



I'm Worth It Lesson Plans

It's time to get together, talk about money, figure out your finances, and get on track. These five lesson plans are designed to get you thinking about values, spending habits, investments, and how money affects relationships.

These lessons can be used in a traditional educational setting by a facilitator, or women can complete the lessons on their own. Better yet, women can get together and work through the lessons and discussion questions collectively.

Each lesson plan is accompanied by a short conversational video featuring women from the *I'm Worth It* resource.

Women

You don't have to be experts to use these lesson plans. Try getting together with friends, trusted co-workers, or family members over five weeks (or longer if you need) and work through these lessons. You may be surprised how much you enjoy learning something new about yourself and your finances.

Facilitators

These lesson plans are formatted for use in any educational setting. They include participant learning objectives and outcomes (know-how and skills), discussion questions, and takeaways. You can use these lessons in a five-week financial education series.

Lesson Plan Sections

Think About It: This section sets the tone for the lesson and should get you thinking about the study topic in a particular light.

Know-how and Skills: These are the lesson plan objectives, the takeaways, and the skills you should gain by completing the activities and discussion questions.

Discussion Questions: Each lesson plan starts with discussion questions to get you thinking about the topic from different perspectives. These discussion questions should be done prior to completing the activities.

Activities



Think and Talk: These activities are conversation based. They are valuable when done in a group setting. Often, hearing about others' perspectives can make you think differently about your own financial situation.



Read and Research: These activities may require a bit of at-home work. They cover important investment and financial topics that may not be top of mind. They will help you learn terms and other important information necessary to help make smart investment decisions.



Track and Record: These activities require you to monitor your behaviours, track your spending and saving, and adjust the way you manage your money.

The *I'm Worth It* guide will help you through these lessons. Order or download your free copy at ImWorthIt.ca





LESSON 4: Investing

Think About It

Investing simply means putting your money to work so it can make more money for you. For most people, investing is not only prudent it's a necessity.

Do you invest? You don't need to be debt free to put money into investments. There are many different ways you can go about investing. This includes putting money into stocks, bonds, mutual funds and real estate, to name just a few.

Know-how and Skills: This lesson will help you understand the importance of knowing your personal investing needs. You'll also learn about some of the most common types of investments. You will complete a saving and investing quiz to assess your current knowledge, and also participate in researching the most common types of investments available.

To begin, watch the *Investing* video at ImWorthIt.ca and answer the following questions by yourself, or discuss them in a group of friends or family members. Be sure to write down your responses.

Discussion Questions:

- Do you currently invest?
- What is investing all about?
- What do you think stops people from investing?
- How do you make money on investments? Can you lose money when you invest?
- What do you need to know about yourself first before you begin to invest? (time horizon, risk tolerance, objectives/goals, need for cash – liquidity)
- What is an RRSP, RESP and TFSA?
- What do you know about Mutual Funds, Stocks, Bonds and GIC's?
- What are some of the questions you should be asking before you buy any investment?
- After you have purchased an investment can you change your mind?

Activities:



How much do you know?

By yourself or in a group, take this **Financial Literacy Self Assessment Quiz**¹ from fcac-acfc.gc.ca Afterward, discuss the results with your friends or family. Were they surprising? Do you need to do some homework?



Learning from others

Read Dave's story about **Balancing saving, spending and paying debt**²



Common investments

Download and read the brochure **Investments at a Glance**³ If you're with a group of friends or family members, write down each type of investment on a piece of paper and put them in a jar. Take turns picking one investment out of the jar and in four sentences or less try to explain the essence of the investment and its advantages and disadvantages. If you're doing this activity alone, just write down a summary of each investment on a piece of paper.

Helpful Links:

Visit **The Manitoba Securities Commission website**⁴ for more free resources on investing and other financial topics.

Links in this lesson:

1. <https://itools-ioutils.fcac-acfc.gc.ca/FLSAT-OAELF/star-comm-eng.aspx>
2. <http://www.getsmarteraboutmoney.ca/en/managing-your-money/planning/budgeting/Pages/daves-story-balancing-saving-spending-and-paying-debt.aspx>
3. http://mbsecurities.ca/get-informed/pubs/invest_glance.pdf
4. <http://www.mbsecurities.ca/>