

RIPPLE EFFECT

This activity explores gambling-related harms by opening up conversations around the negative consequences of gambling experienced by those who gamble, as well as affected others, the wider community and society at large.



TIME:
15-20min



RESOURCES:
Flip-chart, post-it notes, pens



MATERIALS TO PRINT:
Ripple Effect:
Practitioner answer sheet

METHOD

- 1** Draw on the flip-chart three concentric areas, resembling a ripple-effect diagram.
- 2** Write on the inner area the title Individual, on the second Family, friends, school and work, on the third Community and society.
- 3** Divide participants in three groups, giving each a block of post-it notes (preferably a different colour for each group).
- 4** Assign to each group one of the three areas of the ripple effect diagram, and ask them to list the consequences that gambling could have for that area.
- 5** Participants can write one consequence per post-it and then stick them all on the flip-chart.
- 6** Once their discussion is complete, ask each group to explain to the others the consequences they have identified.
- 7** Support the conversation by discussing the various gambling-related harms and the links between the three areas. For example, you might want to highlight that on average, 6 people are affected by one person's harmful gambling. What might this mean for the wider community, in the short and long term?
- 8** Conclude by bringing participants' attention to any gambling-related harm that you think is missing, using the Practitioner Answer Sheet.

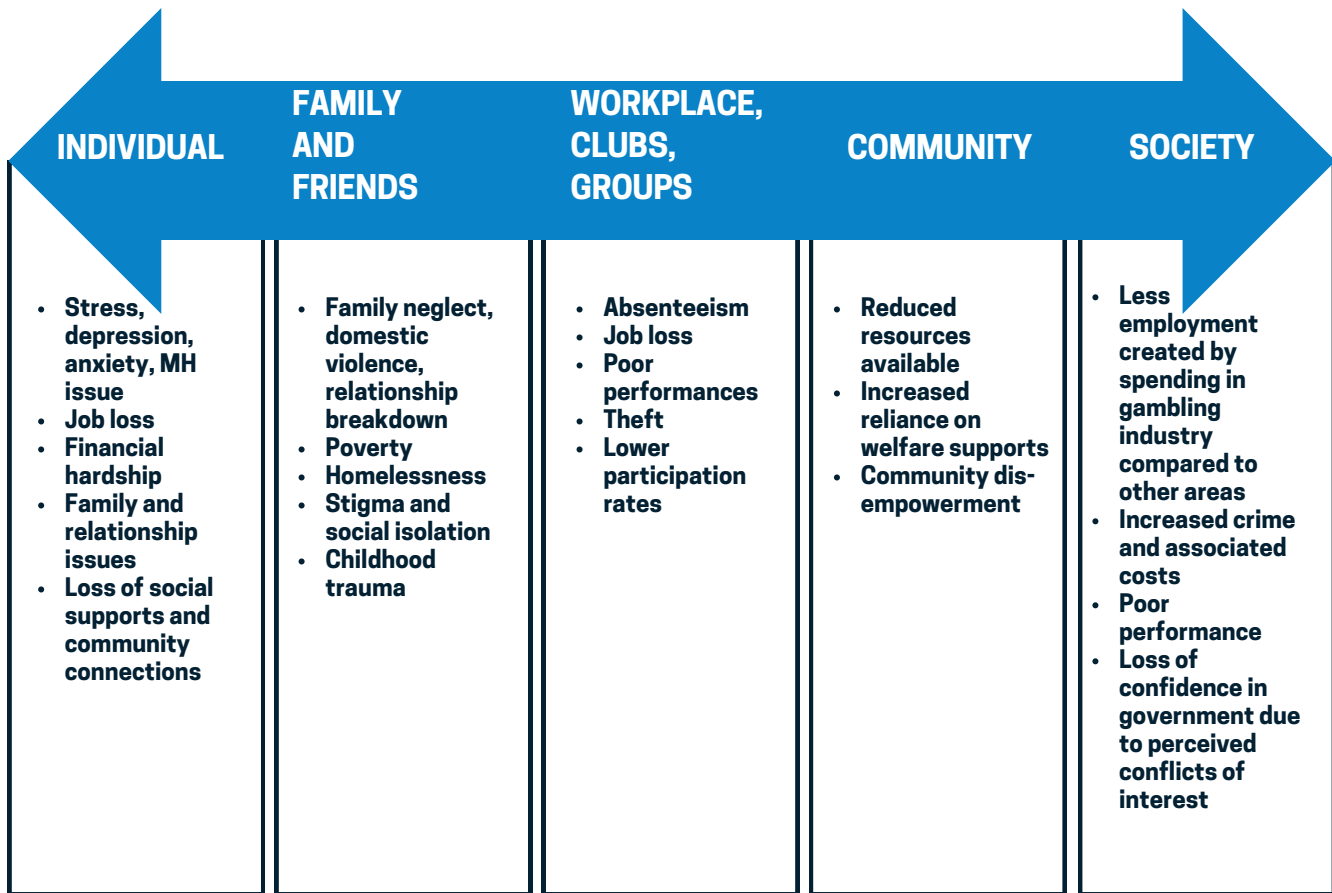
Alternative options:

If it's a small group, you could do this activity without splitting participants into teams.

A different option could focus on consequences affecting Health, Relationships and Resources, as described in the Practitioner Answer Sheet.

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PRACTITIONER ANSWER SHEET*



HEALTH

- Unexplained joint /muscle pains
- Heart palpitations
- Breathing difficulties
- Sleep disturbances / insomnia
- Increased blood pressure
- Headaches
- Anxiety / depression
- Narcissistic presentations
- Self harm and suicidality
- Confusion
- Substance misuse
- Feelings of stigma/shame

RELATIONSHIPS

- Relationship difficulties and breakdown
- Loss of trust
- Domestic violence / abuse
- Loneliness
- Social isolation
- Neglect / abandonment
- Anti-social behaviour

SOCIAL AND FINANCIAL RESOURCES

- Poor concentration
- Money/debts
- Housing issues
- Work / school problems
- Reduced productivity
- Use of food banks

* Charts from the ['Tackling gambling related harm: A whole council approach'](#) by Public Health England and Local Government Association, November 2018.