

## WHAT TO MANAGE MY CHILD'S ONLINE ACTIVITY?

**1. GET MORE INFORMATION:** The Australia Government's Cybersafety website has information for parents and children about online games and staying safe online, including information on the most popular online games and social media sites and whether you can spend money on them.

**2. BLOCKING SITES:** Two popular filters are Gamblock and Befilter or you can also install internet monitoring software like Cyberpatrol, Cybersitter or Netnanny. These software usually cost AUD \$100- \$300 per year and can be installed in up to 6 different devices in your home.

**3. ACCESS TO MONEY:** Consider who in your family has access to your credit or debit cards, and whether any of these cards are linked to accounts that your children access, such as accounts for downloading music. You may want to set up alerts to come to your phone for new purchases so you can track a young person's smart phone or tablet spending.

**4. COUNSELLING SERVICE:** Counselling gives clients the opportunity to talk about issues or concerns with a trained professional in a safe, confidential, non-threatening and accepting environment. Call **Gambler's Help** on 1800 858 858 or **Gambler's Help Youthline** on 1800 262 376. These services operate 24 hours a day, seven days a week and are free and confidential. Interpretation service can be arranged for free upon request.

Most content of this information sheet comes from the Victorian Responsible Gambling Foundation website.

For further information, please visit:

<https://www.responsiblegambling.vic.gov.au/>



### Multicultural Centre for Women's Health (MCWH)

is a national, community-based organisation which is led by and for women from immigrant and refugee backgrounds. We are committed to advancing the health and wellbeing of immigrant and refugee women, through our leadership, education and advocacy: our experiences, our stories and our voices.

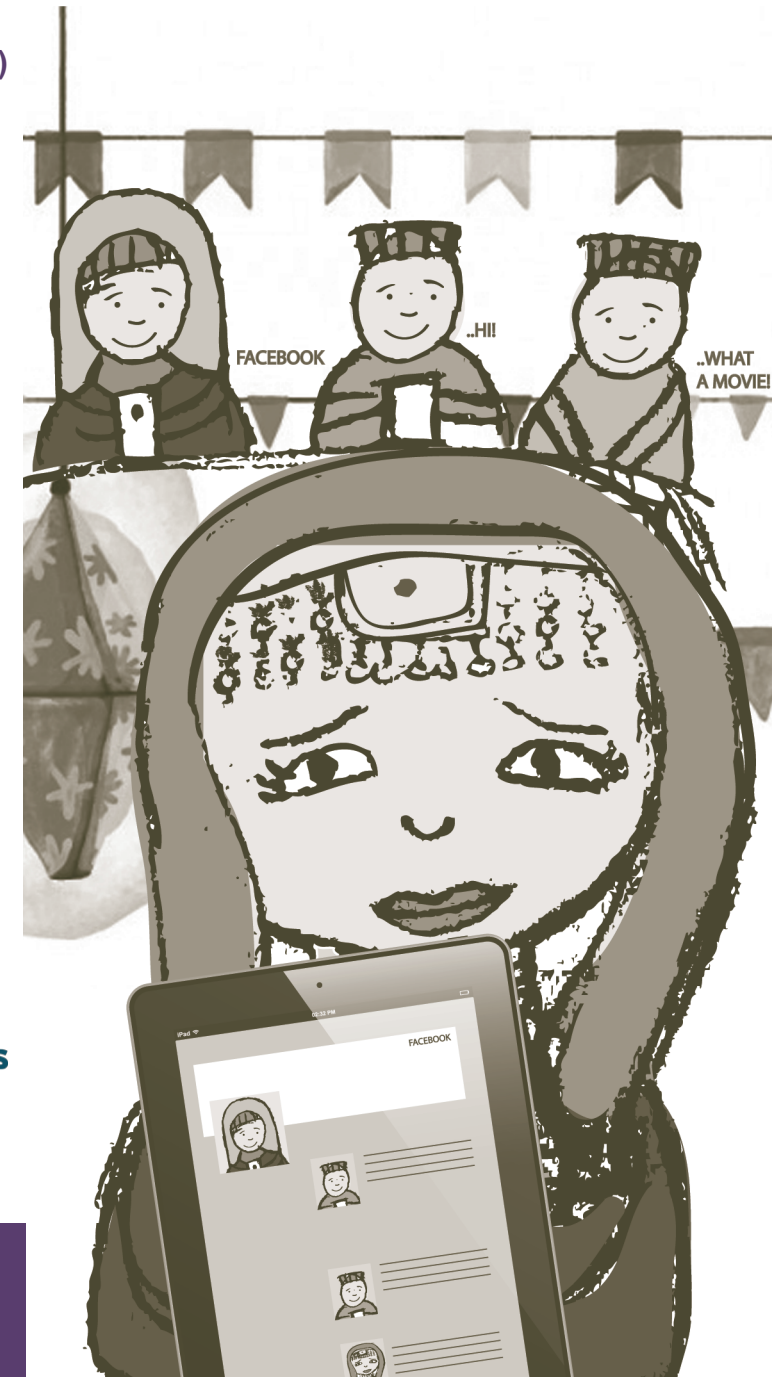


### The Gambling Awareness Project (GAP)

is funded by the **Victorian Responsible Gambling Foundation (VRGF)** to raise awareness about problem gambling in refugee and immigrant communities across Victoria and promote services available. To maintain these two responsibilities, MCWH offers free in-language community education on gambling-related issues and harm to communities, families and employees and facilitates peer support among the people affected.



## WHAT ELSE CAN YOUR KIDS DO WITH THEIR DIGITAL DEVICES?



For more health information,  
please contact 03 9418 0999  
or [reception@mcwh.com.au](mailto:reception@mcwh.com.au)

## WHAT IS INTERACTIVE GAMBLING?

Interactive gambling means all forms of gambling via the Internet through varied media including computers, mobile phones, wireless devices (e.g., tablets), and interactive televisions.

The growth of the online gambling industry, combined with technological innovations like smart phones, has radically altered the Victorian gambling environment. An increasing number of Victorians can now access gambling online compared to 5 to 10 years ago.

**Modern technology, such as smartphones, computers and pads, can be great tools to support our daily lives. It can help us access useful information and stay in touch with friends and family located in other parts of the world. However, it is important to be aware of both sides of modern technology.**

**As a parent, it is important to know what else your children could be doing with their digital devices,**

- 1: Playing online games with their friends, and**
- 2: Even gambling online!**

It is important to know what interactive (online) gambling is and this could affect your children or other young people.



## FREQUENTLY ASKED QUESTIONS ABOUT ONLINE GAMBLING AND GAMING

### 1. MY CHILD IS UNDER 18, IS HE/SHE ABLE TO GAMBLE ONLINE?

The rapid growth of internet use brings a rapid expansion of online gambling. Even though the legal age for a person to gamble is 18, there are many young people under the age of 18 that will gamble online. Nowadays, it is easy for young people to create an online account and play an online game or gamble. It is also easy for them to create an account with false details that makes them appear to be 18 years old.

Young people are even more vulnerable to be affected by online gambling because 1) they use Internet and Social Network Sites more often and 2) they can be influenced by the advertisement more easily than the adults.

### 2. WHY DO YOUNG PEOPLE GAMBLE?

Young people like to try risky behaviours, such as using drugs and drinking alcohol. They gamble for the same reason. They may think it's fun, exciting and 'the thing to do with your mates'. It could be a way to escape the pressure of school or home life or they may wrongly believe it's an easy way to make money.

### 3. I SAW MY CHILD PLAY CASINO GAMES ONLINE, BUT HE SAID IT'S ONLY A FREE GAME. IS HE ONLY PLAYING A GAME OR IS HE GAMBLING?

Technically, they are playing digital games. To be legally defined and classified as gambling, an activity must require a monetary wager. It is also determined mostly by chance, and offer a prize of value. However, gambling products are increasingly incorporating gaming themes and elements. For example, there are a lot of gambling-themed games these days for children to play. The gambling-themed games generally have no monetary prizes and are usually free to play. However, if you want to level up in the game, you have to pay for it.

### 4. IF IT IS A FREE TO PLAY GAME, WHY DO I STILL HAVE TO CONCERN ABOUT IT?

Because if young people play gambling-themed games, they maybe more likely to view gambling as an acceptable everyday activity and develop positive attitudes about gambling. A study with 1,287 Australian high school students found that those participants who had played simulated gambling games were three times more likely to have gambled via card games and scratch tickets, and five times more likely to have wagered on races

## HOW TO IDENTIFY THE SIGNS?

It can be difficult to identify, if a young person is beginning to experience gambling related issues, there may be signs to look out for.

### ARE YOUR CHILDREN:

- Spending lots of time talking or thinking about gambling
- Obsessing over simulated gambling apps and games
- Obsessing about odds when watching sport instead of focusing on the game
- Borrowing or taking money from family and friends
- Lying or being secretive about gambling activities
- Having mood swings, or stressed when not gambling
- Suffering forms of depression, including isolation from friends
- Skipping school or grades falling due to time spent gambling
- Any other changes in behaviour that you are worried about

If your child has one or more of these issues, you might like to talk to your child about your concerns about their online activity and start to manage his/her online activities.

**“My child spends a lot of time on his/her devices every day and I am concerned that he/she might have some online gambling problems. How do I identify the signs?”**