

NEWSLETTER ARTICLES

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

Three ways to limit your teen's exposure to gambling

These days, gambling is more promoted and accessible than ever, with teens exposed to it more than most. This can make it hard for them to recognise potential risks of gambling.

So how can we help to reduce teenage children's exposure to gambling promotion? Here are three handy tips:

1. Consider installing a filter on home computers and tablets to block gambling websites. A Google search for 'parental filters' will list available programs and reviews. Examples include cyberpatrol.com and gamblock.com.
2. Encourage them to have interests that don't involve digital devices and consider limiting screen time.
3. Ask your teens to use computers, phones or tablets in the family areas at home, so you can monitor more closely what they're viewing online.

When putting in place ways to reduce your teen's exposure to gambling promotion, it's important to have a conversation about. Even if they don't completely agree, at least they'll know where you stand and why it's important.

Talking to them sooner rather than later about gambling will give your kids a better chance of understanding the risks involved - including the limited chances of winning - and avoid problems related to gambling in later life.

For tips on how to have a conversation with the young person in your life about gambling, visit the 'Parents and carers' section of Be Ahead of the Game website:

beaheadofthegame.vic.gov.au

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