

NEWSLETTER ARTICLES

Include this article in your newsletters and communications to the parents and carers of your students.

Is my child gambling?

It's not always obvious, but signs that a young person is experiencing gambling-related problems can include:

- spending time talking or thinking about gambling
- being preoccupied with simulated gambling apps and games
- focusing on the odds rather than on the game
- borrowing money from family and friends
- using your credit card in an online game
- being secretive about their activities
- having mood swings or appearing stressed
- feeling depressed, including withdrawing from friends
- skipping school or not doing as well as usual
- behaving in a way that worries you.

Talk to them about gambling

Talking to kids early and often about the risks and harms associated with gambling is one of the best ways to help them develop informed attitudes.

LEARN MORE: [Talking to young people about gambling.](#)

Get some advice

[Gambler's Help](#) can provide parents and carers with advice and support on how to help young people navigate gambling issues. Call the Gambler's Help 24/7 telephone line on 1800 858 858 for support and advice.

[END]