

**BE AHEAD  
OF THE  
GAME**

## Information for parents and carers



### Parents and carers play a key role

Young peoples' attitudes towards betting start developing at an early age. That's why it's important for parents and carers to understand what they can do to help kids think critically about gambling and reduce their risk of experiencing gambling harm now and into adulthood.

### Why your words and actions matter

Research tells us that young people are greatly influenced by the gambling attitudes and beliefs of family members. In fact, young people who live with a parent who gambles are 1.5 times more likely to gamble than those who live in a household where no parent gambles.<sup>i</sup>

It's important to talk to your kids about how gambling really works and help kids understand that gambling comes with risks and negative consequences.

### Think before you gamble around them

Even if you don't realise it, your gambling behaviour sends a powerful message to your kids. Just by being aware of how your gambling behaviour influences your children, you can help prevent them from developing unhealthy habits in the future.

## Follow these tips:

- **Think before you gamble around your kids.** If you gamble, avoid exposing children to it.
- **Don't facilitate gambling.** Avoid giving scratchies or lottery tickets as gifts, placing bets on their behalf, getting their help to pick 'lucky numbers', or letting them access your online betting accounts.
- **Talk to your kids about how gambling really works.** Help kids understand that gambling comes with risks and they are more likely to lose money than get rich. [Learn more about gambling myths.](#)
- **Model healthy behaviours.** Engage in activities that provide entertainment and excitement without the risks of gambling. Show kids that sport can be enjoyed without betting.

## What can parents and carers do?

- [Understand why young people gamble](#)
- [Ask your school to host a free parent information session](#)
- [Learn how community sporting clubs can take a stand against sports betting advertising.](#)

## Need help?

Gambler's Help provides a range of support options for parents and carers who are concerned about their own or a young person's gambling. Visit [gamblershelp.com.au](http://gamblershelp.com.au) or call **1800 858 858** for free, confidential, 24/7 support.

[Visit the 'Get support' page for more support options.](#)

## Sources

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<sup>i</sup> Duffy, L. 2021, [Gen bet: a plain English summary of research into gambling and young people](#), Victorian Responsible Gambling Foundation, Melbourne.