CHECKLIST

Steps to protect young people from skin gambling

- [ ] Identify which games allow tradeable items and check if your child plays them
- [ ] Enable parental controls on gaming platforms to restrict purchases and trading
- [ ] Discuss how virtual items hold real value and why betting them is gambling
- [ ] Install blocking software on shared devices to prevent access to gambling sites
- [ ] Monitor transaction history linked to gaming accounts for patterns of repeated spending
- [ ] Watch for warning signs such as secrecy, mood swings or requests for money with vague explanations
- [ ] Speak to teachers or youth workers if you notice behavioural changes at school
- [ ] Contact the National Gambling Helpline if harm has occurred or you need guidance