

# MANAGING RISK

## SCENARIO CARDS



**John is turning 18 next week. He's excited to be able to do some betting when his favourite football team is playing soon, and is trying to decide where and how to bet.**

**Billie recently discovered cryptocurrency and really wants to get in on it. From the TikToks they are watching, it sounds like an easy way to make tons of money.**

**Mhairie's favourite game is FIFA. She is planning on buying lots of player packs until she's got the best team possible.**

**Izzie knows she has been spending too much money on gambling and would like to stop. Every once in a while though she gets an email promotion in her inbox, drawing her back into the habit.**

**Cairn follows various tech YouTubers. His favourite YouTuber with over 1Mio followers just announced a prize draw, £10 to win a PlayStation. He really wants to take part.**

**Fatima and her friends often go to the arcades after school to hang out. She is not too fussed about gambling but her friends are well into it. Today, her best friend Lisa asked her if she could borrow £50.**

**Steven is hooked on online poker and plays for hours and hours every night. Yesterday he accidentally spent way too much and hasn't got rent money now, but he's a good player so he's pretty sure he will make it all back if he can borrow some money tonight.**

**Alex spends a lot of time at home because of their disabilities, and loves playing computer games as a way of socialising. They regularly sees online casino pages being advertised to them which look great fun, and is thinking of checking them out.**

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**Steph regularly uses her parents' credit card to buy loot boxes in her favourite game. She's been doing it for months, and her parents haven't yet noticed.**

**Ali has been noticing that their brother is going to the bookies more and more. They recently caught him take money out of Mum's wallet. Their brother begged him to keep it secret.**

**Lauren was advertised a free slots-style game on her phone and has been playing non-stop. She made lots of coins, so is considering trying out an actual slots game as she feels she's got the knack.**

**Mel's best friend has been talking about nothing but football and betting recently. Today, she asked her if she could borrow £50. She promises to pay it back tomorrow.**

**Chan recently got into skins betting - using video game assets he won from lootboxes to gamble with online. He used to spend about 3h a day playing his game, but now he spends most of that time on skins betting sites.**









**Becca did a stupid thing in school and now everyone hates her. She tends to find good distractions, and recently kept her mind off it by playing online poker.**

**Jack's Grandma is asking him for advice on what to get his 11 year old brother for Christmas. She thinks some scratch cards are a great idea for a stocking filler.**

**Mark placed a bet on a football game he was sure to win, but lost. He used his parent's money without asking first, and had to lie about it to cover his tracks. He feels awful, but knows he can win it back.**

# HOW CAN WE REDUCE THE RISK OF HARM? WHAT AVENUES OF SUPPORT MIGHT BE APPROPRIATE?

## HARM REDUCTION TIPS

-  Limit your consumption of Alcohol and other drugs while gambling.
-  Avoid regularly gambling on more than 2 types of products
-  Set a budget and stick to it
-  Set a time limit
-  Don't gamble when feeling emotional
-  Never chase your losses
-  Balance gambling with other hobbies
-  Know that gambling is designed to take your money & keep you playing

## SIGNS OF HARMFUL GAMBLING

- Thinking about gambling constantly
- Often spending more money on gambling than intended
- Gambling to escape difficult emotions or situations
- Being restless when attempting to cut down on gambling
- Becoming secretive or lying
- Fast-paced, repetitive games have a higher risk of harm

## AVENUES FOR SUPPORT

### LEARN MORE ABOUT THE RISKS INVOLVED

It's important to be informed about how gambling can be harmful, and how to reduce the risk of harm. Learn more at [www.BigDeal.org.uk](http://www.BigDeal.org.uk).

### ACCESS SUPPORT

There is free support available for anyone experiencing gambling harm, even if you are experiencing any harm from someone else's gambling. Call **0808 8020 133** or visit [www.BecGambleAware.org](http://www.BecGambleAware.org)

### SPEAK TO SOMEONE

If you are concerned about your own or someone else's gambling, speak to someone you trust - like a teacher, trusted adult, youth worker or doctor.

### GAMSTOP & BLOCKING SOFTWARE

Self-exclusion is an important first step to addressing the problems you might be facing. Visit [www.gamdan.com/TalkBanStop](http://www.gamdan.com/TalkBanStop)

