

EXAMPLE SESSION PLANS

Two 60-minute sessions to facilitate in a youth work or classroom setting.

SESSION 1

This session will provide an opportunity to consider gambling risk through discussion and teamwork. You will play an “Agree/Disagree” game to explore common misconceptions about gambling, challenge your young people to collaboratively assess how risky or safe certain gambling behaviours are, and explore avenues for support available to someone experiencing gambling harm.

A-Z of Gambling

10 minutes.

This activity is a great ice-breaker to introduce the topic of gambling.

On a whiteboard or piece of paper, ask a young person to write the letters A to Z in a vertical line. Then, take turns coming up with a gambling-related word starting with each letter of the alphabet. If a young person is stuck and cannot think of a word, other group members can help.

Agree/Disagree

20 minutes.

This activity encourages discussion and creates an opportunity to look at different opinions and attitudes towards gambling and gambling harms, supporting young people to develop critical thinking skills.

Mark opposite ends of the room/area by placing an Agree sign on one end, and a Disagree sign on the other. Now, read out the statements (below) and ask the young people to position themselves in the room according to their opinion on the statement. Participants can also place themselves in the middle if they are undecided, or somewhat agree/disagree by stepping closer to the middle line. After all participants decided on their position, ask them to share what they considered and why they are standing where they are.

- “Gambling is a kind of entertainment”
- “Some people are naturally luckier than others”
- “People have to gamble for years to get addicted”
- “You are more likely to win the lottery by thinking positively”
- “Borrowing money to gamble with is okay”
- “Gambling is a waste of time and money”
- “Some forms of gambling are more addictive than others”
- “You have to lose a lot of money to experience a problem with your gambling”
- “Gambling is a quick way of making lots of money if you know what you’re doing”
- “Gambling on a ‘free’ internet site is harmless because no money is used”
- “People gamble to escape from their problems”
- “Having a positive attitude increases your likelihood of winning money at bingo”
- “People who win the lottery are happy for the rest of their lives”
- “Going to the bingo weekly is a bit of harmless fun”
- “Teenagers should be allowed into the bookies to bet”

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Gambling Behaviour Ladder

20 minutes.

This activity considers the nuance in risk associated with gambling, illustrating how gambling behaviour should be considered on a continuum, not simply placed into categories.

Split the group into teams of 3 or 4. Provide each team with a set of Gambling Behaviour Cards (below). In their teams, ask the young people to rank these scenarios from least (1) to most (5) risky. Ask them to consider the frequency, stake size and motivation behind each character's gambling. Afterwards, ask each group to share where they placed each scenario and why.

Olivia put £1 into the World Cup sweepstake at work to raise money for a local charity.

Ryan stole money out of his flatmate's purse to repay a loan he took out to play online poker.

Jack bet his chocolate Easter egg on whether or not his mate will be able to score a penalty.

Janice puts £2 a week on the lottery when she does the weekly shop, even though she is currently struggling to pay her bills.

Lewis won a prize at the amusement arcade last week so he has gone back again, with more money this time, hoping to win big on the slot machines.

Support available

10 minutes.

This activity is effective in winding down the session, by talking about the avenues of support that are available to someone experiencing gambling harm, as well as to those around them.

Ask participants to think of avenues of support that are available to someone who is experiencing gambling harm, and to those around them. Gather answers on a whiteboard, or using post-it notes. Keep those responses for your next session.

Examples include: speaking to a friend, parent, teacher or youth worker; visiting website for information (GambleAware.org); calling a helpline or using chat service; self-excluding yourself from betting shops; using blocking software for devices.

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SESSION 2

This session provides an opportunity to consolidate previous learning, and to facilitate nuanced discussions around gambling risk and harm. Participants will explore how gambling relates to our own lives, develop a Gambling Tree to consider the causes, effects and consequences of gambling, and work together to develop a poster on gambling harm reduction.

Stand up, If... **10 minutes.**

This activity provides an opportunity to share and review previous learning on gambling, while also shining a light on how prevalent gambling is in a young person's environment.

Ask the group to sit in a circle. As the facilitator, you will read out each statement (below), and ask participants to stand up if that statement applies to them. Facilitate discussion around each statement where appropriate.

Stand up, if...

- **If there is a betting shop near where you live;**
- **If you think that there are young people in your school who gamble;**
- **If you have seen a gambling advert (on TV, billboards, social media, ...) in the past 3 days;**
- **If you have ever played a video game that featured loot boxes;**
- **If you can name one harmful effect of gambling;**
- **If you remember what the house edge is;**
- **If you can name one negative effect that gambling could have on mental health;**
- **If you can name one negative effect that gambling could have on relationships;**
- **If you know what loot boxes are;**
- **If you can think of what advice to give someone who sometimes gambles;**
- **If you know what blocking software is;**
- **If you could give an example of where you could go for help if you had gambling-related concerns.**

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Gambling Tree

30 minutes.

This activity gives young people the opportunity to explore and discuss the causes, effects and consequences of gambling. It also provides the opportunity to discuss what could be done to limit the risk associated with gambling, and to reduce its negative consequences.

Draw a tree on a flip-chart, writing “young people’s gambling” on the middle of the trunk.

Provide all young people with post-it notes of 3 different colours. Facilitate a group discussion about the causes and factors behind young people’s gambling behaviours, and ask all participants to write examples of those on post-it notes, placed on the roots of the tree.

Now, discuss the possible consequences of youth gambling, asking participants to write them post-it notes placed on the branches of the tree.

Finally, draw apples falling from the branches towards the roots. Explain that these are potential actions that could be taken to address the causes of gambling, and encourage the group to think about and write on post-it notes what those actions could be.

Harm Reduction Poster

20 minutes.

This activity provides an opportunity to summarise the learning from previous sessions, and to revisit avenues of support.

Depending on group size, split the group or facilitate this activity in one big group.

Design a poster on what advice we can give on:

- **How to reduce the risk of harm when gambling.**
- **What to do if you, or someone you know, is experiencing harm from gambling.**

Start this process by gathering ideas on a mind map, asking all participants to contribute what should be included in the poster. Then, sort the ideas into headings or “sections” of the poster. You can then split up the group into smaller teams and ask each team to design one section, which can then be assembled to make up the poster.

Ensure that the poster includes the GambleAware website (begambleaware.org) and the National Gambling Treatment Service Hotline (0808 8020 133). It could also include information on blocking software, and on which staff members within your organisation the young people can consult about gambling.

Participants may also want to include information about BigDeal.org.uk, a website designed for young people to provide information about gambling and support available.

This poster will be a great resource to hang up in your space, ensuring young people remember the key learnings from the session.