

Youth Financial Capability Federal Resources

Financial capability is the capacity, based on knowledge, skills, and access, to manage financial resources effectively. Developing strong financial skills is important to young people, especially to disadvantaged youth who may have limited resources and access to financial education and services.



Making the most of your money starts with the five building blocks for managing and growing your money. The My Money Five: *Spend, Earn, Save & Invest, Protect, Borrow* can help you assess what you need to know as you make day-to-day decisions and plan your financial goals. For more information, please visit [my MyMoney.Gov](http://my.Money.Gov) to find more resources.

Resources for Youth and Young Adults

Spend

Name: Federal Trade Commission: Make a Budget

The Make a Budget worksheet helps people track their spending each month.

Access: <https://www.fdic.gov/consumers/consumer/news/cnfall12/index.html>

Resource Type: Budget Template

Name: National Credit Union Administration: Hit the Road – A Financial Adventure

An online simulation game. To play, the individual must save and spend money wisely to complete challenges along the way.

Access: <http://www.mycreditunion.gov/pages/pocket-cents-game.aspx>

Resource Type: Online Tools, Mobile Application

Earn

Name: IRS Withholdings Calculator

Avoid having too much or too little Federal income tax withheld from your pay by using this tool.

Access: <https://apps.irs.gov/app/withholdingcalculator>

Resource Type: Calculator

Name: My Next Move (*Sponsored by the Department of Labor*)

A step by step simulation that provides the user with the tools to prepare for their desired career.

Access: <http://www.mynextmove.org>

Resource Type: Career path simulation

Save & Invest

Name: CFPB Paying for College

Get help to make informed financial decisions about how to pay for college. Compare financial aid offers and understand student loan repayment options.

Access: <http://www.consumerfinance.gov/paying-for-college>

Resource Type: Online Tools

Name: Federal Student Aid: Preparing for College

This resource provides checklists that suggest the steps to prepare academically and financially for college.

Access: <https://studentaid.ed.gov/sa/prepare-for-college/checklists>

Resource Type: Brochure, Interactive Checklist **Name:** FDIC: Tips for Young Adults

How much do you know about managing money? This site offers young adults resources and a quiz to test your knowledge on savings.

Access: <https://www.fdic.gov/consumers/consumer/news/cnfall12/moneyquiz.html>

Resource Type: Online Quiz and Resources

Protect

Name: Consumer.gov

This site can help you manage your money, understand credit and identify scams and theft.

Access: <http://www.consumer.gov>

Resource Type: Electronic. Online tools

Name: FDIC: Avoiding Overdraft Fees

This site provides tools to understand and avoid overdraft fees.

Access: <https://www.fdic.gov/consumers/overdraft/index.html>

Resource Type: Online tools and Brochure

Name: Federal Trade Commission: Privacy and Identity

This site provides tips on how to protect personal information and financial identity.

Access: <http://www.consumer.ftc.gov/topics/privacy-identity>

Resource Type: Online tools

Borrow

Name: FDIC: Quick Tips for Managing Your Money

An online tool that lists strategies and practical guidance for borrowing, saving, banking and avoiding scams.

Access: <https://www.fdic.gov/consumers/consumer/news/cnfall12/index.html>

Resource Type: Online tools and Brochure

Name: FTC Consumer Information

This site offers an individual tips and advice when it comes to choosing a credit card or wondering whether offers of credit and loans are on the rise.

Access: <http://www.consumer.ftc.gov/topics/credit-and-loans>

Resource Type: Online Tools

Name: Federal Student Aid: Repaying Student Loans

This site helps manage repayment and answer questions regarding loans for student have loans through the federal government.

Access: <https://studentaid.ed.gov/sa/repay-loans>

Resource Type: Online Tools

Additional Resources for Programs

Name: Building Financial Capability: A Planning Guide

The interactive tools in this guide will walk you through the process of developing an integration plan, beginning with developing a deeper understanding of which financial capability services can help improve your situation.

Access: <http://www.acf.hhs.gov/programs/ocs/resource/afi-resource-guide-building-financial-capability>

Resource Type: Interactive Guide

Name: What's in Your Piggy Bank? Motivating Young First-Time Workers to Save

This recorded webinar highlights Young America Saves' First-Time Workers Pilot Project which promotes saving at work for young adults, ages 16 to 24, as one effort to increase overall workplace saving.

Access: <https://www.workforce3one.org/view/5001408746285670344/info>

Resource Type: Webinar

Additional Resources for Educators

Name: FDIC Money Smart

The FDIC's Money Smart for Young People series features four free age-appropriate curriculums that are designed to promote financial understanding in young people.

Access: <https://www.fdic.gov/consumers/consumer/moneysmart/young.html>

Resource Type: Curricula

Name: Youth Financial Education Curriculum Review Tool

Provides the Youth Financial Education Curriculum Review Tool, a resource that educators can use when selecting and updating financial education curricula.

Access: <http://www.consumerfinance.gov/reports/youth-financial-education-curriculum-review-tool/>

Resource Type: Curricula

Additional Resources for Parents, Programs and Others

Name: Brochures and Fact Sheets

Provides a list of the Consumer Financial Protection Bureau's (CFPB) brochures, bookmarks, fact sheets, fliers, worksheets, and posters that can be downloaded or ordered in bulk. Many of these publications are available in other languages.

Access: <http://publications.usa.gov/USAPubs.php?NavCode=K&searchText=CFPB>

Resource Type: Brochures, Bookmarks, Fact Sheets, Fliers, Worksheets, and Posters