

GAMBLING AWARENESS

Gambling is becoming more common online, through gaming, sports, livestreams, and social media. This summer, it's important to know the risks, spot the signs, and make informed choices.

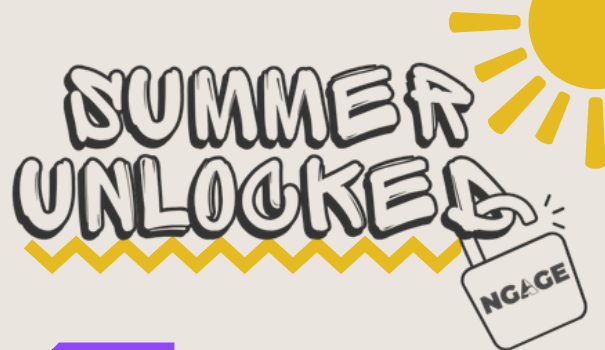
Did You Know?

Last year, over 5000 gambling ads were shown during just ONE Premier League match!

(BBC Sport, 2025)

GAMBLING SAFETY TIPS

- You don't need to gamble to enjoy sports or gaming
- Be careful of influencers promoting "easy money" or betting apps
- Don't chase losses or try to win money back
- Take breaks from screens and spend time offline
- Avoid gambling when feeling stressed, bored, or upset
- Set limits for spending and screen time
- Remember that gambling is designed to make money from players
- Talk to someone you trust if gambling is affecting your mood, money, or wellbeing



WHAT CAN GAMBLING LOOK LIKE?

- Betting on sports
- Loot boxes and in-game purchases
- Casino-style apps
- Gambling websites/apps
- Betting with friends for money
- Stocks & shares/crypto
- Gambling streams on platforms like Kick & Twitch



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