



**FIRST NATIONS**  
FOUNDATION



Victorian  
Responsible  
Gambling  
Foundation

## My Moola

**Does improving Indigenous financial literacy affect  
gambling behaviours?**

Gambling Harm Conference Geelong 2018



## Acknowledgement of Country

I want to acknowledge the Wadawurrung Traditional Custodians of the land we stand on today, and pay my respect to Elders both past and present.



**Wadawurrung**



# What is the My Moola money management program?

The program helps to:

- reframe the relationship Indigenous people have with money from a historical context
- identify counterproductive behaviours that prevent participants from achieving their financial goals including gambling
- build skills and confidence in navigating and managing their finances.





# Delivery of the My Moola money management program



The My Moola money management program was delivered to nearly 100 employees across 10 training sessions from seven regional and metropolitan Aboriginal health and community service organisations across Victoria including:

- Ballarat and District Aboriginal Co-operative
- Bendigo and District Aboriginal Co-operative
- Mungabareena Aboriginal Corporation
- Njernda Aboriginal Corporation
- Rumbalara Aboriginal Co-operative
- Victorian Aboriginal Community Services Association
- Wathaurong Aboriginal Co-operative



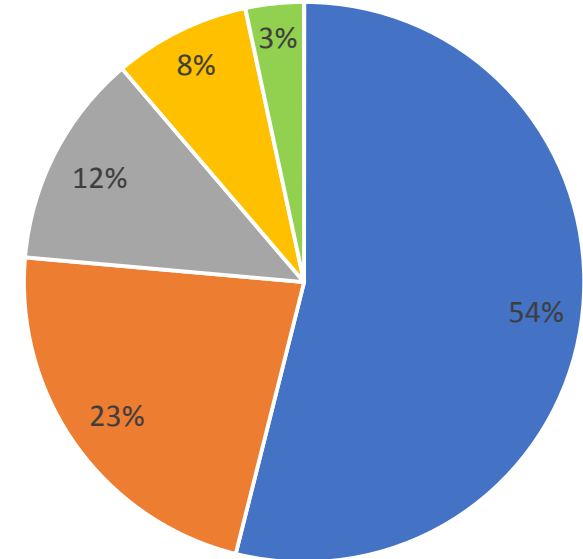
## The My Moola money management program outcomes

- It achieved demonstrable improvements in financial literacy amongst training participants and enhanced knowledge, skills and practices in money management, including financial goal setting, budgeting and planning, reducing expenses, saving, managing superannuation, reducing debt, managing loans and credit, and home ownership;
- The project provided evidence that training participants were using the money management skills acquired from the training to help others to better manage their money, indicating that the benefits of the program extended beyond its direct participants;
- It helped to prevent and minimise harmful gambling amongst participants, by influencing occasional gamblers to budget, save and avoid spending leaks in order to keep their gambling at affordable levels; and
- The training helped to reduce counterproductive gambling and gambling harm amongst participants who were heavier gamblers, who subsequently reduced their gambling frequency and expenditure and set limits on their gambling following the My Moola training.



# The My Moola money management program outcomes

**Gambling frequency over the last 3 months prior to the My Moola training**



- I have not gambled in the last 3 months
- Monthly or less often
- 2 - 4 times a month
- 2 - 3 times a week
- 4 - 5 times a week

**Distribution of participants across gambler risk groups**

Category	% of all participants	% of all gamblers
Non-gambler	53.6	-
Non-problem gambler	18.8	40.4
Low risk gambler	8.9	19.2
Moderate risk gambler	7.1	15.4
Problem gambler	11.6	25.0
<i>Total</i>	<i>100.0</i>	<i>100.0</i>



# The My Moola money management program outcomes

## Relationships between gambling behavior and financial literacy measures

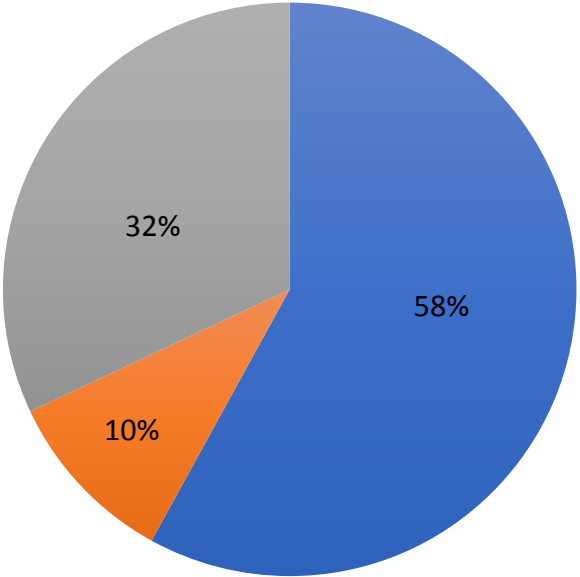
Construct	Self-confidence	Importance	Knowledge	Helping	Savings	Difficulties
Gambling attitudes	0.11	0.18	-0.00	-0.05	0.01	0.24 <sup>a</sup>
Gambling harms	-0.29	-0.01	0.04	0.22	-0.34 <sup>a</sup>	0.23
PGSI score	-0.29	-0.18	0.10	0.46 <sup>a</sup>	-0.31 <sup>a</sup>	0.52 <sup>b</sup>
PGSI groups	-0.26	-0.18	0.07	0.45 <sup>a</sup>	-0.30 <sup>a</sup>	0.49 <sup>a</sup>
Expenditure ( <i>n</i> = 39)	-0.27	-0.20	0.24	0.18	-0.17	0.28
<i>Gambling frequency</i>						
Pokies	-0.16	0.06	-0.05	0.40 <sup>a</sup>	-0.29	0.33 <sup>a</sup>
Horse or dog races	-0.21	-0.18	0.20	0.21	-0.01	0.21
Sports betting	-0.02	-0.23	0.15	0.31 <sup>a</sup>	0.12	0.11
Casino games	-0.36 <sup>a</sup>	0.20	0.09	0.30	-0.14	0.25
Community card games	-0.09	-0.13	0.02	0.13	-0.06	0.31 <sup>a</sup>
Keno	-0.03	0.00	-0.31 <sup>a</sup>	0.19	-0.14	0.26
Lotteries/ scratchies/ bingo	-0.17	-0.01	-0.07	-0.02	0.07	-0.03

Note. <sup>a</sup>  $p < .05$ , <sup>b</sup>  $p < .001$ . Spearman correlations used for all but gambling harms, attitudes and expenditure.



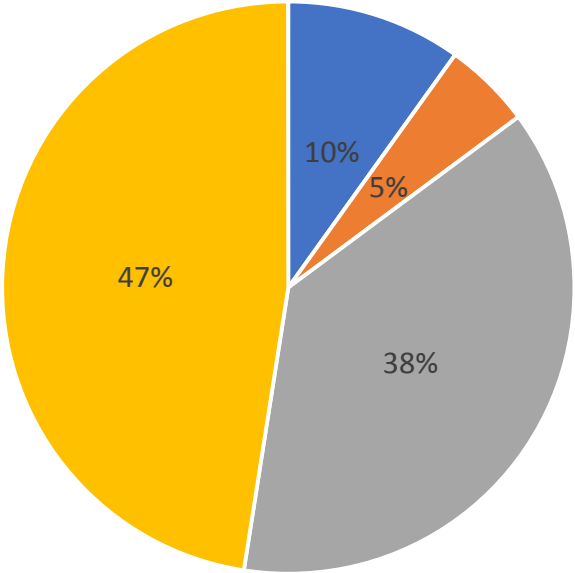
# The My Moola money management program outcomes

### Post training goal setting for financial future



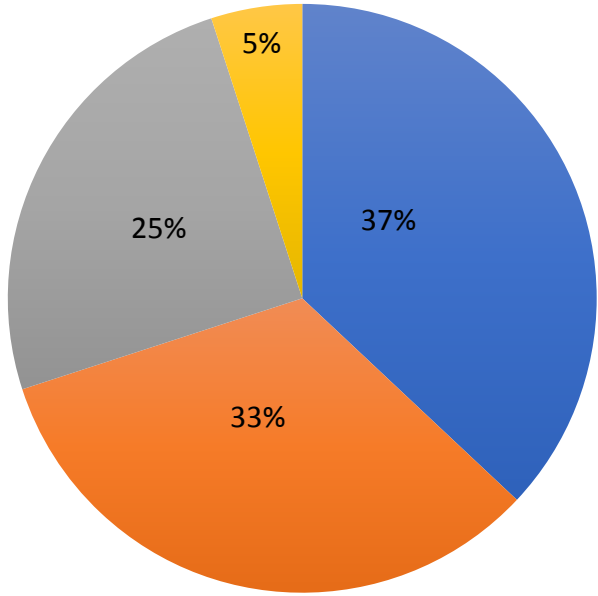
- Now have a set goal
- Would like more help
- Already had a goal and My Moola has helped me further

### Prioritising money and identifying spending leaks post My Moola training



- Can make pay stretch between paydays
- Would like more help
- Now know where I am wasting money
- Can better manage money

### Attitudes towards money post training



- More Confident
- Ready to start change
- More relaxed
- Concerened about ability to carry on goals





# The My Moola money management program outcomes

**How did the My Moola training impact on participants' money management practices and gambling attitudes, behaviours, harms and problems?**

Below are extracts from the focus groups which were conducted as part of the evaluation tool of My Moola money management program:

**“I’m saving a lot more now so I’m about to apply for a home loan”**

**“...If you’ve got that little extra in that account it helps”**

**“...having the My Moola training made me open my eyes and appreciate the money that I do have and to learn how to budget it better and to not use it on gambling”**

**“Even just by us having conversations about money has helped, traditionally in my family talking about money has always been taboo“**



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**ECONOMIC FREEDOM FOR FIRST AUSTRALIANS**