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CHECKLIST

Talking to Your Child About Gambling: A Parent's Checklist

- [ ] Ask what your child knows about gambling and listen to their full answer
- [ ] Explain that gambling is designed so most people lose money over time
- [ ] Review games and apps together for loot boxes and in-game purchases
- [ ] Set a clear family rule about betting and spending in games
- [ ] Discuss how betting adverts and influencers target young people
- [ ] Save the National Gambling Helpline number where your child can find it
- [ ] Watch for warning signs such as secrecy around devices or requests for money
- [ ] Keep the conversation going with regular check-ins as your child grows