CHECKLIST

Setting Up Gambling Blocks on Your Child's Phone

- [ ] Enable parental controls on your child's device and set a strong passcode different from your unlock code.
- [ ] Restrict app installation to block new gambling apps from being downloaded.
- [ ] Delete any existing gambling or betting apps already on the device.
- [ ] Check your internet service provider for network-level parental controls or filtering options.
- [ ] Set up content filtering at your router to block gambling sites across all devices on your home network.
- [ ] Review your child's phone monthly for new apps and workarounds they may have found.
- [ ] Talk to your child about why the blocks are in place and what you expect them to do if they feel the urge to gamble.
- [ ] Save the National Gambling Helpline number (0808 8020 133) in your phone for when you need support.