



# Indigenous Peoples' MONEY AND YOUTH

FOR and BY the Indigenous Community | Inspired by the Seven Sacred Laws



## Caregiver's Guide

### Module 9 - Taking Control of Your Money

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### Why is this important?

As youngsters reach their teens, they increasingly encounter the need to understand and practice finance and money management. Their first experiences with income from such things as a part-time job usually are met with urges to buy things with little regard to long-range goals. As caregivers, we have the responsibility to give them skills to think beyond immediate urges and to manage those resources effectively. We can help them avoid developing bad habits in money management that could result in disastrous actions as adults.

### Ways to engage young people and fun things to do:

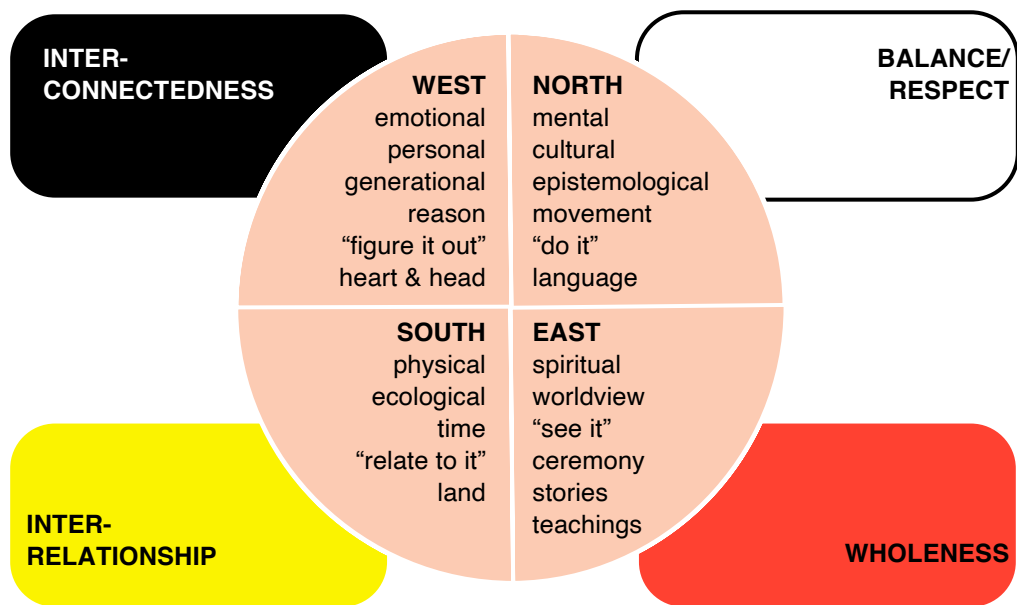
There are a number of things we can do to help them become financially responsible:

1. Sit down with young people and give them the saying, “The person who doesn’t know where his next dollar is coming from usually doesn’t know where the last one went,” and ask them to explain it. With this discussion completed, engage them in a discussion about how they monitor their spending and earnings. Do they divide it into the three areas of saving, spending and sharing? Relate it to the medicine wheel teaching.

Think About It



**How will you afford some of the bigger things you hope for some day if you don't save for the future? Is there anything you want you know you will have to save for?**



2. Begin a discussion about something large they would like to purchase and how they are going about saving for it. Suggest that developing a budget can help reach that goal more effectively and look at that process together. Let them see a budget as an enabler rather than a constraint.

3. Set up Envelope Budgeting with as a preliminary way of keeping track of their money and limiting undue expenditures. See the following website for assistance with this - <https://www.thebalance.com/what-is-envelope-budgeting-1293682>.

How About You?



If you were to put together a budget right now, what do you think the result would be? Saving something each month? Spending all you make? Running short each month?

## Indigenous sales tax exemption rules by province

Region	Basic Guideline
<b>Federal</b>	Status Indians may claim an exemption from paying the five per cent Goods and Services Tax (GST) when the goods are delivered to the reserve by vendors or their agents (e.g., a common carrier or the postal service). This rule applies Canada-wide.
<b>Newfoundland &amp; Labrador, New Brunswick, Nova Scotia, Prince Edward Island</b>	Status Indians may claim an exemption from paying the fifteen per cent Harmonized Sales Tax (HST) when the goods are delivered to the reserve by vendors or their agents (e.g., a common carrier or the postal service).
<b>Quebec</b>	Status Indians may claim an exemption from paying the five per cent Goods and Services Tax (GST) and from the 9.975 per cent Quebec Sales Tax (QST) when the goods are delivered to the reserve by vendors or their agents (e.g., a common carrier or the postal service).
<b>Ontario</b>	Status Indians may claim an exemption from paying the eight per cent Ontario component of the Harmonized Sales Tax (HST) on goods or services at the point of sale. A Certificate of Indian Status card or Temporary Confirmation of Registration document is required in order to claim this point of sale exemption. Exemption from the full thirteen per cent Harmonized Sales Tax (HST) (including the 5% GST) only applies when the goods are delivered to the reserve by vendors or their agents (e.g., a common carrier or the postal service).
<b>Nunavut, Northwest Territories</b>	Status Indians may claim an exemption from paying the five per cent Goods and Services Tax (GST) when the goods are delivered to the reserve by vendors or their agents (e.g., a common carrier or the postal service).
<b>Manitoba</b>	Status Indians may claim an exemption from paying the five per cent Goods and Services Tax (GST) and from the five per cent Manitoba Retail Sales Tax (RST) when the goods are delivered to the reserve by vendors or their agents (e.g., a common carrier or the postal service).
<b>Saskatchewan</b>	Status Indians may claim an exemption from paying the five per cent Goods and Services Tax (GST) and from the six per cent Saskatchewan Provincial Sales Tax (PST) when the goods are delivered to the reserve by vendors or their agents (e.g., a common carrier or the postal service).
<b>Alberta</b>	Status Indians may claim an exemption from paying the five per cent Goods and Services Tax (GST) when the goods are delivered to the reserve by vendors or their agents (e.g., a common carrier or the postal service). Alberta does not have a provincial sales tax.
<b>British Columbia</b>	Status Indians may claim an exemption from paying the five per cent Goods and Services Tax (GST) and from the seven per cent British Columbia Provincial Sales Tax (PST) when the goods are delivered to the reserve by vendors or their agents (e.g., a common carrier or the postal service).

## Learn About

Try to learn about TFSAs. They are a very helpful savings tool and can help you earn money from savings and investments that will not be taxable. They are a financial tool that young people can take advantage of for saving.





## Additional Background and Related Websites and Resources:

- How to Teach Your Teen About Budgeting - <https://www.thebalance.com/how-to-teach-your-teen-about-budgeting-4160105>
- Budgeting For Teens - Grow Your Money - <https://www.moneyunder30.com/budgeting-for-teens>
- Teaching Teens to Budget - <https://www.parenttoolkit.com/financial-literacy/advice/saving-and-spending/teaching-teens-to-budget>
- Financial Football - [https://www.practicalmoneyskills.com/en/play/financial\\_football.html](https://www.practicalmoneyskills.com/en/play/financial_football.html)

