Dads are filled with advice — some of it good, some of it, well, a little off the wall, but all of it memorable. This Father’s Day, the Federal Trade Commission (FTC), the nation’s consumer protection agency, has compiled some of Dear Old Dad’s favorite sayings. What words of wisdom can you take from these quotable quotes?

“I had to walk to school. Barefoot. In the snow. Uphill both ways.”

The geography of this never made a lot of sense, but Dad’s right about one thing. Most things worth having — including financial security — take time, perseverance, and hard work. Looking for sound advice on controlling your cash flow, including tips on protecting yourself from the latest financial scams? Visit ftc.gov/MoneyMatters.

“You’re going out looking like that?”

Usually the fuss is about hair styles or skirt lengths, but Dad’s right that how you present yourself in public - including on social networking sites - can affect your future. Post only information you’re comfortable with the whole world knowing because once it’s out there, you can’t take it back. Read Net Cetera: Chatting with Kids About Being Online at OnGuardOnline.gov/NetCetera for tips for today’s Dads.

“That’ll go on your permanent record.”

Dad knows what he’s talking about. You do have a permanent record and it’s called a credit report. Employers, landlords, and others consult your credit report to see if you pay your bills on time, so it’s important that what’s in it is accurate. The law gives you the right to three free credit reports a year at annualcreditreport.com. Watch out for lookalike sites that make it sound like they’re free, but then hit you up for monthly fees.

“There’s nothing a little duct tape can’t fix.”

That may be true when it comes to home repair, but if your computer goes kablooey, duct tape won’t do. The best fix is prevention. Visit OnGuardOnline.gov for tech tips on protecting your system from viruses, spyware, and other gremlins that can grind your computer to a halt.

“As long as you live under my roof, you’ll follow my rules.”

Dads may not like to listen to complaints, but the FTC doesn’t mind. In fact, by filing a complaint with the FTC, you can help us detect patterns of wrongdoing, which can lead to investigations and prosecutions. Watch the video at ftc.gov/videos for how to file a complaint with the FTC.

Happy Father’s Day from the FTC!