

November is Financial Literacy Month

It's time to assess your financial health

3 Ways to Practice Financial Literacy



Build good financial habits by making and sticking to—a budget



32% Canadians say their monthly spending exceeds their income¹, while

37% say they borrow to buy food or pay for daily expenses¹

53% of Canadians report having a monthly budget¹

Did you know? The Financial Consumer Agency of Canada (FCAC) has a free Budget Planner!

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Knowledge is power - review your credit report

You can order a free credit report from a Credit Reporting Agency such as, Equifax Canada or Transunion



*Checking your credit won't hurt your credit score

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Financial knowledge and phishing



47%

of Canadians describe themselves as financially knowledgeable



69%

of Canadians believe their current credit record is good or very good



43%

of Canadians were targeted for financial information through phishing or hacking

Sources:

Panel I and 3 - https://www.canada.ca/en/financial-consumer-agency/programs/research/summary-covid-19-surveys.html#toc1
Panel 2 - https://www.canada.ca/en/financial-consumer-agency/services/credit-reportsscore/order-credit-report.html
https://www.equifax.com/personal/education/credit/score/articles/-/learn/willchecking-your-credit-hurt-credit-scores/#:--text=Good%20news%