups of 3-4 to discuss with their peers the last non-food item they bought or that they asked someone else to buy for them.</p> <p>Ask them to discuss the following questions:</p> <ul style="list-style-type: none"> • How did it make you feel? • How often have you used it? • Did you NEED it? • Do you feel pressure sometimes to buy things because other people (friends etc.) have it? <p>Once all participants have had an opportunity to discuss the questions in their small groups, ask them to re-group. Select a few participants to share their items (aim to pick some high price non-essential items and some smaller essential items).</p> <p>Debrief: It is important to remember that material things such as the latest iPhone or the latest Nike trainers, do not make us happy. The feeling we get when we buy something new is only short-term and will not last. Ask participants to think of things that truly make them laugh/smile e.g. friends, family, experiences, kindness etc.</p>	<p>30 minutes</p>
<p>How Much Money Do We Need? – Brain Teaser</p>	<p>Ask participants to guess how much money the average family here spends per week on essential items (please use up-to-date figures).</p> <p>You can do this as a group, or you can ask participants to write their answer down individually.</p> <p>Disclose the correct figure. Are they surprised by this figure? Why did they think it might be higher/lower? Remind participants that this is an average sum – some families spend much more and some families spend much less.</p> <p>Now ask participants how much the average person earns per week in Northern Ireland (again, please use up-to-date figures).</p> <p>Are they surprised by this figure? Why did they think it might be higher/ lower? Remind participants that this is an average wage per week – some people earn much more, and some people earn much less.</p>	<p>20 minutes</p>



	<p>Calculate how much money is left over per week on non-essential items (for families with two working parents remind participants of childcare costs etc.). Is this surprising? Does this allow enough spare cash for household appliances, car repairs, holidays, uniforms etc.? How might people pay for things they can't afford?</p> <p>Debrief: Ask participants to be mindful that core essential household bills/ food etc. are more important than non-essential items such as new shoes, iPhones etc. Tell participants to go home and chat with their parents about money in the home.</p>	
<p>Spend or Save? - Group Task</p>	<p>Resources: Paper Pens</p> <p>Split participants into groups of 3-4. Provide them with a set budget. Ask them to organise a day out for their friends/ family/ youth group using only the money they have been given. Remind them they need to cover all costs from transport, food, entrance charges, parking fees etc. Once all groups have agreed and organised a day out, ask them to present their day out and costings to the group.</p> <p>Debrief: Was this exercise hard or easy? Did they research online cheaper options/discounts such as family tickets etc.? Did they have any money left over in the event of an emergency/ unexpected cost? Why may this be important?</p>	<p>40 minutes</p>
<p>Saving Tips</p>	<p>Resources: Piggy bank Pens/ markers/ colouring pencils</p> <p>Provide participants with a copy of the piggy bank template. Ask them to think of ways they could make or save money – to make their money go further!</p> <p>Some ideas to make money may include:</p> <ul style="list-style-type: none"> • Chores around the house • Helping grandparents/neighbours etc. • Get a part-time job e.g., delivering newspapers, washing dishes (if appropriate) • Sell items you no longer want or need (with the help of your parents) <p>Some ideas to save money may include:</p> <ul style="list-style-type: none"> • Setting yourself a goal or something you want to save up for • Setting up a savings account for birthday monies etc. • Using a piggy bank that can't be opened as and when (e.g. a smash one / tin one) • Refraining from spending money on sweets/ drinks etc. when out and about • Eating breakfast at home and bringing snacks and lunch to school, instead of buying dinners 	<p>20 mins</p> 

	<p>Some ideas to make their money go further may include:</p> <ul style="list-style-type: none"> • Getting a good interest rate on a bank account • Buying things in bulk at a cheaper unit cost - to last the week/month • Compare prices of things at different shops • Save by avoiding fast food/takeaways and eating homemade meals. • Any other ideas? 	
Check-Out/ Evaluation	<p>Resources: Informal evaluation ideas Choose an activity from the list provided.</p>	10 minutes



Piggy Bank

