

Have you
spoken to
your child
about the

**elephant
in the
room?**



Gambling

Talking about gambling issues with your child can be difficult, but it's important that they are aware of gambling risk and harms.

You can help the child in your life understand how gambling works without needing to be an expert.

Kids are smart. Tell them the facts. Let them know that gambling and sports don't have to go together. Let them know that gambling is risky, and often people lose more than they win.

Signs of gambling

- Unexplained absences from school or university
- Sudden deterioration in grades or failure to complete assignments on time
- Unaccountable explanation for new items of value in possession
- Borrowing or stealing money
- Selling personal belongings
- Uncharacteristic behaviour or mood swings
- Unusual interest in gambling odds, sports scores etc.



**Gambler's
Help**

bethany
community support

Questions to ask your child

- Do you think gambling on sport is normal, and what makes you think so?
- Why do you think there is so much sports betting advertising?
- When you play online games, do you come across loot boxes? How do they work, and do you think you will always win?
- Do your school friends talk about the odds or ask you to gamble? Do you think that's a good way to talk about sport, or to spend your pocket money?

Help your child learn to think critically about the risks associated with gambling so they can make informed choices and decisions when the time comes.



Gaming to gambling

Children can be at risk of exposure to highly visible gambling concepts accessible via online games and apps. This can include:

- Money spent on virtual goods in video games
- Loot boxes – an in-game reward system purchased with real money, usually repeatedly, to obtain a random selection of virtual items

Where to seek support

Gambler's Help 1800 858 858

Gambler's Help Youthline 1800 262 376

Bethany Community Support 5278 8122

- Therapeutic and financial counselling available

Gambler's Help is free, confidential and available to anyone negatively affected by their own, or someone else's gambling.