

AFFECTED OTHERS

CONVERSATION STARTERS

FOCUS

To help CYP recognise that gambling harm in the family is a “thing” and they aren't alone.

ADULT



ADULT

We talk a lot about the person actually doing the betting, but we rarely talk about the people living with them. Sometimes living at home with someone else who gambles a lot can feel heavy or stressed, and you can't quite put your finger on why.

YOUNG PERSON



YOUNG PERSON

[response]

ADULT



ADULT

We call people in that position *Affected Others*. It means you're feeling the ripple effect of someone else's choices—maybe there's more arguing about money, or you just feel like you have to walk on eggshells.

TAKEAWAY / REFLECTION

It's important to know that if someone else's gambling is making you feel anxious or causing problems at home, that counts as gambling harm too.

It's not just their problem; it's something you're allowed to ask for support with.

Have you ever noticed that vibe shift at home when the big games are on?