

What is debt?

Debt is money you owe a person or a business. Usually, people borrow money when they don't have enough to pay for something they want or need.



How do I know if I have too much debt?

Some signs that you may have too much debt are that you don't know how much you owe or you're not able to save money.



Is it okay to have debt?

Sometimes it's okay to have debt. However, when borrowing money is a regular habit, it can be hard to pay it back. In these cases, debt may not be a good option.



How can I avoid or limit debt in my life?

One way to avoid or limit debt is by creating a budget. A budget is a plan that you can use to track how much money you spend. With a budget, you can look for ways to spend less so that you don't need to borrow money.



How can I get out of debt?

To get out of debt, it can help to make a budget. It can also be helpful to contact the people you've borrowed money from and try to work out a new payment plan with lower payments that are easier to manage.



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