

Yr 9 PD – Term 1B

Money Management – Money and our Health

Definition of Mental Health

MentalHealth.gov:

“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.”



Three things that might have a negative effect on mental wellbeing

Gambling

Gambling involves playing a game, placing a bet, or taking a risk, in the hope of winning money or something desired.



‘Money mule’ schemes

Money mule schemes involve someone agreeing to allow their bank account to be used by someone else, in return for money. The person requesting to use the bank account is usually involved in criminal activity, e.g. funding terrorist acts.



Unmanageable debt

Debt is when someone has borrowed money from a person or organisation, and cannot afford to pay it back.

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Challenge!

Research or ask a parent/carer what their outgoings per month are. Then look at the starting salary per month for a career you are interested in and see if you could afford the lifestyle you have now. Would you need to scale back, or could you splash out a bit more?

[Watch this](#) – Money Mule Schemes and Gambling
[Watch this](#) – Fraud
[Watch this](#) – Credit and Debt

What is fraud?

‘Fraud’ is the word we use to describe when someone tricks you out of your money. They might do this by pretending to be you (‘identity theft’) or by getting access to your bank account and/or your credit cards.



Protect yourself from fraud by:

- Never sharing your personal details (like your PIN and passwords) with anyone
- Looking after your cards carefully and keeping them in a safe place
- Checking your bank account regularly to see if there are any transactions you don't remember
- Shredding or cutting up documents that have your personal details on before throwing them away, e.g. bank statements

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What is a scam?

A scam is a trick that someone plays on you to cheat you out of your money. There are lots of different types of scam, including phishing emails and fake letters.



Protect yourself from scams by:

- Never giving all of your bank account information to anyone – real banks never ask for all of your information
- Reading your emails and letters carefully – if an email asks you for money, ask yourself why? Delete suspicious or unknown emails
- Never sharing your personal information on social media

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