CHECKLIST

GAMSTOP and Family Protection Checklist

- [ ] Visit the GAMSTOP website if aged 18 or over and ready to block gambling access
- [ ] Choose a blocking period knowing it cannot be reversed once confirmed
- [ ] Install Gamban or BetBlocker on devices used by young people under 18
- [ ] Remove saved payment details from browsers and apps to reduce impulsive spending
- [ ] Talk openly about gambling and gaming with young people before harm develops
- [ ] Save the National Gambling Helpline number where it can be found quickly
- [ ] Recognise that blocking software works best alongside conversation and clear boundaries