



# Keeping young people safe

All the TV ads about betting on sport can make young people think having a bet is OK. And Facebook and phone apps can make it easy for them to bet.

Some video games also have betting as part of the game, but you don't bet with real money. They can make winning seem easy.

## Losing money

Let your child know that betting in real life is riskier than the ads and video games make it seem.

Tell them that betting means losing money.

## Be aware of problems

Is your child lonely or bullied? They might think betting on a phone is a fun way to forget their problems.

But it can add a big new problem.

Look out for:

- sudden changes in how much money they have
- changes in how much they sleep
- talking less to you and their friends
- talking a lot about betting.

Have a rule at home: no mobile phones in bedrooms. Only have them in the family areas. Explain that it is to keep them safe online. Be a good role model.



## Talk with them about fun things to do:

- join a sports team
- catch up with family
- learn something new.

Help them learn about their culture – it will keep them strong.

**Worried about a young person's online betting or video gaming?**

**Call Gambler's Help on 1800 858 858 any day, any time.**



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**Gambler's Help** 1800 858 858  
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