



LESSON 4

ACTIVITY SHEET: Here to help!

**BE AHEAD
OF THE
GAME**



OFFICIAL

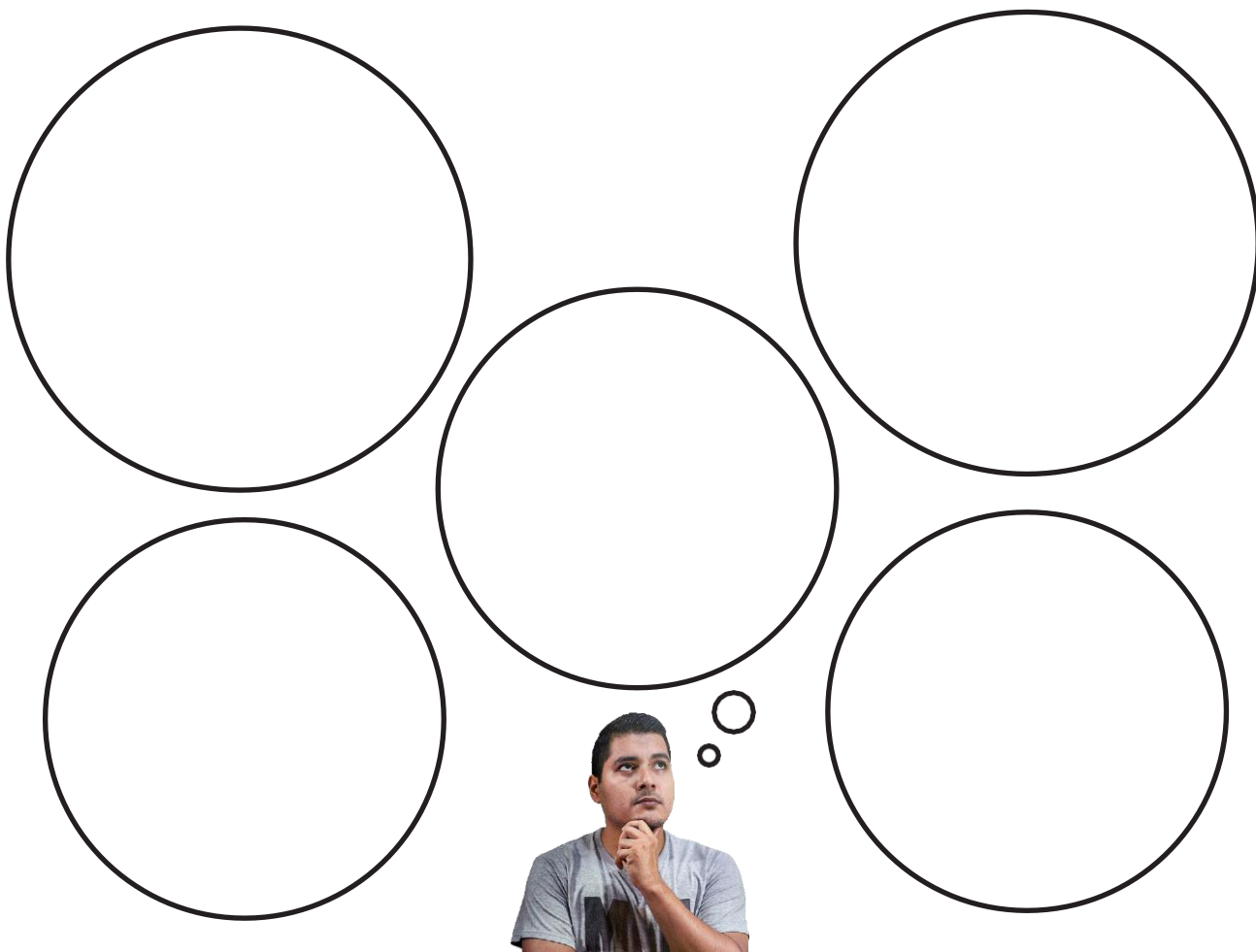
GAME ON. GAMBLING: A YOUTH HEALTH ISSUE

Here to help – programs, services, supports and strategies

1. Investigate Gambler's Help Youthline
<https://gamblershelp.com.au/get-help/under-25s>

Who is responsible for the support service?	
What is their aim?	
How do they provide support (implementation of the support service)?	
Impact of support on youth health and wellbeing.	
How do you connect with the support service?	
Evaluate the effectiveness of the program.	

2. List youth health services which can support youth in a range of health issues in the bubbles below.



3. Using this list, students then independently research examples of programs, services and supports to reduce the negative impacts of gaming and gambling on young people.

Name of program.	
Who is responsible for the support service/program?	
What is their aim?	
How do they provide support (implementation of the support service/program)?	
Impact of support on youth health and wellbeing.	
How do you connect with the support service/program?	
Evaluate the effectiveness of the support service/program.	

4. Research an example of a healthcare service or support that is working to reduce the negative impact of this health focus on youth health and wellbeing.

Name of service or support.	
Who is responsible for the service or support?	
What is their aim?	
How do they provide support (implementation of the program)?	
Impact of support on youth health and wellbeing.	
How do you connect with the service or support?	
Evaluate the effectiveness of the service or support.	

5. Develop a list of personal strategies to reduce the negative impact of youth gaming and gambling

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____