

Achieving financial well-being

Network of Jewish Human Service Agencies (NJHSA) |

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Background on the CFPB

Who we are: Consumer Financial Protection Bureau



We work to:



- **Empower**

We create tools, answer common questions, and provide tips that help consumers navigate their financial choices and shop for the deal that works best for them.



- **Enforce**

We take action against predatory companies, individuals, and practices that violate the law and have already returned billions of dollars to harmed consumers.



- **Educate**

We encourage financial education and capability from childhood through retirement, publish research, and educate financial companies about their responsibilities.

What is financial well-being?

What is financial well-being?

- **Financial well-being:** a state of being wherein a person can fully meet current and ongoing financial obligations, can feel secure in their financial future, and is able to make choices that allow them to enjoy life.
 - It is not how much you earn, it is about being able to make decisions with the money you have to allow you to experience peace of mind.

Financial capability is the capacity—based on knowledge, skills, and access—to manage financial resources effectively

Source: The goal of financial education, Consumer Financial Protection Bureau (2015), available at http://files.consumerfinance.gov/f/201501_cfpb_report_financial-well-being.pdf

The Bureau's financial well-being scale

Questions	Response Options
<p>How well does this statement describe you or your situation?</p> <ol style="list-style-type: none">1. I could handle a major unexpected expense2. I am securing my financial future3. Because of my money situation, I feel like I will never have the things I want in life4. I can enjoy life because of the way I'm managing my money5. I am just getting by financially6. I am concerned that the money I have or will save won't last	<ul style="list-style-type: none">• Describes me completely• Describes me very well• Describes me somewhat• Describes me very little• Does not describe me at all
<p>How often does this statement apply to you?</p> <ol style="list-style-type: none">1. Giving a gift for a wedding, birthday or other occasion would put a strain on my finances for the month2. I have money left over at the end of the month3. I am behind with my finances4. My finances control my life	<ul style="list-style-type: none">• Always• Often• Sometimes• Rarely• Never

<https://www.consumerfinance.gov/consumer-tools/financial-well-being/>

The Bureau's financial well-being scale score

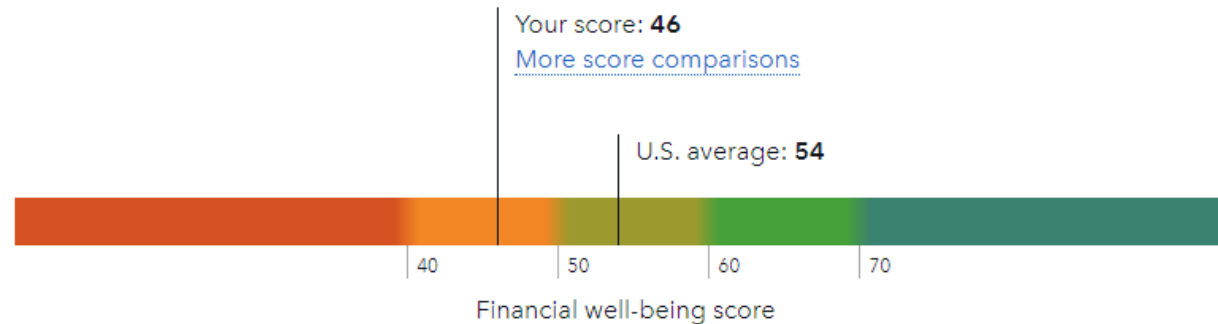
Find out your financial well-being

Answer ten questions to measure your current financial well-being and see steps you can take to improve it.



The result shown here is an example of a score calculation.

Your result www.consumerfinance.gov/consumer-tools/financial-well-being/

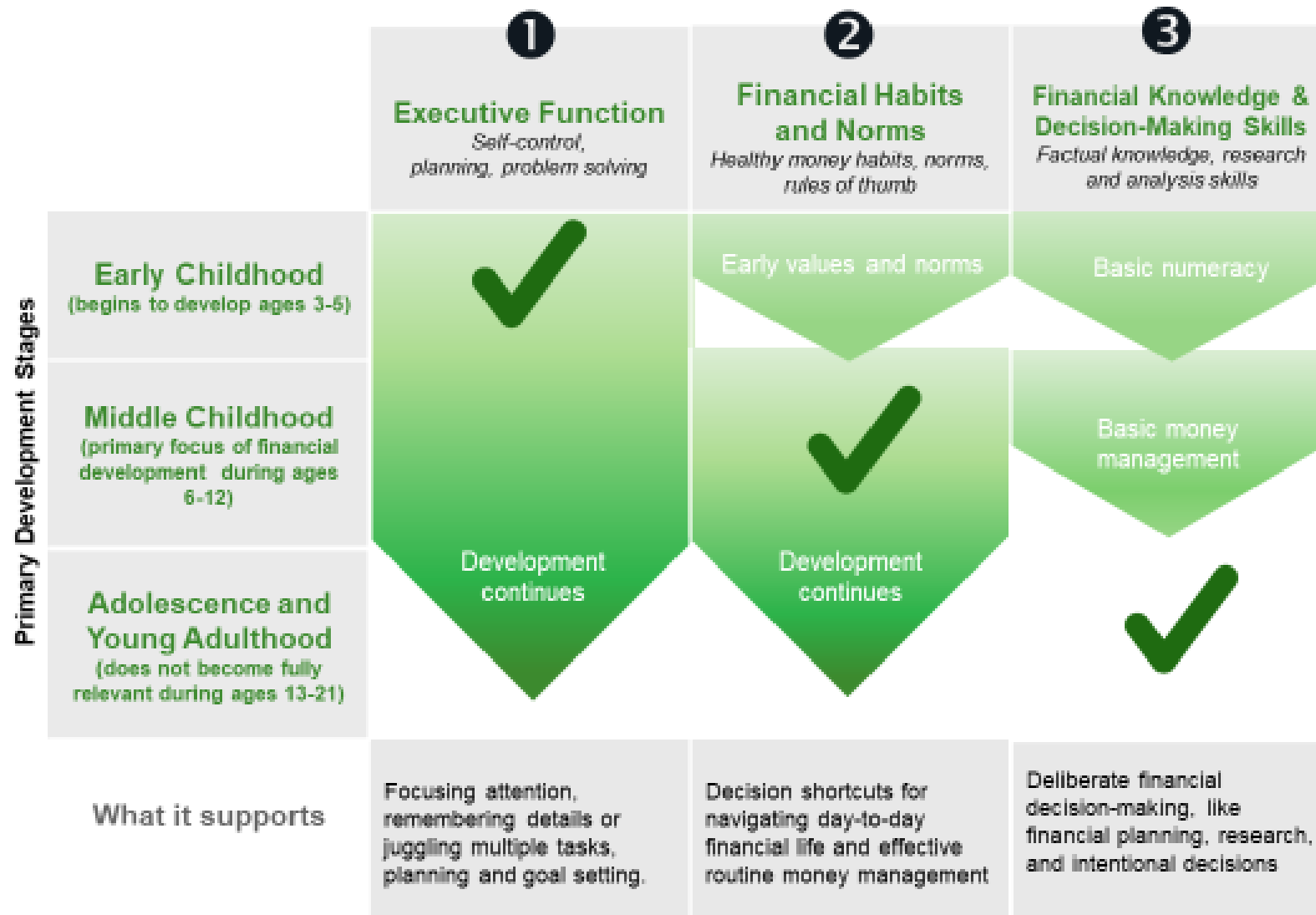


Your score is based on the answers to the financial well-being questionnaire. If you'd like to be able to answer the questions differently next time, see our suggestions and next steps.

[Review your answers](#)

[Show +](#)

Three building blocks of youth financial capability



Money as You Grow: For parents and caregivers

Money as You Grow: Help for parents and caregivers

No need to be a money expert—the tips and activities here can help your children’s money skills, habits, and attitudes grow.



Developing executive function

Make it easy for parents and caregivers to find tools, activities, and information



Building money habits and values

- New home for the popular moneyasyougrow.org site
- And more: blog posts, social media outreach, and e-mail



Practicing money skills and decision-making

[Ver página en español](#)



Consumer Financial
Protection Bureau

www.consumerfinance.gov/money-as-you-grow

Money as You Grow Bookshelf



Alexander, Who Used to Be Rich Last Sunday
by Judith Viorst



A Bargain for Frances
by Russell Hoban



The Berenstain Bears & Mama's New Job
by Stan and Jan Berenstain



The Berenstain Bears Trouble with Money
by Stan and Jan Berenstain



My Rows and Piles of Coins
by Tololwa M. Mollel



Ox-Cart Man
by Donald Hall



Sheep in a Shop
by Nancy Shaw



A Chair for My Mother
by Verna Williams



Count on Pablo
by Barbara deRubertis



Curious George Saves His Pennies
by Margaret and H.A. Rey



Just Shopping with Mom
by Mercer Mayer



Lemonade in Winter
by Emily Jenkins



But I've Used All of My Pocket Change
by Lauren Child



How Much Is That Doggie in the Window?
By Bob Merrill



The Rag Coat
by Lauren Mills



Those Shoes
by Maribeth Boelts



Tia Isa Wants a Car
by Meg Medina



Jingle Dancer
by Cynthia Leitich Smith



Sally Jean, the Bicycle Queen
by Cari Best



Sam and the Lucky Money
by Karen Chinn



The Purse
by Kathy Caple

Money as You Grow Bookshelf: Parent Guides



What's inside the guides:

- The story
- Key ideas
- Something to think about
- Before you read
- Something to talk about
- Something to do (age specific)

Our Youth Financial Education webpage

[Consumer Education](#) ▾[Rules & Policy](#) ▾[Enforcement](#) ▾[Compliance](#) ▾[Data & Research](#) ▾[News](#) ▾

Teaching and learning strategies

Incorporate the building blocks of financial capability into your classroom and assess student progress toward key milestones.

[Teach the building blocks](#)

A developmental model

The Bureau's framework for how youth acquire the building blocks of financial capability from K to 12 helps educators reach youth at pivotal points in their development.

[Learn about the building blocks](#)

Research and resources

The Bureau supports educators and community leaders by conducting research and developing resources to improve financial education and support evidence-based policy and program decisions.

[Discover research and resources](#)

Engaging classroom activities

Find activities that can help you teach the building blocks of financial capability across the curriculum.

[Find financial literacy activities](#)

Financial education curriculum review

Use the Bureau's evidence-based tool to review and compare financial education curricula so you can choose the one that best meets the needs of your students and classrooms.

[Conduct a curriculum review](#)

Printed copies of materials

The Bureau provides information, tools, and resources that lead to more effective design and delivery of financial education. You can download or order these materials from our publications page.

[Access free printed copies of materials](#)

- Access and read our research and reports on:
 - The Building Blocks of Financial Capability
 - Building Blocks Measurement Guide
 - Advancing K-12 Financial Education
- Search for activities to use in the classroom
- Take the journey to financial well-being

consumerfinance.gov/youth-financial-education

Find youth financial literacy activities

Consumer Education ▾

Rules & Policy ▾

Enforcement ▾

Compliance ▾

Data & Research ▾

News ▾

Topic

- ☐ Earn ▾
- ☐ Save and invest ▴
 - ☐ Banking options
 - ☒ Building emergency savings
 - ☐ Choosing how to save
 - ☐ Investing
 - ☐ Saving for college
 - ☐ Saving for long-term goals
 - ☐ Saving for short-term goals
- ☐ Protect ▾
- ☐ Spend ▴
 - ☐ Budgeting
 - ☐ Buying things
 - ☐ Giving to others
 - ☐ Paying bills

Filter results by

Narrow your search by selecting specific activity features.

Building block

- ☐ Executive function
- ☐ Financial habits and norms
- ☐ Financial knowledge and decision-making skills

School subject

- ☐ CTE (Career and technical education)
- ☐ English or language arts
- ☐ Fine arts and performing arts
- ☐ Math
- ☐ Physical education or health
- ☐ Science
- ☐ Social studies or history
- ☐ World languages

Topic

- ☐ Earn ▾
- ☐ Save and invest ▾
- ☐ Protect ▾
- ☐ Spend ▾
- ☐ Borrow ▾

Audience

- Grade level +
- Age range +
- Student characteristics +

Activity characteristics

- Activity type +
- Teaching strategy +
- Bloom's Taxonomy level +
- Activity duration +

National standards

- Council for Economic Education +
- Jump\$tart Coalition +



Talking with your family about paying for higher education

UPDATED MAR 14, 2019

★ Ideal for: High school (9-10), High school (11-12)

Through Internet research, students build their awareness of scholarships, grants, loans, and work-study options and then share their findings with a parent or guardian.

KEY INFORMATION

Topic: Save and invest (Saving for college), Spend (Paying for college), Borrow (Getting loans)

Activity duration: 15-20 minutes

BUILDING BLOCK

- ⚙ Executive function
- 📚 Financial knowledge and decision-making skills

consumerfinance.gov/youth-financial-education/teach/activities/

Your financial path to graduation tool

An interactive tool that helps students with financial aid offers figure out how to pay for school. You can save and revise your information.

Gives apples-to-apples comparisons of multiple aid offers.

www.consumerfinance.gov/gradpath



Applied

Accepted

Got Offers

Decision

Your financial path to graduation

- Does my funding cover my costs?
- Can I afford the loans I'll need?
- Is this school worth it for me?

Activity: Planning your financial path to college graduation

- Scenario: Imagine that your friend Emmett has been accepted to three colleges, and each school offered him a financial aid package. He's asked for your help understanding these financial aid offers so he has a true sense of what his actual costs will be.
- Use Emmett's financial offer and the CFPB "Your financial path to graduation" tool to help him out.

- ☐ Look for strategies to cover costs
- ☐ Can he afford his loans?
- ☐ Are these loans worth the investment?
- ☐ Reflect on strategies that high school students can use to help pay college costs.





Misadventures in Money Management (MiMM) activity

High schools and non-profit organizations

MiMM is available to future servicemembers; including your local Junior Reserve Officers' Training Corps (JROTC) program or non-profits supporting servicemembers.

Access the MiMM [lesson guides](#) for JROTC and ROTC teachers.

There are educational guides to help teachers extend the learning as young people complete a character's story.
<https://go.usa.gov/xGXV4>

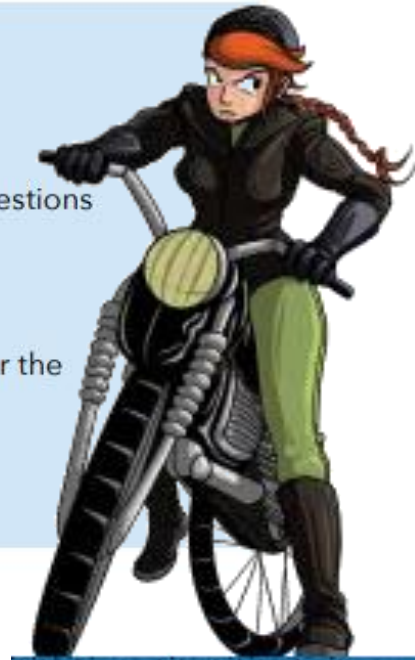
BUILDING BLOCKS STUDENT WORKSHEET

Angela builds her credit

Building good credit has a positive effect on your life and career. Credit scores are the number lenders use to predict how likely you are to pay back a loan on time.

INSTRUCTIONS

- 1 Complete Angela's MiMM story at <https://mimm.gov/>.
- 2 Complete the "Learning from Angela's experience" questions.
 - If you're working with another person or in a group, discuss the questions and answer them together.
 - If you're working alone, answer the questions on your own.
- 3 Read the "Understand your credit score" handout and use it to answer the "Digging deeper" questions independently.
- 4 Answer the reflection questions on your own.



CFPB activities to build youth financial capability available in Spanish



For grades 9 - 12

- Saving each payday
- Creating a savings first aid kit
- Choosing the best cell phone plan
- Spending Scenarios
- Reflecting on needs vs wants
- Creating a buying plan
- Reporting fraud and identify theft to authorities
- Calculating numbers in your paycheck



For grades 6-8

- Protecting your identity online
- Being a responsible borrower
- Meeting your future self



For grades K-5

- Picturing what you're saving
- Meeting your future self

Money Monster stories

The Money Monsters are a group of creatures who are new to our universe. That means they need to learn about many important things like school, friendship, and financial literacy. These booklets are available as ePub or PDF files.



Money Monsters Learn to Save



Money Monsters Learn about Careers



Money Monsters Learn to Become Good Borrowers



Money Monsters Learn What Things Really Cost



Money Monsters Learn to Protect Their Things

www.consumerfinance.gov/money-monsters-stories



General CFPB resources

Submit a complaint

Having a problem with a financial product or service?

We have answers to frequently asked questions and can help you connect with companies if you have a complaint.



Start your complaint here

If you have a complaint with a financial product or service, tell us about your issue—we'll forward it to the company and work to get you a response, generally within 15 days.

[Start a new complaint](#)

www.consumerfinance.gov/complaint

Before you start a complaint:

Curious how the complaint process works? [Follow the steps your complaint goes through](#) to help you get a response about your issue.

Have you tried reaching out to the company? Companies can usually answer questions unique to your situation and more specific to the products and services they offer.

Not sure if you have a complaint? Search below for hundreds of impartial answers to consumers' most frequently asked financial questions.

[Search](#)

Ask CFPB

We offer clear, impartial answers to hundreds of financial questions. Find the information you need to make more informed choices about your money.



Search for answers

www.consumerfinance.gov/askcfpb

Search for your question



Search

Auto loans

- What effect will shopping for an auto loan have on my credit? [Read answer](#)
- I owe more on my current loan than my current vehicle is worth. What do I need to know if I buy a new vehicle? [Read answer](#)

[Learn more about auto loans](#)

Bank accounts

- How quickly can I get money after I deposit a check into my checking account? What is a deposit hold? [Read answer](#)
- I would like to be able to have or family member help with my bill paying and banking. What are my options? [Read answer](#)

[Learn more about bank accounts](#)

See the most common questions

Credit cards

- What is a credit card interest rate? What does APR mean? [Read answer](#)
- How do I dispute a charge on my credit card bill? [Read answer](#)

[Learn more about credit cards](#)

Credit reports and scores

- Where can I get my credit score? [Read answer](#)

[Learn more about credit reports and scores](#)

Working with multilingual communities

In the United States, financial products and services are generally described in English. For those who primarily speak a language other than English, it can be challenging to understand and use these products and services.

CFPB resources available in multiple languages

Find the resources you want, in the languages you need:

- For the people you serve who have proficiency in languages other than English, we offer information that they can read and listen to, in their preferred languages.
 - Publications
 - Glossaries (Extensive list of financial terms translated into Spanish, Chinese, Vietnamese, Korean and Tagalog)
 - Complaint telephone line (855) 411-2372)

CFPB en Español

Para consumidores

Obtener respuestas

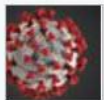
Enviar una queja

Quiénes somos

Prepárese para comprar casa

Nuestros recursos gratuitos le ayudarán a obtener la información necesaria para que pueda comprar casa algún día.

[Sepa cómo prepararse](#)



Proteja sus finanzas del coronavirus



El CFPB busca afectados del caso Siringoringo



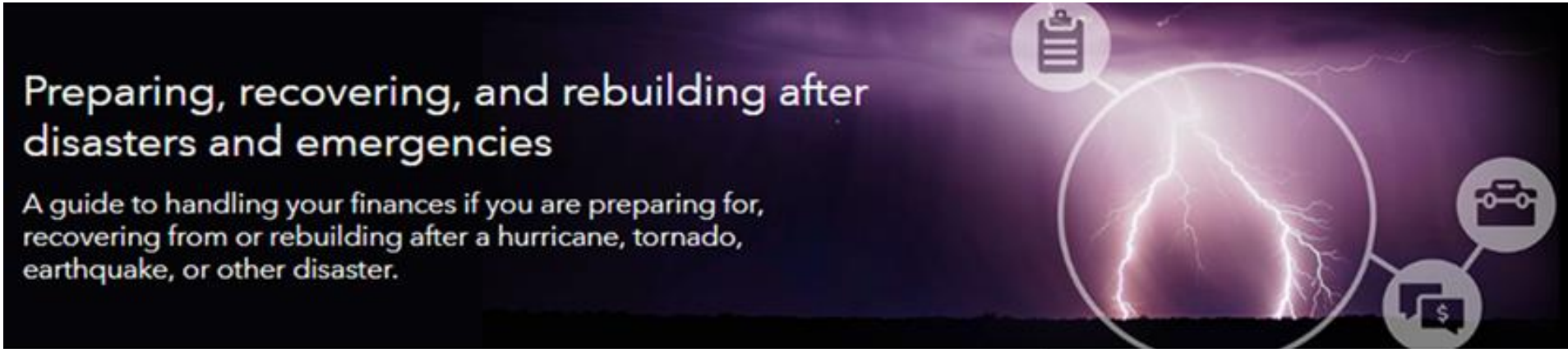
Prepárese para comprar casa



Sepa de estafas de cobro de deudas

consumerfinance.gov/es

Disaster and emergency financial preparedness



Resources to help you prepare

[Fill out FEMA's Emergency Financial First Aid Kit](#)

[Your guide to flood insurance](#)

[How to save for emergencies and the future](#)

[FEMA's guide to insuring your property](#)

Resources to help you recover

[Find available resources closest to you](#)

[First steps to secure your finances after a natural disaster](#)

[What to do if you can't pay your bills after a natural disaster](#)

[What to do after a natural disaster](#)

[9 common financial issues after a natural disaster and what to do](#)

- Make a Plan
- Take care of your most urgent financial issues
- Watch out for scams and fraud

Resources to help you rebuild

[Learn how to deal with insurance after a natural disaster](#)

[How to prevent fraud after a natural disaster](#)

[Guide to working with contractors after a natural disaster](#)

[Check your credit to make sure there aren't any errors](#)

Protecting Your Finances During the Pandemic

consumerfinance.gov/coronavirus: a hub for critical content

Protecting your finances during the coronavirus pandemic

The CFPB is committed to providing consumers with up-to-date information and resources to protect and manage their finances during this difficult time.



[Español](#) | [中文](#) | [Tiếng Việt](#) | [한국어](#) | [Tagalog](#)

Resources to help you make financial decisions

Mortgage and housing assistance

If you're concerned about how to pay your mortgage or rent, we have information on what to do now, and what your options are for mortgage and rental relief.

[Learn about mortgage and housing assistance](#)

Student loans

Student loan borrowers now have more benefits to consider when planning for the potential financial

Managing your finances

We have resources to help you protect and manage your finances if you are facing financial difficulties as a result of the pandemic.

[See resources to help manage your finances](#)

Avoiding scams

Scammers are taking advantage of the coronavirus pandemic to con people into giving up their

FEDERAL CORONAVIRUS RESOURCES

White House Coronavirus Task Force

Information about COVID-19 from the White House Coronavirus Task Force in conjunction with CDC, HHS, and other agency stakeholders.

[Visit coronavirus.gov](https://www.whitehouse.gov/coronavirus)

Centers for Disease Control and Prevention

The latest public health and safety information for United States consumers and the medical and health provider community on COVID-19.

[Visit the CDC COVID-19 page](https://www.cdc.gov/covid19)

USAGov

Order our publications

CFPB Bulk Publications

Order FREE Consumer Financial Protection Bureau Publications.

The mission of the Consumer Financial Protection Bureau is to make markets for consumer financial products and services work for consumers by making rules more effective, by consistently and fairly enforcing those rules, and by empowering consumers to take more control over their economic lives.

You may download publications by clicking on each title. Adobe Acrobat Reader is required to view the publications and is available for download at: <http://get.adobe.com/reader>

In most cases, you may order up to 200 free copies of each publication. All publications are free from the CFPB. If you need larger quantities, contact aroybal@gpo.gov

For single copies or small quantities, place your order for pueblo.gpo.gov.

Please allow 3-4 weeks for delivery.

<https://go.usa.gov/xG3Z4>

Order new youth financial education print publications

- Money Monster story booklets
- Bookmarks
- Posters
 - Options for storing your savings
 - Understanding credit scores
 - Keep your social security number safe
 - What is debt?
 - Learn coins and dollar bills
 - What is insurance?
 - What's your money style?
 - How to read a pay stub

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Category **Format** **Language** **Enter Search Text**

Youth Financial Educ All All

SEARCH

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- > Accounts
- > Audio
- > Credit
- > Managing Someone Else's Money
- > Money As You Grow
- > Money Management
- > Money Smart for Older Adults
- > Mortgages

Home > Youth Financial Education
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- [Classroom Posters](#)
- [Money Monsters Stories](#)
- [Teaching Guides](#)
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K-12 email
sign-up

www.consumerfinance.gov/consumer-tools/educator-tools/youth-financial-education/email-signup/