RBLWS
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CHECKLIST

Protecting your family from gambling harm

- [ ] Separate your finances into an account in your own name
- [ ] Set a clear boundary around what you will and will not accept
- [ ] Talk to someone outside the household about what is happening
- [ ] Install blocking software on devices children use
- [ ] Keep conversations with children honest and age-appropriate
- [ ] Encourage the person gambling to register with GAMSTOP
- [ ] Seek debt advice if money owed feels unmanageable
- [ ] Look after your own wellbeing through rest and support