

Video Worksheet:

Budgets and Choices

Before watching the video

What are your thoughts about lotto tickets and scratchies?

Synopsis: An elderly woman worried about overdue household bills, calls her sister and daughter to borrow money. They remind her that she still owes them from last time but her daughter agrees to another loan until pension day. A screen displays the tagline: “Where is Gambling taking you?” While shopping, she is tempted to buy scratchies and lotto tickets, imagining gifts for her grandchildren. The scene then replays displaying a “better choice” and she looks at her grandchild’s photo in her wallet and buys food instead. Back home, she writes out a budget and sets aside four envelopes for food, power, rent, and phone.

Watch the video.

What moments in the video stood out for you?



Did you know?

Lotteries are the most popular form of gambling in Queensland, with a 49% participation rate. These types of gambling are very common and easy to access, and the chance of instant wins appeals to those who struggle with gambling. Instant scratch tickets are the second most popular form of gambling in Queensland.

Play, Pause, Consider

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



What do you think is going through Grandma'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 she use to stop gambling?

How may this choice impact her family?

Do you think this is an effective strategy?

Have you used this strategy before?

Strategy for safer gambling

Planning a budget can be a very effective strategy to stay on top of your bills.

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

Gamblinghelp
QUEENSLAND

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.

IM is an award-winning, 100% Aboriginal-owned business that specialises in creating and delivering digital, creative, and training projects that foster connections between people, communities, and services.

Connect to your local
Gambling Help Service:

If this space is blank, search [Gambling Help Qld locations](#)



Queensland
Government