CHECKLIST

Checklist: Reducing Gambling Risk for Young People

- [ ] Install filtering software on your home broadband and each device your child uses
- [ ] Set up parental controls at the router level to apply restrictions across all connected devices
- [ ] Review which payment methods your child has access to and switch to prepaid cards with spending alerts
- [ ] Ask your child what they know about betting and whether friends discuss it
- [ ] Clarify the difference between virtual currency in games and real money
- [ ] Open a conversation about money worries without judgement
- [ ] Encourage other outlets for difficult feelings such as sport, creative activities or talking to someone trusted
- [ ] Know where to get help if you are concerned, including the National Gambling Helpline on 0808 8020 133