TRANSFORMATION TRUST
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CHECKLIST

# Recognising and Responding to Gambling Harm in Young People

- [ ] Watch for secrecy about phone or computer use and defensiveness when asked about online activity
- [ ] Check for unexplained money going missing or expensive items appearing
- [ ] Look for mood swings, anxiety and sleep disturbance
- [ ] Start conversations without judgement and listen to what the young person says
- [ ] Review transaction histories and app purchases together
- [ ] Install blocking software like Gamban or BetBlocker on all devices
- [ ] Contact the National Gambling Helpline for confidential advice and support
- [ ] Involve the school safeguarding lead if appropriate
- [ ] Set up financial controls and agree spending limits openly