CHECKLIST

Your script for saying no to gambling

- [ ] Choose one short phrase that fits the situation and repeat it if pressed
- [ ] Acknowledge the offer before declining when it comes from a close friend
- [ ] State a clearer boundary the second time someone asks
- [ ] Notice if declining feels impossible or if you agree despite not wanting to
- [ ] Contact GamCare on the National Gambling Helpline if the pressure reveals a bigger pattern
- [ ] Use GamStop to block all licensed sites if you need to step away entirely