Workshop: Love the Game - Young Aboriginal People's Awareness Program

Target audience:

This workshop has been specifically developed for young Aboriginal people

Examples of relevant young Aboriginal people include:

- Youth groups
- Sporting clubs
- Schools

Delivery Model:

Community engagement coordinators from an Aboriginal Community Controlled Health service will deliver the program to youth groups.

A counsellor or community educator from a local Gambler's Help service will deliver the program to sporting clubs and schools

Estimated length:

1 hour

Aim:

To assist young Aboriginal people to develop informed attitudes towards gambling and how to avoid harm in the future. This is achieved through a series of interactive activities and group discussions: how betting is feeling more normal; the limited chances of winning and how to recognise when it's becoming a concern and the support services available.

Workshop:

The workshop will be played on a video consisting of 4 group activities and 6 discussion questions.

Learning objectives:

In participating in this workshop, young Aboriginal people will be able to:

- 1. Define gambling and betting and understand that these terms can be used interchangeably.
- 2. Identify ways the gambling environment has changed in recent time including: increased access to betting, proliferation of advertising and emergence of simulated gambling digital games. Explain how these environmental changes are making gambling feel more normal and therefore easier to underestimate the risks.
- 3. Understand that betting agencies and gaming venues are businesses that seek to make a profit at individual's expense and therefore gambling should be seen as a means to spend money rather than make money.
- 4. Understand that the more money someone spends on gambling, means the less available for other important things and that gambling should be treated as a recreational expense that is best prioritised after living expenses.
- 5. Recognise that harm from gambling comes in many forms and levels of severity and that young people can also experience difficulty.
- 6. Recognise that an important way to avoid harm from gambling is to be informed about the limited chances of winning.
- 7. Recognise when gambling might be becoming a concern for themselves or someone they know. Understand where to seek help if concerned and understand the importance of seeking help early.

Top seven tips for delivering this workshop:

- 1. **Read** through the workshop instruction guide to prepare for the workshop.
- 2. Before you begin the workshop, ensure all sound, television or projector is in good working order.
- 3. As there are a number of activities and discussions, ensure you know when to press 'Pause' to start activity and discussions.
- 4. **Be prepared.** Print out all the handouts for the activities and bring pens.
- 5. **Keep it casual.** We're trying to take a more informal approach and avoid a lecture style presentation. This is why we emphasise at the very beginning in the script that the workshop is not about telling young people what they should and shouldn't do. Rather you're there to provide some information they should know when making choices about gambling that will work for them.
- 6. Work with the teachers or other youth leaders from the very start. Ensure the teacher/youth leader will be in attendance throughout the workshop and talk to them before the presentation and encourage them to get involved as much as possible, so they can continue the conversation after the workshop. Discuss that you would really appreciate their help with assisting with the activities. You can also briefly outline the workshop and let them know where their assistance would be really handy e.g. during the group activities.
- 7. **Keep an eye on the time.** There is a significant amount of content to get through in an hour, however this is very achievable if you are mindful of the time guidelines in the table below.

Managing time:

Allow approximately 5 minutes per activity and 2 to 3 minutes per discussion.

Video Instruction guide:



Video Transcript

Welcome to 'Love the Game, not the odds', a workshop that tells you the whole story about betting - not just what you see in the ads.

Before you begin

- Set chairs up in semi-circle around the white board.
- Briefly explain who you are, which agency you're from and that you are representing the Victorian Responsible Gambling Foundation.
- Press 'play' to start the workshop.



Video Transcript

But, before we get started, let's see how many sports you can list in 30 seconds.

When you're told to start, write down as many sports as you can on the paper.

Key messages:

The increasing number of sports that you can now bet on demonstrates the growing culture of gambling in sport.

Activity 1: BRAIN STORM RACE (PAUSE 00:16 sec)

- Provide handout 1. With a timer or stopwatch get them to write down as many sports as they can on paper.
- Indicate to group when they can start, using the phrase "on your mark, get set, go".
- After 30 seconds have passed ask group to count the number of words they have written.
- Ask questions like "hands up if you got more than 5 sports", "how about 10?" and so forth.
- Then ask group to circle those sports that they think you can bet on and/or have seen betting advertising enticing people to bet on that sport. Discuss how many of the sports they've circled.
- Talk about other sports they know of that you can bet on and whether they've noticed a growing culture of betting in sport.

Tips:

Make sure everyone has handout 1, a pen and knows what they need to do



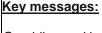


You might've noticed that there's a lot of sports you can bet on - and it's starting to feel like a normal part of the game.



Video Transcript

So, what is gambling or betting anyway?
Well, these two words are really talking about the same thing.



Gambling and betting can be used interchangeably.

These involve risking something of value for the chance of winning more and are dependent on the player's ability to predict an uncertain outcome.

It's difficult to avoid gambling advertising especially sports betting ads.



Video Transcript

They both require the player to risk losing something of value, like money, for the chance of winning more.



Have you noticed many betting ads around lately? Where do you normally see them?

DISCUSSION 1: (PAUSE 00:44 seconds)

- Discuss how many gambling ads the group has seen lately especially sports betting ads and where do they see this kind of advertising.
- Discuss how it's becoming harder to escape this kind of advertising especially when watching sport.



Video Transcript

Okay, so what's the big deal if there's a lot of betting ads - especially when watching sport?

Key messages:

It's difficult to avoid gambling and betting advertising especially when watching sport.

The proliferation of sport betting advertising is creating a skewed view of gambling and changing the way we see sport, making it feel like a normal part of the game.

When something feels normal it's easier to underestimate the risks.



Video Transcript

It makes betting feel more normal. And when something feels normal, you start to think of it as less risky, and that no harm can come from it.

But we know that's not the case.

Betting isn't a normal part of sport, or something you can do regularly without getting hurt.

It's important to be aware of the risks and avoid learning the hard way later.

Key messages:

The amount of sport betting advertising is making it **feel like a normal part of sport.**

When something feels normal it, it feels like a regular, safe thing to do and no harm can come from it.

But we know that, that's not the case with betting.



That's why we say just love the gamenot the odds.

Betting is likely to cost you rather than make you money.

You might be starting to earn your own money, and when you start out, you're probably not earning lots of cash.

So it's good to be mindful of how you spend it – to be able to buy the things you want and need.

Remember, as we go through this workshop - we're not here to tell you what you should and shouldn't do.

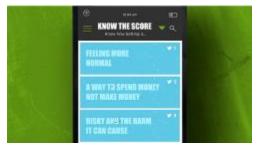
We just want to give you a heads up and know the score when it comes to betting. That way you might be able to avoid any struggles down the track.

Key messages:

It's better to love the game and not the odds.

Betting is not a normal part of sport.

The presentation is not about telling students what they should and shouldn't do; it's just about giving them the facts so they can get ahead of the game and avoid harm in the future.



Video Transcript

Knowing the score about betting means understanding how:

Betting is feeling more normal. What things, other than tv ads, make betting feel normal?

Betting is likely to cost you rather than make you money. Betting and gambling businesses are there to make money, not to give you money.

Key messages:

Today's presentation is all about giving young people the facts, so that they can get ahead of the game and know the score when it comes to betting.

And lastly, betting is risky and can cause a lot of harm - - like causing arguments and missing out on things that are important to you.

Let's start with how it's feeling more normal.

We've already talked about how ads are making betting feel more normal, but what other things that might be doing this?

WHAT IS MAKING GAMBLING FEEL MORE NORMAL

Video Transcript

It might be the people around you - whether or not they bet.

How easy it can be to access.

And games that look like gambling.

Now we're going to break up into groups. Each group will have a different subject that investigates one of these influences more closely.

Key messages:

There are a number of different environmental influences that are making gambling feel more normal.

ACTIVITY 2: HOW IT'S FEELING MORE NORMAL

(PAUSE 2:45sec)

- Divide everyone into small groups of 3 to 4.
- Explain to groups that they will have around 5 minutes to complete the group task.
- Allocate a task to each group using handouts 2a to 2d.
- Ask the staff for support to help groups with their activity.
- Circulate around each group and offer assistance when required.
- After around 5 minutes come back as a whole group and ask groups to take it in turns to discuss their task and responses to the discussion questions. You're likely to have at least 2 groups that had the same group task. Choose just one of these groups to explain their answers.

See the end of each group task for suggested responses to discussion questions.

N.B. This discussion should take around 5-10 minutes.



Video Transcript

We've already talked about digital games that look

Key messages:

Fake gambling apps not only makes it feel normal but can also give a false sense of confidence.

It's easy to get carried away and lose track of spending when making in-app purchases.

Real gambling websites are offered by overseas operators, therefore Australian players have no consumer protection.

Video games can also simulate gambling and make it feel more normal.

like gambling in the last activity.

Telling the difference between fake gambling games, and the real thing can be hard.

Take a look at these two screenshots. One is from a real online gambling site, and the other is a fake gambling app.

Can you tell which one is the real thing?

It can be tricky to figure this out, because they look alike.

The answer is option A.

The important thing to remember about gambling sites like option A is that these are usually operated from overseas, and Australian players have no consumer protection. This means that if you think you're owed money, there's no way of getting it back.

The other screen shot was taken from a fake gambling app called Slotsmania.

Apps like this can use inflated odds, making it easier for you to win. This might give you the wrong idea of how betting actually works. As we'll soon discover, the odds are never in your favour.

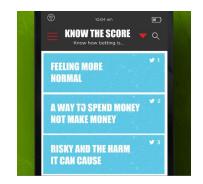
What's an app or video game that reminds you of gambling? What about this game reminds you of gambling?

DISCUSSION 2: (PAUSE 03:09 seconds)

- Ask group to pick which one they think is the real online gambling game.
- Discuss why they've made their choice. Comment how difficult this is because they look so similar.

DISCUSSION 3: (PAUSE 04:00 seconds)

- What's an app or video game that reminds you of gambling?
- Do you think these games make gambling less risky?



Video Transcript

Now let's look at how betting is a way to spend money rather than make money.



But first, a quick question.

If I gave you \$1,242 of real money, how would you use it?

You might be surprised to learn that, on average, Australian adults gambled \$1,242 in 2016.

Now, remember – that's an average – so it doesn't mean that everyone gambles or bets that much money. But it does mean that some people are losing large amounts.

Key messages:

The average spend per adult in Australia on gambling is a significant amount and it's important to consider how else this money could have been used (introducing the idea of substitution).

Some people are spending a lot of money on gambling, so they must think they have a chance.



Video Transcript

Talking about losing money - between July 2015 and June 2016, Victorian's lost \$5.8 **billion** dollars to gambling, now that's a lot.

<u>So why are</u> some Victorian's spending so much on betting? They <u>must think</u> there's a chance of winning money...

Right?



Video Transcript

We'll let's see for ourselves in this quiz.

Key messages:

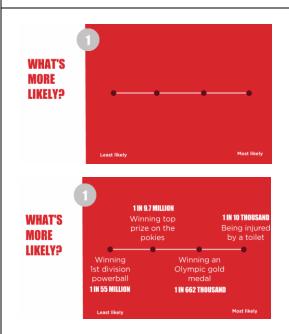
There are limited chances of winning because betting agencies and gaming venues are businesses seeking to make a profit at the expense of players.

Despite a players' perception of skill there is no such thing as a sure thing when it comes to betting. The only certainty in betting is that nothing is certain.

ACTIVITY 3: WHAT'S MORE LIKELY

(PAUSE 04:45 SEC)

- Ask for four volunteers and provide each volunteer a handout (page 30- 39).
- Ask them to line up in order from least likely scenario to most likely, from left to right.
- Reveal answers on next slide and (PAUSE 05:15sec)
- Discuss with group if they are surprised by these answers.



Video Transcript

Now none of these things are likely to happen.

But notice that the least likely events are gambling related.

It's interesting to see that you've got a better chance of winning an Olympic gold medal than you do at winning top prize on the pokies.

What does that tell you about your chances of winning when gambling?



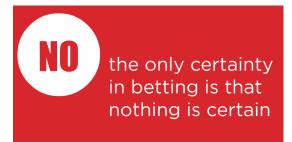
Continuing with our quiz – can you ever be certain when it comes to betting?

If you know a lot about a game, can you be 100% sure you've picked the winner?

Let's see what this next video has to say about that.



Play video

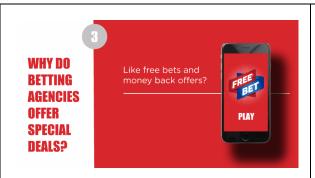


Video Transcript

So, it doesn't matter how much you know about a game, there's no such thing as a sure bet.

The favourite in a horse race doesn't always win. The best goal-kicker doesn't always score the most goals.

The only certainty in betting is that nothing is certain.



Here's the next quiz question:

Why do betting businesses offer special deals like cash-back and bonus bets?

DISCUSSION 4: (PAUSE 06:22 seconds)

- Why do betting businesses offer special deals?
- Have you seen these kind of deals advertised?
- Do you think they're doing it to increase your chances of winning?



Video Transcript

At the end of the day, betting places and gaming venues are businesses. And businesses love to make money.

Who's money? The player's money.

If you take a closer look at some of the terms and conditions linked with these deals, you can see that they're encouraging players to bet more, and place riskier bets to increase company profits.



Video Transcript

So in doing this quiz, you really get the sense that gambling is a way to spend money, rather than win money.



But - who wouldn't want to win quick easy money, right?

Raise your hand if you'd like to win quick and easy cash

The idea of winning money is trying to draw you in and gaming and betting places are counting on this.

They play on the fact that people really want to win and design gambling games to encourage players to bet more often for longer periods of time.

But we know that anything – if done too often, or too long – isn't good for us.

Key messages:

Anything done in excess is not healthy and gambling is no exception.

Betting agencies and gaming venues use the allure of winning quick money to encourage players to bet more often with more money

The more someone gambles the higher the chance that they will experience difficulty.

Gambling more often doesn't increase a player's chance of winning it just makes them more likely to lose a greater sum of money.



Video Transcript

Eating junk food, using your computer or your phone - if too often or for too long - can be unhealthy.

Even things usually considered healthy, if done in excess, can be bad for us - like drinking water or exercising.

Gambling is no different, we know the more often someone bets the more likely they are to lose large sums of money and experience significant harm.

Because, as this next video explains betting more often doesn't increase your chances of winning.



Play video



Video Transcript

We know that betting is risky and the more often someone gambles, the higher the risk.

Keep this in mind for the next activity.

You're trying to gamble more to win back money you've lost



You only gamble once a year when you put on a bet for the Melbourne cup



You're betting more often because you're being offered free bets and credit



Key messages:

The more someone gambles the higher the chance that they will experience difficulty.

ACTIVITY 4: HOW RISKY IS THIS?

(PAUSE 08:31 SEC)

- Ask for 3 volunteers and explain to them where in the room represents low, medium and high risk and place each volunteer at each risk.
- Going through and pausing at each scenario, ask 3-4 group members to explain the risk involved and explain their thinking. Note other members of the class can contribute to the discussion as well.





We know that betting can be risky - but what harm can it cause?

If someone decides to bet, it helps in the long-run to think about what they might miss out on... because spending more on betting means less money for other things.

Key messages:

Harm from gambling comes in many forms and levels of severity including short-term consequences like missing out on something that you really wanted.



Video Transcript

Budgets are a handy tool to manage your money and afford more of the things you want.

If you had \$50 in your pocket, what would you use it for?

Key messages:

It's important to be smart with your money in this time where you are becoming more financially independent but you have a limited income with greater living expenses.

Gambling is an entertainment expense that should be given lower priority compared to living expenses.

If you had \$50 in your pocket

WHAT WOULD YOU USE IT FOR?

Video Transcript

If you had \$50 in your pocket, what would you use it for?

DISCUSSION 5: (PAUSE 09:23 seconds)

If you have \$50 in your pocket, what would you use it for?

Total \$50 Items Footy game tickets \$15 Dinner with your mates \$10 Phone credit \$10 Public transport \$10 How much money left over \$5

Video Transcript

So you've work out what you would use \$50 for.

What would happen if you spent more than this on things like betting?

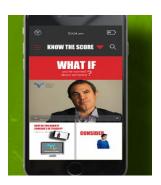
Budgeting is all about prioritising the money you spend. Entertainment costs, like betting, should always be lower down the priority list, so that you can afford the things most important to you. This next video talks about this more.

Key messages:

Budgets are a useful tool in making smart choices with your money and prioritising your expenditure.



Play video



Video Transcript

What if someone you know is struggling with betting?

Key messages:

Gambling is risky and anyone can run into trouble, even young people.



In the last part of today's workshop, we'll look at how to tell if betting is becoming a concern, and what you can do about it.

What if you're worried about someone you know?

Key messages

If you are concerned about your own or someone else's gambling there is help available.



Video Transcript

Ashley Gordon in the next video talks about what is important to know if you're worried about someone.

Play video

HOW DO YOU KNOW IF SOMEONE'S IN TROUBLE?

Signs to look out for



Video Transcript

We know that people can run into trouble. But who?

How would you know if someone's having trouble with this problem?

What would be some of the signs that something was up?

In this next video, Chantelle McGuinnes talks about some signs that might raise a red flag that betting is becoming a concern and where to go to get support.

Key messages

There are signs to look out for to recognise if gambling is becoming a concern.





What would you do if you noticed any of these signs?

In Chantelle's video, she mentioned support available for anyone concerned about their gambling or for someone they know.

This is a free telephone service, it's confidential and available 24 hours a day, 7 days a week.

Why is it better contact Gambler's Help Youthline sooner rather than later?

Also keep in mind that you don't have to be the one gambling to contact Youthline.

You might be concerned about someone else.

Remember, even though it's called the Gambler's Help Youthline, it's not just for people who are worried about their own gambling. You might be concerned about someone else's gambling and need support to help them.

Play video

Key messages:

If you are concerned about your own or someone else's gambling there is help available.

It is better to seek help sooner rather than later.

You don't have to be the person who has been gambling to contact the Gambler's Help Youthline.



DISCUSSION 6: (PAUSE 13:49 seconds)

- What's something you have learned that might help you down the track?
- Can you highlight two things from Chantelle's video?

Before we wrap up today's session, let's have a think about what we've covered.

What's something new you've learnt that might help you down the track?



Video Transcript

In summing up what we've covered, consider:

How gambling is an easy way to spend money, rather than make money.

How gambling is feeling more normal, making it harder for us to recognise the risks involved.

What these risks are - especially missing out on other more important things.

And lastly, that you or someone you know can get into trouble with this stuff, but there's help available if you become concerned.



Video Transcript

Like we said at the start, it really pays to just love the game, and not the odds.

Because if you just love the game you can't lose.

Key messages:

If you just love the game and not the odds, you can't lose.

Betting is starting to feel like a normal part of sport and this normalisation means that it's sometimes easy to underestimate the risks involved.

The quiz demonstrated how unlikely it is to win money by gambling. Gambling is really a way to spend money rather than win money.

It is important young people are able to prioritise their spending and realise that entertainment expenses (such as gambling/betting) should be made a lower priority. Young people can prioritise their spending by making a budget.

If a young person, friend or family member is having trouble with gambling, there are many ways to get support. It's always better to get support sooner rather than later.

Gambler's Help Youthline is a free service that is confidential and available 24 hours a day, 7 days a week.

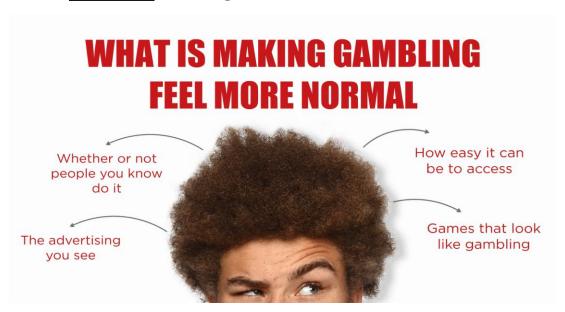
Handout 1 – Brainstorm race activity and contact information



In the space below, you'll have 30 seconds to write down all the sports you can think of

Handout 2a – Group Activity worksheet – Advertising

Group 1 – How <u>advertising</u> is making it feel more normal



Group activity worksheet - Advertising

Think about all the gambling advertising you see and hear.

In your group discuss the following questions

- What is the purpose of an ad?
- What is the nature and messaging of sport betting advertisements?
- Do you think seeing and hearing lots of ads that only tell you the positive side of gambling might affect the way you think about it?
- Do you think betting advertising is making it feel like a normal part of sport?
- Do you think it's important to be mindful of the possible influence of betting advertising?

Group activity worksheet - Advertising

Suggested answers to discussion questions

- What is the purpose of an ad?
 To sell a product or service. Ads tend to only show you the positive side of something.
- Do you think seeing and hearing lots of ads that only tell you the positive side of might affect the way you think about it?
 Subject to participants' opinions. However you should remind the group to be conscious of how advertising might affect the way they see gambling.
- What is the nature and messaging of sport betting advertisements?

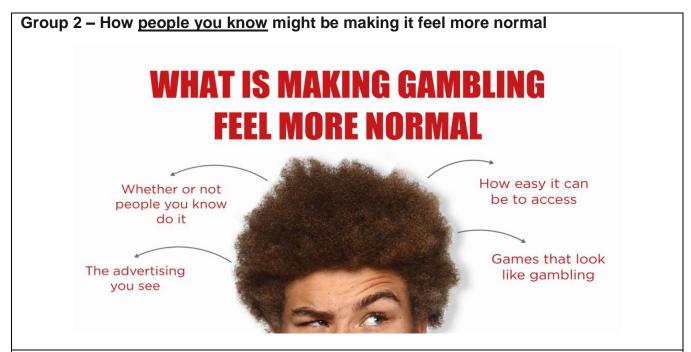
Subject to participants' opinions. However it's good to highlight that the nature of these advertisements would seem like it's easy to win money, that it's fun and something you do with friends.

- Do you think betting advertising is making it feel like a normal part of sport?

Subject to participants' opinion.

- Do you think it's important to be mindful of the possible influence of betting advertising? Subject to participants' opinion.

Handout 2b – Group activity worksheet – People



Group activity worksheet - People

In your group discuss the following questions:

- 1. If your friend or someone you know gambled, how would it affect the way you think about gambling?
- 2. If one of your over 18 friends gambled do you think they would tell you about money they had lost or only money they had won?
- 3. Would you be more interested in gambling if your friends did it?

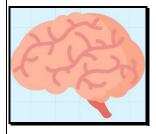
Group	activity worksheet - People
S	uggested answers to discussion questions
	If your friends gambled, how would it affect the way you think about gambling? Subject to participants' opinions.
	If one of your friends gambled do you think they would tell you about money they had lost or only money they had won? Most likely only their wins.
-	Would you be more interested in gambling if your friends did it? Subject to participants' opinions.

Handout 2c – Group activity worksheet – Access



Why do you think there are government regulations about the purchasing of things like alcohol and cigarettes? Why aren't these things freely accessible?

Brainstorm your ideas below.



Group activity worksheet - Access						
your group discuss the following questions:						
- If gambling was easy to access, would that change how risky you think it is?						
- Would this influence the way you think about gambling?						
- What would be some of your concerns if gambling was easy to access?						
- Why do you think the legal age to gamble is 18 and over?						

Group activity worksheet - Access					
Suggested answers to discussion questions					
- If gambling was easy to access, would that change how risky you think it is? Subject to participants' opinions but it's likely that perceptions of risk would be reduced. Use similar examples like if cigarettes were made more.					
 Would this influence the way you think about gambling? Subject to participants' opinions. 					
 What would be some of your concerns if gambling was easy to access? People may not be aware of the risks involved in gambling and unable to make well informed choices for themselves. 					
 Why do you think the legal age to gamble is 18 and over? Governments aim to protect young people from risky products and activities by making the legal age of consumption over 18. 					

Handout 2d – Group activity worksheet – Gaming

Group 4 – How games that look like gambling is making it feel more normal

WHAT IS MAKING GAMBLING FEEL MORE NORMAL Whether or not people you know do it The advertising you see WHAT IS MAKING GAMBLING FEEL MORE NORMAL How easy it can be to access Games that look like gambling

John is often playing free apps on facebook and google play that look a lot like gambling, but they aren't quite the real thing because he can't win real money.

However he's spending a large amount of real money on "in-app" purchases to increase his chances of winning in the game.

What's two tips you have for John to help him control his spending on 'in-app' purchases.

Tip 1:		
Tip 2:		

Group activity worksheet - Gaming				
In your group discuss the following questions:				
 Have you seen apps on facebook, google play or itunes that remind you of gambling? What about these apps remind you of gambling? 				
 Some free to play 'fake gambling' apps use inflated odds making it is easier to win. Ho might this affect the way the player thinks about gambling? 				
 Do you think kids under 12 should be able to play these 'fake gambling' apps? Why/Why not? 				

Group activity worksheet - Gaming

Suggested answers to discussion questions

- Have you seen apps on facebook, google play or itunes that remind you of gambling? What about these apps remind you of gambling?

N.B. when discussing apps and video games that simulate gambling try to avoid listing the examples below, just be aware of these when facilitating the discussion.

Examples of apps

- Slotomania (simulating EGMs)
- Zynga Poker (simulating casino card games)
- DoubleDown (simulating EGMs)
- Big Fish Casino (simulating casino games including EGMs and card games)
- Bingo Bash (simulating Bingo)
- Candy Crush (simulating EGMs)
- -Texas Hold'em Poker (simulating casino card games)
- Some free to play 'fake gambling' apps use inflated odds making it is easier to win. How might this affect the way the player thinks about gambling?
 Could build a false sense of confidence and encourage people to try the real thing.
- Do you think kids under 12 should be able to play these 'fake gambling' apps? Why/Why not?

 Subject to participants' opinions.

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