

# THE COST OF LIVING AND GAMBLING HARM

With the cost of living crisis impacting on families and communities, charities are reporting an increase in people gambling to try to make ends meet or pay bills. This scenario-based activity is designed for parents and caregivers. It explores links between gambling harms and other life experiences relating to the cost of living.



**TIME:**  
15-20 min



**RESOURCES:**  
Paper or flipchart,  
pens



**MATERIALS TO PRINT:**  
Cost of Living: Scenario  
cards

## METHOD

1

In pairs, teams, or as a larger group, discuss the possible links between gambling and the cost of living, and how some of these links maybe hidden. Add any thoughts onto flipchart and feedback to the larger group.

2

Now assign each group a scenario card and ask them to consider:

- What are some of the signs that gambling may be impacting?
- What opportunities are there for having a chat about gambling, to reduce the risks?
- Any ideas for support/signposting

3

Ask each team to share their scenario and their notes with the rest of the group. Facilitate a discussion around each scenario, making sure to highlight what support for gambling harms looks like and where this can be accessed.

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## SCENARIO CARDS

### **Cairo, 12 years old**

Cairo has noticed that there is less food available and the house is always cold. Cairo's mum talks regularly about how winning big on the bingo (online) is only a matter of time. Cairo is worried as they have heard about gambling harms at school through a harm prevention session.

### **Parent/caregiver to Cairo 12 years old**

You are really struggling to pay all the bills and a friend has told you to try online bingo and after all the adverts are always telling you about the money you can win!

### **Teacher/Youth Worker to Cairo 12 years old**

You notice Cairo seems distracted and you overhear them talking about how they are worried about their mum. She is finding it difficult to find enough money to pay all the bills, including rising food costs, and has started to gamble more on bingo online.