



FAMILIES TACKLING TOUGH TIMES TOGETHER



FAMILY

YOUTH

We Take Action! Mobilizing Social & Economic Resources

During tough times, finding social and economic resources can help teens to build resilience. These resources can also provide teens with emotional support and ways to overcome barriers. Helping teens find and use what they need, can help guide them as they navigate life's next steps. For many teens, a key social resource is often a mentor. Teens can benefit from having a mentor, but can also provide valuable social support by **becoming** a mentor. It is also important for teens to understand finances. An understanding of how to make important money choices can help teens as they face roadblocks.

Mentoring

It is important to build a strong support network that includes family and those close to us. Parents can help their teens by suggesting they reach out to those around them. Research suggests that having one natural mentor helps improve a teen's attitude towards school, has long-term financial benefits, and lessens their chance of problem behaviors. Natural mentors can be neighbors, healthcare providers, members of religious institutions, or teachers.

Learning about Financial Literacy

Financial literacy skills can help teens to find economic resources that can help them in the future. Teens who have a job learn the value of a dollar and the importance of saving. Teens can also learn this by earning a small allowance or using a token system. This system can help them learn to earn the things they want.

Mentoring and Financial Literacy Resources

- Volunteer work can be a great way for your teen to meet mentors who share the same interests. Volunteering can help teens develop important skills that may help them to succeed in academics, work, and in their personal lives. In other words, volunteering may help your teen to [build social relationships and strengthen their support networks](#).
- There are also benefits from serving as a mentor. Teens can make great mentors for younger siblings or neighbors. You may wish to learn more about the benefits of your [teen serving as a mentor](#). There are many activities that mentors and mentees can engage in to get to know each other and continue to build their relationship. Learn more at connecting-generations.org, which provides a list of 52 mentoring activities.
- There are many resources available to help your teen learn about financial literacy. [The National Endowment for Financial Education](#) offers free online financial education courses and the [High School Financial Planning Program®](#) is offered through Purdue Extension. A curriculum that has also been [proven effective](#) is "[Money Talks: Should I be Listening?](#)"

To learn more about the science behind the benefits of mentoring and learning about financial literacy, you may wish to read the below research:

- [The Long-Term Economic Benefits of Natural Mentoring Relationships for Youth](#)
- [Natural mentors, mental health, and substance abuse: Exploring pathways via coping and purpose](#)
- [A review of financial-literacy education programs for children and adolescents](#)