4

Me, Myself & Money

MODULE • 4

Family and finances

FINANCIAL COUNSELLORS' ASSOCIATION
OF WESTERN AUSTRALIA

Title: ME, MYSELF & MONEY
Module 4 Family and Finances

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ACKNOWLEDGEMENTS

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Note
In this learning program we use the term financial abuse to include all of the abusive behaviours that one may experience in a relationship where access to money, finances, transportation, accommodation, employment and education, is limited.

Note
If in completing this module, concerns are raised about your personal situation, you are encouraged to seek help. Support agencies are listed at the back of this workbook.

Note
Any advice or information in this program is general. Before acting on any advice, you should consider your personal situation and speak to a financial counsellor to see if it is appropriate for your needs and financial situation. Information on how to access a financial counsellor is found at the back of your workbook.

Note
You are encouraged to keep safe all resources you may access as a part of this program. Find tips on how to do this at https://esafety.gov.au. Search: DOMESTIC AND FAMILY VIOLENCE ONLINE SAFETY CHECKLIST.

Needs vs Wants

1. Read the items below.
2. You need to list in the table whether each item is a 'need' or a 'want' for you and then how your kids would categorise the same item. An example is done for you.

Netflix

Ice-cream

Pet

A car

Nike basketball shoes

An iPad for the family

The latest iPhone

Internet with unlimited data

Fresh fruit

A TV

A family computer

Money to go on school excursions

School uniform

Fresh vegetables

Money to go to the movies

Warm clothes

Basic medicine supplies

YOU		YOUR CHILDREN	
NEEDS	WANTS	NEEDS	WANTS
	ice-cream	ice-cream	

3. Answer the following questions.

Did you notice any difference from where you put the needs and wants for yourself and then your kids? If you did, why do you think this is?

What can you do to match-up the needs and wants in your family?

Remember needs and wants are very personal and they can change at different times in your life.

Three Jam Jars

NAME	COMPLETED ✓			
Job 1	○	○	○	○
Job 2	○	○	○	○
Job 3	○	○	○	○

NAME	COMPLETED ✓			
Job 1	○	○	○	○
Job 2	○	○	○	○
Job 3	○	○	○	○

NAME	COMPLETED ✓			
Job 1	○	○	○	○
Job 2	○	○	○	○
Job 3	○	○	○	○

Based on Scott Pape's *The Barefoot Investor* (2018)

Low Cost No Cost Family Activities

Write stories and share them with each other
Write and act out a play
Tell stories
Paint or draw together
Colour in
Have a sunset picnic
Create a fort from furniture and sheets
Build sandcastles
Play in the rain
Cook together
Set up a scavenger hunt
Go to a free museum
Go to the art gallery
Garden together
Got to story time at the local library
Attend free concerts in local parks
Create a treasure hunt
Fly kites

Volunteer together
Create an obstacle course
Play music and dance
Face paint
Go on a nature scavenger hunt
Volunteer together
Do shadow puppets
Blow bubbles
Play dress-ups
Learn to juggle
Build paper planes. Have a flying competition
Go to the beach or park
Camp in the back yard
Look at free online exercise classes
Go for a bushwalk
Play a board game
Go fishing
Go for a walk in the park or in the bush

Your ideas?

Notes

NEEDS & WANTS

A need is something you require to live a healthy life and usually covers basic living expenses such as food, rent, electricity bills, and basic clothing.

A want is basically everything else – things that you'd like to own or choose to buy like takeout food, paid TV such as Netflix, cigarettes, alcohol, and extra clothing.

FAMILY AND FINANCES – IT'S A BALANCE

Managing a tight money plan with children is not always easy. Here are some tips to help you.

1. Be a good money manager role model for your children.
2. Acknowledge your child's want and its importance to them.
3. Discuss differences between needs and wants with your kids and how these fit in with the family money plan.
4. Be aware of times when guilt is making it hard to put limits on spending.
5. If you are saying 'NO' to your child, be kind to yourself. It can be hard to 'hold the line' under pressure.
6. Consider getting support from parent and counselling services if your child's behaviour is difficult to manage when you say 'NO'.
7. Be clear in your money plan what fixed and flexible expenses are.
8. Make sure your money plan lines up with your family's priorities.
9. Look for low-cost family activities and do them together.
10. Teach your kids that sometimes you have to wait to buy things. This helps them to realise they can't always buy what they want, when they want. Sometimes they have to save, and that takes time.
11. That there are different ways to pay for things. Explain how Tap & Go works.
12. If you pay pocket money, expect some household chores for this payment. This shows your kids that they have to earn money. Encourage them to put some of their pocket money towards their 'wants'.
13. Join the local library and encourage your kids to borrow books, DVDs and toys or set up sharing groups amongst family and friends. This way children get new items to play with and books to read without you having to buy them.
14. Encourage your kids to get a part-time job when they are old enough. This builds independence. Encourage them to save a portion of their earnings.
15. Encourage the whole family to get involved in saving for a family money goal.

THREE JAM JARS

- Use this idea to teach your kids how to manage money.
- This works by agreeing with your child the three jobs that they need to do each week. If they do these three jobs, they are paid their pocket money.
- As a suggestion, allocate $1 of pocket money per year (for example, a child who is 5 gets $5) or whatever you can afford.
- You will need to set your own family ground rules about how the jobs are completed and what happens if someone is sick or away (maybe half their pocket money for that week), but the important thing is to be consistent and only pay if the jobs are done.
- Your child must put some money in each of the jars – Spend, Save and Share. How much they put in each jar is up to them.
- Put the jam jars in a safe place.

FIND OUT MORE

MoneySmart
https://moneysmart.gov.au/teaching-kids-about-money

Your Notes

Where to get Help, Advice & Support

IF YOU DON'T FEEL SAFE AT HOME

WA Women's Domestic Violence Helpline
1800 007 339

The Women's Domestic Violence Helpline provides support and counselling for women experiencing family and domestic violence. It is a state-wide 24-hour service.

Lifeline crisis support and suicide prevention
13 11 14
www.lifeline.org.au

Crisis Care
1800 199 008
www.dcp.wa.gov.au – Search CRISIS CARE

Information and counselling service for people in crisis needing urgent help.

Yorgum Healing Services
1800 469 371
www.yorgum.org.au

IF YOU NEED HELP TO BE FINANCIALLY INDEPENDENT

Find a Financial Counsellor
www.fcawa.org
Search: FIND A FINANCIAL COUNSELLOR

National Debt Helpline
1800 007 007
Monday-Friday 9.30-4.30pm
www.ndh.org.au

IF YOU NEED ADVICE ON HOW TO KEEP SAFE ONLINE

eSafety Commissioner
esafety.gov.au
Search: DOMESTIC AND FAMILY VIOLENCE ONLINE SAFETY CHECKLIST

IF YOU NEED LEGAL HELP AND ADVICE

State-wide

Find a Community Legal Service
www.communitylegalwa.org.au

Circle Green Community Legal Service
(08) 6148 3636
www.circlegreen.org.au

Metropolitan Legal Services

Aboriginal Family Law Services
East Victoria Park
(08) 9355 1502
1800 019 900
www.afls.org.au

Aboriginal Legal Service WA
Perth
(08) 9265 6666
www.als.org.au

Citizens Advice Bureau
Armadale
Fremantle
Joondalup
Kwinana
Midland
Rockingham
(08) 9221 5711
www.cabwa.com.au

Community Legal Western Australia
Perth
(08) 9221 9322
www.communitylegalwa.org.au

Consumer Credit Legal Service
Perth
(08) 9221 7066
www.cclswa.org.au

Djinda Services
Perth
(08) 9200 2202
(08) 6164 0650
www.wlswa.org.au
Fremantle Community Legal Centre
(08) 9432 9790
www.fremantle.wa.gov.au/fclc

Gosnells Community Legal Centre
(08) 9398 1455
www.gosclc.com.au

Legal Aid
Perth
1300 650 579
www.legalaid.wa.gov.au

Midland Information and Legal Advocacy Service (MIDLAS)
(08) 9250 2123
www.midlas.org.au

Northern Suburbs Community Legal Centre (NSCL)
(08) 9440 1663
www.nsclegal.org.au

Southern Communities Advocacy Legal Education Service (SCALES)
Rockingham
(08) 9550 0400
www.communitylegalwa.org.au

Street Law Centre
Northbridge
Perth
East Perth
Fremantle
1800 752 992
For homeless or at risk of homelessness
www.streetlawcentre.org.au

Sussex Street Community Legal Service
East Victoria Park
(08) 6253 9500
www.sscls.asn.au

Women's Legal Service WA
Perth
(08) 9272 8800
1800 625 122
www.wlswa.org.au

Regional Legal Services

Aboriginal Legal Service WA
Albany
(08) 9841 7833
Broome
(08) 9192 1189
Bunbury
(08) 9791 2622
Carnarvon
(08) 9941 1534
Derby
(08) 9192 1189
Geraldton
(08) 9921 4938
Halls Creek
0429 793 532
Kalgoorlie
(08) 9021 3666
Kununnura
(08) 9168 1635
Northam
(08) 9622 5933
Meekatharra
(08) 9981 1712
South Hedland
(08) 9172 1455

Albany Community Legal Centre Inc
Ph: (08) 9842 8566
1800 606 060
www.albanyclc.com.au

Citizens Advice Bureau
Mandurah
(08) 9535 3101
Bunbury
(08) 9721 6008
Busselton
(08) 9751 1199
www.cabwa.com.au

Fitzroy Crossing
Marnin Family Support & Legal Unit (MFSLU)
(08) 9191 5284
www.mwrc.com.au/pages/legal-services

Goldfields Community Legal Centre Inc
Kalgoorlie, Boulder, Coolgardie, Kambalda, Norseman, Salmon Gums, Gibson and Esperance
(08) 9021 1888 / 1300 139 188
www.gclc.com.au

Kimberley Community Legal Services Inc
(08) 9169 3100
www.kcls.org.au

Peel Community Legal Services
Mandurah
(08) 9581 4511
www.peelcls.com.au

Pilbara Community Legal Services Inc
Pilbara/ Karratha
(08) 9185 5899
Roebourne
(08) 9182 1169
South Hedland
(08) 9140 1613
Newman
(08) 9175 0418
www.pcls.net.au

Southern Aboriginal Corporation
Albany
(08) 9842 7777
www.sacorp.com.au

Southwest Community Legal Centre Inc
Bunbury
(08) 9791 3206
1800 999 727
www.swclc.org.au

IF YOU NEED HOUSING ADVICE OR EMERGENCY ACCOMMODATION

Crisis Care
1800 199 008

Crisis Care is a telephone information and counselling service for people in crisis needing urgent help, including those escaping domestic violence. It operates 24 hours, 7 days per week.

Entry Point Perth
(08) 6496 0001
1800 124 684
www.entrypointperth.com.au

Northern Suburbs Community Legal Service
Joondalup
(08) 9301 4413
Mirrabooka
(08) 9440 1663
www.nsclegal.org.au

RUAH
13 78 24
www.connecting@ruah.org.au

Tenancy WA
Merged with Circle Green Community Legal
(08) 6148 3636
www.tenancywa.org.au

IF YOU NEED EMOTIONAL SUPPORT

1800 RESPECT
1800 737 732

This telephone service offers confidential counselling support, information, and referral options for anyone impacted by domestic or family violence or sexual assault. It is available 24 hours a day, 7 days a week.

IF YOU NEED SERVICES FOR KIDS AND YOUNG PEOPLE

Kids Helpline
1800 551 800
www.kidshelpline.com.au

The Patricia Giles Centre for Non-violence
(08) 9300 0340
www.patgilescentre.org.au

IF YOU NEED SERVICES SPECIFIC TO CULTURALLY AND LINGUISTICALLY DIVERSE COMMUNITIES

Multicultural Women's Advocacy and Support
(08) 9328 1200
www.whfs.org.au/services/multicultural-womens-advocacy-support

Multicultural Services Centre of WA
(08) 9328 2699

Family Safety Pack
www.dss.gov.au/family-safety-pack