Session Plan: Gambling Education Session

Item	Detail
Session Title	Adult Gambling Awareness Education Session
Duration	1 hour
Target Audience	Adults
Resources Required	PowerPoint Slides, Session Plan

Learning Outcomes

Upon completion of this session, participants will be able to:

- **Define** gambling and identify different legal and illegal types.
- **Explain** the factors (sounds, colours, "near misses") that make gambling highly addictive.
- **Identify** the signs of harm from gambling (money troubles, job loss, family issues).
- **Differentiate** between legal gambling (pokies/clubs) and illegal online casino scams (Ding Ding).
- **Identify** three practical ways to reduce harm from gambling (Bet Blocker, BetStop, Self Exclusion Register).
- **Identify** at least two local and national support services for gambling related harm (e.g., CatholicCare, Gambling Helpline).

Core Concepts & Key Messages

These are the essential takeaways the facilitator must reinforce throughout the session:

Concept/Notion	Key Message for Delivery
Definition	Gambling involves risking something of value (often money, sometimes food or other resources) in the hope of winning something bigger.
Addiction	All forms of gambling are designed to be addictive. They use specific colours, sounds, and deceptive language ("near miss") to encourage you to keep playing.
Chance	Gambling is a game of chance. The odds of winning major prizes are extremely low (e.g., 1 in 10 million for pokies, 1 in 135 million for Powerball). You cannot get better at playing.

Community Harm	Gambling harm extends beyond the individual and causes significant community problems, including money troubles, food insecurity, family violence, and feelings of shame/stress.
Online Scams	Illegal online casino games (Ding Ding) are scams run by criminals overseas. They are illegal in Australia- your money can be scammed by criminals if you choose to play.
Support & Action	You are not alone. There are free, confidential support services (Counselling, Financial Help) available 24/7 to help you or someone you know.

Session

Slide/Section	Activity Type	Facilitation Prompts & Key Discussion Points
Slide 1: Welcome	Welcome	**Key Discussion Points:** • Welcome participants • Outline the 60-minute duration and encourage open discussion and questions throughout Gambling Education Session.
Slide 2: Acknowledgement of country	Acknowledgement of Country	**Key Discussion Points:** • Acknowledgment of the Country in your area
Slide 3: Who Am I?	Facilitator Introduction	**Key Discussion Points:** • Introduction • Brief background of your organization
Slide 4: What is gambling?	Group Discussion	**Prompt:** • Ask: “What is Gambling?” • Ask group to share their definition
Slide 5: What is gambling?	Information Delivery	**Key Discussion Points:** • Gambling is an activity where people risk something of value, most of the time money, in the hope of winning something bigger back. • People often gamble with food, cars, alcohol or a basics card.
Slide 6: What are some types of gambling?	Group Discussion	**Prompt:** • Ask: “What are some types of gambling?” **Action:** • Create a brainstorm on a whiteboard or a large piece of paper with the group’s answers.

Slide 7:
What are some types of gambling?
	Information Delivery	**Key Discussion Points:**
		• Types include:
		  ○ Card games
		  ○ Pokies (poker machines)
		  ○ Casino games
		  ○ Lotteries
		  ○ Keno
		  ○ Bingo
		  ○ Betting on races or sports games
		  ○ Online gambling (ding ding).
		
		• There is nothing wrong with gambling as an activity occasionally.
		• It can be fun, exciting and an enjoyable way to spend time with family and friends.
		• However, gambling is very addictive and can be very expensive. People often get into big troubles when they gamble a lot.
		• This can cause harm to themselves or their family.

Slide 8: Why is gambling addictive?	Group Discussion	**Prompt:** • Ask: “Why is gambling addictive?”
Slide 9: Why is gambling addictive?	Information Delivery	**Key Discussion Points:** • Addictive means someone cannot stop doing it, even if they really want to. • All types of gambling are made to be addictive. • Gambling is intentionally made to be addictive because companies want us to come back and spend more money. • Pokies or slot machines and online casinos are designed with scientists to use the exact colours and sounds that are the most addictive to human brains. • Pokies or slot machines and online casino games will tell players they had a “near miss” or that a big jackpot is near to make them feel like they are about to win money. • Some betting and gambling companies will offer free games and special offers to make you start playing the game, knowing you will keep playing and spend your own money once the special offer runs out.

		• There are almost 1,000 gambling ads every day on Australian TV. This doesn't include the ads we see on Facebook, Instagram or newspapers. This makes you think about gambling all the time. • Gambling apps are also now available on your phone. Because they are with you all day and night it is very easy to become addicted. • Human brains love winning. When there is thrill and excitement of winning or even having a 'near win' a chemical is released in our brains. This chemical makes us feel good and want to keep playing.

Slide 10:
Gambling is a game of chance
	Information Delivery	**Key Discussion Points:**
		• All types of gambling are games of chance.
		• This means you cannot:
		  ○ Know what the answer will be.
		  ○ Know when the next payout will be.
		  ○ Get better at playing.
		  ○ Know that a pokie or slot machine is about to pay out because it hasn't in a while.
		  ○ Have power and control over gambling games, (even if we think we do)
		• These games are designed to earn money for the owner only. You cannot get better at a game of chance.
		• To put our chance of winning into perspective, we will do an activity.

Slide 11: What is your chance of winning $5000 on the pokies?	Activity: Odds Estimation	**Prompt:** • Ask: "What do we think is our chance of winning $5000 on the pokies?" **Facilitation suggestion:** • Take a few guesses before revealing the odds.
Slide 12: What is your chance of winning $5000 on the pokies?	Activity: Odds Estimation	**Key Discussion Points:** • Our chance is 1 in 10 million. • 10 million seconds is 4 months. • That is counting every second of every day between January to the end of April and only one second is your chance of winning $5000.

Slide 13: What harm does gambling cause your community?	Group Discussion	**Prompt:** • Ask: "Would anyone like to share what harm they see gambling cause in their community?"

Slide 14:
What harm does gambling cause your community?
	Group Discussion	**Key Discussion Points:**
		• When CatholicCare NT spoke to people all across the NT they told them that gambling causes:
		  ○ Money troubles – They are spending all their money gambling and there is no money for food and power. Everyone is hungry.
		  ○ People felt they had to continue gambling to "win back" lost money and they ended up in big debt to credit cards or to other people.
		  ○ Job troubles, people are missing work to gamble or staying up late gambling and not going to work the next day.
		  ○ Family troubles and domestic violence.
		  ○ Children are not being taken care of, they are hungry, going to bed late and not going to school.
		  ○ Humbugging and fighting in the community.
		  ○ Causes bad feelings, shame, stress, sadness, frustration and anger.

Slide 15:
How can you tell if gambling is causing you or other people harm?
	Group Discussion	**Prompt:**
		• Ask: "How could you tell if gambling is causing you or someone else harm?"
		
		Key Discussion Points:
		• To help notice harm from gambling, you can ask yourself or others:
		  ○ Can you stop playing when you want to?
		  ○ Do you feel sad, stressed or worried about money that has been lost gambling or playing cards?
		  ○ Do you lose sleep or are you late to work because you are playing online casino games?
		  ○ Do you have enough money for food, power and rent each week?
		  ○ Do you have to ask other people for money?
		• Remember, gambling can be an enjoyable activity that is fun and social, but we are here today to

		raise awareness of the harm it can cause and how to reduce this harm.
Slide 16: Online Casinos	Introduce Part 2 of the content	**Key Discussion Points:** • Introduce part two
Slide 17: Online Casinos	Information Delivery	**Key Discussion Points:** • Now we will discuss online casino games. • Some people call them ding ding or ting ting as well. • Every one of these pictures is an example of online casinos. • An online casino/ or Ding Ding is a game or app where you pay real money to play a game hoping for the chance to win more money, coins or credits back. • You might transfer money directly to a bank account, pay with a credit card or use PAYID to play. • The game may look like a pokie or slot machine on your phone, or it may look more like a video game. • People play these games on their phones or computers, not at a pub or casino. **Prompt:** • Ask: "What do you hear people calling casino games you play on your phone?"
Slide 18: Online Casinos - PAY ID	Information Delivery	**Key Discussion Points:** • Most online casino games ask players to send money by PayID. • They request money to be sent this way as they cannot use regular card payment methods (like having you put in your card details to pay) as they are not registered or legal companies. • This means that every game that asks for you to send money by PayID is a fake company and scam game. • The pictures on this slide show what a PayID transfer can look like. • Never send money by PayID or bank transfer to online casino games.

Slide 19:
Online Casinos – Description of payment
	Information Delivery	**Key Discussion Points:**
		• These games will also ask players to not use these words in the description of the payment:
		  ○ Pokies
		  ○ Gambling
		  ○ Slots or Casino
		• They say they will block the player if they do that.
		• This is to try and hide from security features in online banking for as long as possible.
		• They also tell players that they will change their website and payment details very frequently.

Slide 20: Online Casinos – Referral codes	Information Delivery	**Key Discussion Points:** • Some games offer players extra money if they have friends and family play the game using a "referral code". • This is how the games are spreading around communities so quickly.
Slide 21: Online Casinos – Bank Statement	Information Delivery	**Key Discussion Points:** • On a bank statement the transactions to online casino games look like multiple PAYID or Osko transfers. • The transfers are whole numbers, usually $10, $15, $20 or $30. • You may see some money sent back from these PAYID accounts (i.e. the bottom right column highlighted yellow). • This is the "hook" these games use to keep you coming back over and over again. If no one won any money, then no one would play. But these games are dangerous and full of scams and crime which we will cover today. • They also trick us into thinking we have won more money than we have lost. But, If you count, this person has spent $130 and only "won" $50.73 back. • If they hadn't played at all they would have had more money.
Slide 22: Who makes online Casinos?	Group Discussion	**Prompt:** • Ask: "Who do you think is making online casino games?"

Slide 23: Who makes online Casinos?	Information Delivery	**Key Discussion Points:** • Every single online casino game available online in Australia is created offshore. • At the moment, they are mostly made in countries like the Philippines and Malaysia, but we have seen games with bank accounts registered to the Ukraine, USA and Indonesia. • That means ALL the money that is sent to these games goes into the pockets of people overseas.
Slide 24: Who makes online Casinos?	Group Discussion	**Prompt:** • Ask: "Why are online casinos run by people outside of Australia?"

Slide 25:
Who makes online Casinos?
	Information Delivery	**Key Discussion Points:**
		• Online casinos or ding ding games are made overseas because:
		  ○ It is illegal to run an online casino in Australia.
		  ○ It is not illegal for us to play them, but it is illegal to run the business
		• Why is it illegal?
		• Because the Australian government has found they are not a safe or fair game and they can cause us harm.
		• There is no safe game or a game made in Australia. They are all banned.
		• If you are sending money to a PAYID, bank account or putting card details in you are playing one of these games.
		• Criminals overseas know they are illegal in Australia, but they still make games and send us ads telling us to play because they know they can make money off us.
		• If you choose to play online casinos you are choosing to give money to criminals overseas.

Slide 26: Who makes online Casinos?	Information Delivery	**Key Discussion Points:** • People across the NT shared with CatholicCare NT that they are playing games called Vpower, Enjoy96, Crownplay and Casino Darwin, sometimes called Mindil Beach Online thinking they were playing games run by the actual casino in Darwin or Melbourne.

		• But these games are fake versions of legitimate, physical casinos. • Criminals overseas have made fake websites to try and look like real casinos. • They have done this because we are more likely to trust the game and spend money on it thinking it is a real casino. • It is illegal to run an online casino game in Australia. The Crown Casino and the Mindil Beach casino have not made these games. • It is very convincing but if you look closely at the logo for Crown casino it is different from Crownplay. • If you look at the Darwin Casino website the logo is different, it has lots of spelling mistakes and the website is registered to a company overseas. • These are scams and are very dangerous.

Slide 27:
Every online casino game is a scam!
	Information Delivery	**Key Discussion Points:**
		• It is important to remember that:
		  ○ Every single online casino game is a scam
		  ○ Every single game is made by criminals overseas to take our money
		  ○ There is no safe game
		  ○ They are all scams

Slide 28: What are the risks of using online casinos?	Group Discussion	**Prompt:** Ask: “What are the risks of using online casinos?”
Slide 29: What are the risks of using online casinos?	Information Delivery	**Key Discussion Points:** • As the games are made overseas, there are no laws in Australia to protect you. • This means if you win money, they do not have to pay you your winnings. • Many, many people are told by these games they have won over $1000 but they only received less than $100 or nothing. • When they contact the game, no one answers their emails or calls, and they do not ever get their money. • Many people say they are too embarrassed to tell their friends and family they haven’t gotten the winnings, so they keep quiet.

		• This is because it is a scam. • The police or your bank cannot help you get your money back. • As the games are illegal in Australia, there is no one that can help you. • Some games do not let you withdraw your winnings into cash and make you use the winnings inside the games only. • These games are run by criminals who want to make money, they are not random or fair. They are a scam. • A scam is a trick run by criminals to steal money from us. • In comparison, pokie machines in pubs and casinos in Alice Springs or Darwin are controlled by Australian laws. If you win money on a pokie machine you will receive it. These games are also forced to be fair and random, making them a **safer** option to online casinos or Ding Ding. • However, they are still very addictive, expensive and you will probably never win money, but they are not as dangerous. • Online casino games are illegal for a reason. They are a scam and they are taking your money. • Online casinos are also highly addictive. This is because you can access them anytime, anywhere on your phone. This makes them even more addictive than real pokie machines, as you have to be at the pub or casino to play the pokies. • Remember there is no safe or best ding ding game. They are all made by criminals and all as dangerous as each other.
Slide 30: Red flags to look out for	Information Delivery	**Key Discussion Points:** • Every online casino game in Australia is illegal and pretending to be real. • If you still choose to play online casino games; look out for these red flags: • Does the game ask you to pay by direct bank deposit or PAYID?

		○ While some illegal games have found ways to use approved payment platforms like having you pay by Visa or Mastercard, every game that asks for you to send money by PAYID is a scam game. ○ Be especially careful of games that change their PAYID details frequently. ○ They do this to avoid the police tracking them down. • Did you find the game through a link in a social media post? ○ Many scam games pretend to be real casino brands and create fake social media accounts in their name. ○ Never play games you find on social media. • Does the game ask you to <u>not</u> use certain words when sending money to them? ○ Scam games will often ask you to not use words such as "pokies" slots" or "gambling" in the payment description when sending money by PAYID. This is to hide their illegal game from the bank and police.
Slide 31: Red Flags to look out for	Group Discussion	**Key Discussion Points:** • Does the game have a withdrawal limit to be able to get your money back? ○ A legal gambling company never has a withdrawal limit. • If you do win, do you receive all your winnings immediately? ○ Scam games often only send you a small amount of your winnings, turn some into game credits you can't withdraw or will not send any money to you. ○ The bank or police cannot help you get your money back. Unfortunately, you have chosen to give your money to a scam game.

		• Does their website address change regularly?
		  ○ Does the website you use change often, sometimes by only one number?
		  ○ An example is: enjoy96.com becomes enjoy97.com
		  ○ This is because their other website has been found by the police.

Slide 32: How can you protect yourself?	Group Discussion	**Prompt:** • Ask: "How can you protect yourself?" **Key Discussion Points:** • It's important to not see gambling as a way to make money. • Buy enough food and power when you get paid to last you until you next get paid. • A safer option than illegal online casinos is to use pokie machines in pubs and clubs. • If you want help to stop playing online casinos games, you can download a free software called "Bet blocker" on your phone. It will block your access to many websites and apps that have online casinos (ding ding). • If you want help to stop placing bets on sports games or horse racing, you can sign up for "BetStop". • It is run by the Government and It bans all emails from betting companies and will block you from using betting apps and websites. • The "self-exclusion register" is run by the government and will help you by not letting you into the pokie machine area of pubs and casinos.
Slide 33: Where can someone get help?	Group Discussion	**Prompt:** • Ask: "Does anyone know where someone can get help if they are having trouble with gambling?"
Slide 34: There are lots of people that can help	Information Delivery	**Key Discussion Points:** • It's important to remember that you are not alone. There are lots of people that can help. ○ Nurses and Drs at the Clinic can help refer you to the services that can best help you.

		○ Financial counsellors at CatholicCare can help you with the money troubles that come with gambling. ○ Amity is a specialised gambling support service in Darwin. They offer gambling counselling to people in remote areas by video. CatholicCare can help you arrange and set up the video for the appointments in our private counselling rooms. ○ 24/7 Gambling Helpline at 1800 858 858 – to speak to a gambling counsellor immediately if you are in trouble ○ Gambling Help Online to find helpful information and 24/7 counselling ○ 13Yarn on 13 92 76 to speak to an Aboriginal Counsellor 24/7
Slide 35: What can we all do to help?	Group Discussion	**Prompt:** Ask: "What can we all do to help reduce the harm from gambling in our community?"
Slide 36: What can we all do to help?	Information Delivery	**Key Discussion Points:** • Yarn with friends and family • Check in to see if they are feeling stressed, or shame about money and gambling • Share what you learnt today with someone else, ask them to share it with someone else
Slide 37: What can we all do to help?	Information Delivery	**Key Discussion Points:** • If someone is addicted to online casino games and cannot stop playing it can be really frustrating but remember, it is not their fault. • These games are designed to be as addictive as possible. • If someone is addicted, encourage them to buy enough food and power to last until their next pay. • If there is money left over, explain that that amount only should be spent on gambling to minimise the harm being caused. • This can be really difficult to talk to family and friends about, and they might get angry or sad with you. Reach out for support, services are available to help you as well. • We can also talk to family and friends about having counselling at Amity Community Services

		in the Top End or Sandstone Therapy in Central Australia. • These are the 2 specialised gambling counselling services available in the NT. They will help with being addicted to gambling and help someone to not want to play as much. • Share with your loved one that support workers are allowed to be in the room with them during the appointment and that they are not alone.
Slide 38: Questions	Conclusion	**Key Discussion Points:** • That is the end of today's presentation • Please let me know if you have any questions • Thank you
Slide 39-40: Videos	Video	**Key Discussion Points:** • Now we will watch two short videos to end today's session