how to educate young people about gambling harm

We recommend that inputs aiming to educate young people about gambling harm follow this best practice advice. It is evidence-based, and adapted from the principles developed by the PSHE Association and GambleAware.

When developing education and prevention programmes for young people, aim to:

## 1. Be Needs led

Meet young people where they are at, ideally defining objectives with a needs assessment.

## 2. be adapted to the life-course of a young person

Adapt your approach to the different developmental stages and learning styles of your children or young people.

## 3. Be Evidence based

Plan your programme using theories of behaviour change with good evidence behind them.

## 4. be embedded within wider contexts, and work holistically

Link gambling into overlapping topics, such as other risk-taking behaviours, to build on learning and maximise impact.

## 5. Assess and evaluate the programme’s impact

Set outcomes so that you can tell what works and what doesn’t, and use that to inform future planning.

## 6. build on learning with continous engagement

Avoid one-off sessions if possible, and ensure that each session builds on, and reinforces, the previous ones.

## 7. be delivered by trained and skilled educators

Non-specialist educators may benefit from the support of specialists and using high-quality materials to ensure content is as up-to-date and relevant as possible.

## 8. Use interactive and participatory techniques

Consider incorporating role play, peer-to-peer interactions, interactive resources, visualisations, participatory videos, and other engaging teaching techniques

## 9. build protective factors and reduce risk factors

Use a life-skills approach focused on building resilience and coping mechanisms. This may help young people to apply learning in real-life situations.

## 10. address attitudes and motivations to change behaviours

Focus on decreasing positive attitudes to gambling rather than increasing negative ones. Challenge subjective and societal norms around gambling.