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CHECKLIST

Setting up blocking software – your checklist

- [ ] Choose which blocking tool you will use
- [ ] Download the software from the official provider site
- [ ] Install it on your phone and grant the required permissions
- [ ] Create a password you will not remember easily
- [ ] Give the password to someone who will keep it secure
- [ ] Activate the block in the app settings
- [ ] Install the software on your laptop or tablet
- [ ] Check that gambling sites no longer load on any device