

# GambleAware for Parents: Workshop

## Session plan

<b>Background:</b>		<p>This one-hour workshop is to be delivered by GambleAware Community Engagement Coordinators, with optional support from a GambleAware counsellor. The target audience is parents and carers of school children aged from 12 to 17. The workshop will be delivered within different settings parents access, such as schools, council facilities and activities e.g. local youth services, parent groups etc.</p> <p>The GambleAware Community Engagement Coordinators will be supported by the Office through a facilitator pack and a training session.</p>		
<b>Learning objectives:</b>		<ol style="list-style-type: none"> <li>1. Gain knowledge of how young people are affected by gambling harm and the links to gaming.</li> <li>2. Understand the major influences on young people’s gambling behaviours.</li> <li>3. Learn strategies to help prevent young people from being affected by gambling harm.</li> </ol>		
<b>Time</b>	<b>Session topic</b>	<b>Mapped to learning objectives</b>	<b>Content and activities</b>	<b>Resources</b>
5 minutes	Introduction and warm up activity		<ul style="list-style-type: none"> <li>• Housekeeping</li> <li>• Session overview</li> <li>• Learning objectives</li> <li>• Warm up activity</li> <li>• Three areas which influence young people’s gambling will be covered: gaming, especially games with gambling components; gambling advertising; and parental influence. Strategies to keep their child safe will also be discussed.</li> </ul>	<ul style="list-style-type: none"> <li>• PowerPoint</li> </ul>
10 minutes	Gambling and young people	1	<ul style="list-style-type: none"> <li>• Definitions of gambling and simulated gambling</li> <li>• Findings from the NSW youth gambling study                             <ul style="list-style-type: none"> <li>○ Gambling participation</li> <li>○ Early exposure to gambling</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• PowerPoint</li> </ul>

			<ul style="list-style-type: none"> <li>○ Underage access to commercial gambling</li> <li>○ Money source for gambling</li> </ul>	
10 minutes	Gaming and gambling	1,3	<ul style="list-style-type: none"> <li>● Gaming and gambling convergence</li> <li>● Popular forms of simulated gambling <ul style="list-style-type: none"> <li>○ Gambling- themed games</li> <li>○ Mini gambling games included within bigger non-gambling games</li> <li>○ Games with gambling associated elements (loot boxes)</li> <li>○ Skins and skin betting</li> </ul> </li> <li>● Concerns about simulated gambling</li> <li>● What can parents do</li> </ul>	<ul style="list-style-type: none"> <li>● PowerPoint</li> </ul>
10 minutes	Gambling advertising	1,3	<ul style="list-style-type: none"> <li>● Where young people are likely to be exposed to gambling advertising: social media, online ads and promotions, online gambling sites and apps, billboards and other public advertising, sports betting sponsorships on uniforms and sports grounds</li> <li>● Concerning features of gambling advertising</li> <li>● How young people are affected by gambling advertising: <ul style="list-style-type: none"> <li>○ Frequent exposure to gambling advertisement</li> <li>○ Themes and features of gambling advertising that attract attention and exploit the vulnerability of young people (see <a href="#">IPSOS Mori report</a>)</li> <li>○ Potential impacts from frequent exposure to gambling advertising</li> </ul> </li> <li>● What can parents do</li> </ul>	<ul style="list-style-type: none"> <li>● PowerPoint</li> </ul>
10 minutes	Parental influence	2,3	<ul style="list-style-type: none"> <li>● How parents normalise gambling behaviour: <ul style="list-style-type: none"> <li>○ Placing a bet on a sport/Melbourne Cup for a child under 18</li> <li>○ Having children pick the numbers for a lotto ticket</li> <li>○ Giving them scratchies/lotto tickets for birthdays</li> <li>○ Letting them use your betting account with permission</li> <li>○ Believing gambling is harmless fun</li> <li>○ Rarely having conversation or setting rules about gambling.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● PowerPoint</li> </ul>

			<ul style="list-style-type: none"> <li>• This can influence the young person's attitudes towards gambling by making them see gambling in a more positive light, which in turn means they are more likely to participate in gambling.</li> <li>• What can parents do</li> <li>• Tips on how to have the conversation about gambling with your kids</li> <li>• Early signs of gambling harm in school children</li> </ul>	
5 minutes	Support services	3	<ul style="list-style-type: none"> <li>• GambleAware</li> <li>• Headspace</li> <li>• Office of the eSafety commissioner</li> <li>• Kids Helpline</li> <li>• School counsellors</li> <li>• Local services or activities for young people e.g. PCYC, Local youth groups etc. to be customised by the GambleAware Community Engagement Coordinators</li> </ul>	<ul style="list-style-type: none"> <li>• PowerPoint</li> </ul>
10 minutes	Questions and wrap up activities		<ul style="list-style-type: none"> <li>• Participant led questions</li> <li>• Wrap up activities <ul style="list-style-type: none"> <li>○ Review session overview and learning objectives</li> <li>○ Take home message cards</li> </ul> </li> <li>• Evaluation forms</li> </ul>	<ul style="list-style-type: none"> <li>• PowerPoint</li> <li>• Take home message cards</li> <li>• Evaluation forms</li> </ul>