



Keeping kids safe

Pubs and clubs are good for cheap meals with the family. But many also have pokies or betting, which aren't good for kids.

If the adults are having a press or a bet, talk with your kids about the risks. They might think that doing these things always means winning.

Explain that pokies and betting can:

- be big time and money wasters
- mean there's not much left to pay for food
- cause arguments in the family.

If you go to a club or pub with kids, keep them away from pokies and betting.

If you can find a club or pub that doesn't have them, that would be a safer place for the family to have a meal.

Or grab some takeaways and go to the park.



Listen to your kids

Your kids might know an adult who is having trouble with pokies or betting.

Let them talk about how they feel. They might be worried or sad. Let them know it's not their fault if an adult is having trouble with gambling.

If you want to yarn, call Gambler's Help on 1800 858 858. You can call any day, any time.



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Gambler's Help 1800 858 858
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