

Video Worksheet:

Family Lunch

Before watching the video

What are your thoughts about pokies?

Synopsis: A family visits the Bowls Club for lunch. The mother, keen to play the pokies, heads off first, promising to be quick. She searches for a 'lucky' machine. Her family calls her to join them, and a screen tagline prompts: "Where is Gambling taking you?" She then contacts a gambling support buddy who helps her overcome the urge, emphasising the importance of family time. Having made "a better choice," the mother returns to enjoy lunch with her children.

Watch the video.

What moments in the video stood out for you?



Did you know?

Australia has the highest gambling losses per capita in the world. Queenslanders lose over \$6 billion every year.

Pokies are designed for you to lose; the odds are always in the house's favor. Winning is rare and usually small, often credits, not cash. The more you play, the more you lose. Gambling is a business that guarantees profit for providers.

Play, Pause, Consider

Pause the video at this point and consider the following questions:



What do you think is going through Mum's mind?

What does she choose to do?

How does this choice impact her family?

What might be the consequences for her?

At the conclusion of the video after the better choice has played out, consider the following questions:

What strategy does Mum use to stop gambling?

How may this choice impact her family?

What might be the impacts on her?

Do you think this is an effective strategy?

Have you used this strategy before?

Strategy for safer gambling

Reach out to a trusted person when you feel tempted to gamble. Having their number saved in your phone can make it easier to connect. Talking to someone who won't judge you can relieve the stress you may feel and lessen the urge to gamble.

What other strategies would work for you?

Tips for safer gambling



Set limits with your time



Talk with your gambling support person



Understand the risk - the house always wins



Gamble with a clear mind, not when you are upset or stressed



Don't try to win back what you have lost



Set limits with your money



Maintain balance in life - spend time in culture, do activities that you enjoy.



Don't depend on good luck strategies

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For more resources including community worksheets relating to each video and a series of factsheets relating to Gambling Harm impacts please visit www.gamblinghelpqld.org.au.

This Project was designed and delivered by Iscariot Media PTY LTD on behalf of the Office of Liquor and Gaming Regulation | Harm Prevention and Regulation, Department of Justice.

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