

# Video Worksheet:

## Sorry, I am Busy

### Before watching the video

What are your thoughts about betting on sports?

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**Synopsis:** A young man, home alone, is engrossed in watching the footy and is placing bets on his phone. Text messages from friends and his coach about afternoon footy practice interrupt his focus. Believing he's on a winning streak, he ignores his coach's call, lets it go to voicemail, and tells his friends he's too busy to join them.

The scene replays, this time showing a "better choice." The young man decides that physical activity would be beneficial. He texts his coach, confirming his attendance at footy practice, and accepts a friend's offer of a ride.

### Watch the video.

What moments in the video stood out for you?

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### Did you know?

Sports betting is a big deal in Australia, especially for young men aged 18-24.<sup>(1)</sup> One in five adults who face serious gambling problems started gambling before they were 18. Friends and ads make gambling seem normal and even exciting, drawing young people in. With smartphones and betting apps, it's super easy to place a bet anytime, anywhere, even for children.

## Play, Pause, Consider

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



What do you think is going through the young man's mind?

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What does he choose to do?

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How does this choice impact him?

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What might be the consequences for him?

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

What strategy does he use to stop gambling?

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How may this choice impact him?

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Do you think this is an effective strategy?

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Have you used this strategy before?

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## Strategy for safer gambling

Sticking to a physical routine and prioritising your health strengthens your ability to resist the urge to gamble. Getting involved with team sports also prevents social isolation and helps keep you connected to the community.

What other strategies would work for you?

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### 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](http://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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