



IMPACT SERIES

PROBLEM GAMBLING- Video and Education Resource



INTRODUCTION

The AFL 'Impact' video series and resources have been developed by the Cultural Strategy & Education unit within the AFL to assist community football clubs around Australia in providing education to their players on key social issues. The series consists of 6 clips and accompanying resources. Each clip features a football or sport related personality discussing a social issue that have impacted them personally. The Impact Series includes the following clips:

- **CONCUSSION** – Jude Bolton
- **SOCIAL MEDIA** – Tom Rockliff
- **ALCOHOL & VIOLENCE** – Stephen Morris
- **MENTAL HEALTH** – Mel Grieg
- **ILLICIT DRUGS** – Jack Nagle
- **GAMBLING** – Brent Guerra

The clips and accompanying resources can be found on the AFL Respect and Responsibility webpage alongside the tabs that relate to the corresponding social issue. Within each tab, you will find a resource that provides information on how to present the education in your club, key questions to discuss, the key messages to get across and a fact sheet on the selected topic.

The clips featured in this series are being used to educate and raise awareness across the AFL industry on the impact that decision making can have on the individual, their families, and friends.

USING THE RESOURCE

OPTION 1: YOUR OWN EDUCATION

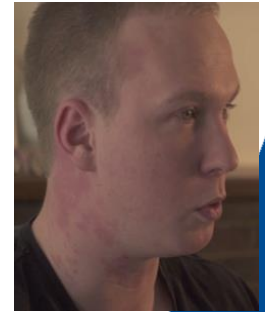
PURPOSE: To develop your own understanding and knowledge on these topics

PREPARATION: Download clips and AFL social inclusion and equality resource which can be found on the AFL Respect and Responsibility website.

MATERIALS: Laptop/PC

TIMING: 10-15 minutes per topic

FORMAT: Watch the clip yourself. Think about the questions and read over the fact sheets to develop your own understanding of the issue



OPTION 2: PLAYER EDUCATION (RECOMMENDED)

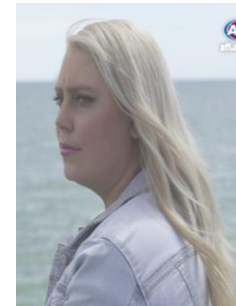
PURPOSE: To educate players within your own club

PREPARATION: Download the clip/s and Equality Resource (topic of your choice)

MATERIALS: TV and/or projector, laptop, screen/blank wall, speakers, butchers paper and markers

TIMING: 15-20 minutes per topic including clip and discussion

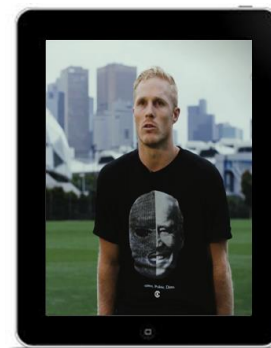
FORMAT: Show clip to the group and run activity/discussion as per the accompanying resource



RUNNING A SESSION

PLAYER EDUCATION: HOW TO RUN A SESSION IN YOUR CLUB

- Decide which clips you want to show.
- Read over the fact sheet, discussion points and key messages of the clips you have chosen and familiarise yourself with the content. Think about the questions you may get asked.
- Prepare any materials you need in advance – e.g. paper, pens, butcher's paper and markers.
- Organise a space for the session. Make sure it is private and without distractions, such as the club rooms.
- If you think you need some support, request assistance from a local community worker/social worker/school teacher etc. to assist.
- Allow enough time to work through each session. At least 20 minutes is recommended per clip. 5 minutes to show the clip and 15-20 minute discussion time. Also allow enough time for questions from participants.



RESPONDING TO DISCLOSURES

It is very important to ensure that you have relevant support services referral information and phone numbers to pass onto your participants. National support services are listed under each topic in this resource but you may want to identify local support services in your area.

When facilitating the sessions:

Begin the session with a group agreement around respect. Four or five group rules are usually enough and may include;

- Confidentiality –nothing leaves the room
- Listening and not interrupting
- Showing respect for other people’s comments and opinions
- Using third person -not telling personal stories
- Choose how much to participate -it’s ok to pass on questions or opt out

FACILITATOR TIPS

- Continually throw questions to the group. If, as a facilitator, you are asked a question, don’t always answer it yourself. Throw the question to the group, and allow that to spark or continue to drive discussion
- Occasionally somebody might say something that stops you in your tracks. It is important to stay calm and address the comment with respect. If possible, try to suggest an alternate viewpoint or throw it to the rest of the group. It is important not to enter into a public argument.
- If you get a question that you don’t know the answer to, don’t panic. Admit that you don’t know the answer. You do not want to lie or invent information that isn’t true, as you lose all credibility. Reassure the person that you will follow up with them regarding the question after the session and that an answer will be provided in due time.
- At the end of the session provide an opportunity for participants to follow up with yourself to provide information regarding support services, referrals and websites.

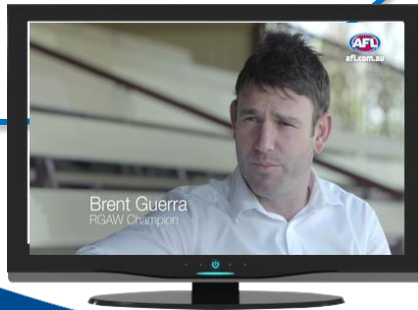
YOU ARE NOW READY TO PLAY THE CLIP AND BEGIN YOUR SESSION

DISCUSSION POINTS

PROBLEM GAMBLING

QUESTIONS

- How did Brent end up becoming addicted to gambling?
- Do you think Brent ever had control over his gambling activity?
- What factors contributed to his gambling?
- What impact did Brent's gambling had on his family & friends?
- What led to Brent finally getting help?
- Why did Brent start gambling in the first place?
- Why did Brent try and keep his gambling a secret?



KEY MESSAGES

- Brent talks about using gambling as way to socialise with friends in the early stages, and was a common area of interest with a few of his close mates.
- The point which really changed things for Brent was when we had a big win (\$30,000), and he described the elation he felt when that happened.
- He then gambled more and more, always trying to chase that feeling he had with that first big win.
- As Brent starting losing more than he won, he then started gambling to try and win back his losses.
- Brent got into a cycle of addiction, where he begun gambling on his own without telling his friends. It stopped being a social activity, and became a habit that impacted his day-to-day life.
- He spoke about the situation where he had gambled away his last \$50 in his account, and then didn't have enough money to take his wife and son out for dinner that night.
- That was the point where Brent new he had a problem and that he needed help.
- Many gambling addicts try to keep their habit a secret because they feel ashamed and embarrassed about not being able to control it.

RESPONSIBLE GAMBLING

1. Don't think of gambling as a way to make money

The venue is using gambling to make money. It's not designed to work the other way around. Over time you will give away more money than you receive. Think of gambling as an entertainment expense – just like buying a movie ticket.

2. Only gamble with money you can afford to lose

Gamble within your weekly entertainment budget, not with your phone bill or rent budget.

3. Set a money limit in advance

Decide how much you can afford to lose before you go to play. When it's gone – it's over! If you win, you've been lucky, but don't be disappointed if your luck doesn't continue.

4. Set a time limit in advance

It's easy to lose track of time when you're gambling. Set a time limit or alarm, and when time's up – quit! Odds are that the more time you spend gambling, the more money you will lose.

5. Never chase your losses

If you lose your set money limit and then try to win some of it back before you leave, then you haven't really set a money limit. Chasing your losses will usually just lead to bigger and bigger losses.

6. Don't gamble when you're depressed or upset

Decision-making can be more difficult when you're stressed or emotionally upset. Make sure you only gamble when you're feeling happy and clear headed.

7. Balance gambling with other activities

When gambling becomes your only form of entertainment, it's unlikely that you're still just gambling for the fun of it, and your gambling may even be a problem. Make sure gambling isn't your only pastime.

8. Don't take your ATM card with you

This is a good way to safeguard your money limit and not let being "in the moment" warp your judgment.

9. Take frequent breaks

Gambling continuously can cause you to lose track of time and perspective. Step out for some air or a bite to eat at regular intervals.

10. Don't drink or use drugs when gambling

Drugs and alcohol cloud judgment, and good judgment stands as your main line of defence against letting gambling get out of control.

- Some people can experience significant harm from gambling. **Up to 500,000 Australians are at risk of becoming, or are, problem gamblers.**
- The social cost to the community of problem gambling is estimated to be at least \$4.7 billion a year.
- The actions of one problem gambler negatively impacts the lives of between five and 10 others. This means there are up to five million Australians who could be affected by problem gambling each year, including friends, family and employers of people with a gambling problem.
- Only around 15 per cent of problem gamblers seek help.
- One in six people who play the pokies regularly has a serious addiction.
- Problem gamblers lose around \$21,000 each year. That's one third of the average Australian salary.
- Some poker machines can be played at extremely high intensity – a gambler could lose more than \$1,500 in just one hour.
- Problem gamblers are six times more likely to be divorced than non problem gamblers
- Problem gamblers are four times more likely to have problems with alcohol and four times as likely to smoke daily than non problem gamblers.
- Children with parents who are problem gamblers are up to 10 times more likely to become problem gamblers themselves than children with non gambling parents.



MORE INFORMATION

<http://www.problemgambling.gov.au/facts>

ADDITIONAL RESOURCE

https://www.responsiblegambling.vic.gov.au/_data/assets/pdf_file/0004/6790/Responsible-gambling-guide-A5.pdf

SUPPORT SERVICES

ORGANISATION	PHONE	WEBSITE
LIFELINE	13 11 14	https://www.lifeline.org.au
GAMBLERS HELP	1800 858 858	http://www.gamblershelp.com.au/
DAYHAB	1800 329 422	http://www.dayhab.com.au/
RELATIONSHIPS AUSTRALIA	1300 364 277	http://www.relationships.org.au/

LUBRICATE NEEDLE
INFLATE TO 69 kPa.

HERB

