

HARM REDUCTION POSTER

This activity encourages participants to design their own gambling harm reduction poster, summarising learning from previous sessions. It can be displayed in their community space and provide a great reminder and conversation starter about risks around gambling.

**TIME:**

20-30 min

**RESOURCES:**

Whiteboard/ flip-chart, any creative materials (e.g. pens & paper, magazines for a collage, brush & paint, computer use for graphic design, etc.)

METHOD

1

Start by reflecting back on the group's learning by asking participants to note down on the whiteboard/flip-chart what they remember most from previous activities, and what they think the key takeaways for reducing gambling harm should be.

2

Ask the group to choose 2-4 learning points which the poster will address. These can make up separate sections of the poster. You can refer to these sections of the toolkit for inspiration and more information:

- Gambling & gaming harm reduction advice (Toolkit Section 4.7)
- Recognising gambling harm (Section 2.3.1)
- Myths about gambling harm (Section 2.1.1)
- Common fallacies (Section 2.3.2)
- Young people & gambling (Section 1.3.1)

Don't forget to allocate space for support services that people can reach out to, like GambleAware or the Big Deal website, and the National Gambling Support Network helpline (0808 8020 133). See the toolkit Appendix for more information. You can also include information on blocking software, and on which staff members within your organisation the young people can consult about gambling concerns.

3

Split into teams and allocate each team a section of the poster and a topic to focus on. Don't forget to task one team with designing the support section. You could cut an A3 sheet into sections and hand these out so each group knows how much space they have. Support each team to bring across their message with as little words as possible, and encourage creativity - you can use existing pictures from magazines or other resources, stickers, printed images, paint, glitter, you name it!

4

Once all teams have completed their individual sections, bring them all together and glue onto a piece of paper. Once completed you can display it in your community space for a great conversation starter about gambling harms, and a reminder of the learning the young people gained.

Top Tip:

We would love to see your creations! Take a picture of your poster and send it to the Scottish Gambling Education Hub:

Twitter: [@GamblingEduHub](https://twitter.com/GamblingEduHub)

Email: SGEH@fastforward.org.uk

Apply for up to £1000 to develop your poster further and create something for others to use! Find out more about our [Youth Fund](#).