

Where to Begin: Conversation-Starters for Parents and Caregivers Concerned About Gaming & Gambling



Do you find that you stay online longer than you intended?



Do you ever borrow money or sell your things to place bets or pay someone you owe?



Do your grades, schoolwork, or home life suffer because of the amount of time you spend online?



Do you frequently purchase in-game items (loot boxes, mystery bundles, mystery skins, etc.)?



Do you snap, yell, or act annoyed if someone bothers you while you are gaming?



Do you use someone else's account to place bets or wagers?



Do you choose to spend time gaming instead of going out with friends?



Do you game to feel better when you are worried or having frustrating thoughts?



Do you lie or hide how much time or money you spend on gaming?



Have you ever experienced a negative consequence because of gambling or gaming?

Starting the conversation is a powerful first step. If you need additional support, guidance, or someone to talk to, we're here for you.