CHECKLIST

Steps to Take If Your Child Has Gambling Debts

- [ ] Change passwords and PINs on all bank accounts and cards your child accessed
- [ ] Contact your bank to block transactions to gambling sites
- [ ] Remove stored payment details from all devices
- [ ] Install blocking software such as Gamban or BetBlocker
- [ ] Check recent bank statements for unfamiliar transactions
- [ ] Write down details of which sites were used and when
- [ ] Talk to your child calmly about what happened and how they are feeling
- [ ] Contact GamCare or the National Gambling Helpline for support
- [ ] Dispute any transactions made on your card with your bank
- [ ] Set up transaction alerts and spending limits on accounts your child uses