



Take a Break from the Screen

**A quick guide for parents to spot,
understand, and act.**

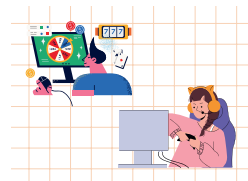
Every parent wants the best for their child.
Let's stay informed, stay connected, and protect our young
people from gambling harm.



Asian Family Services
Together enriching lives

Facts of Online Gambling

In present times, gambling features are hidden in many online games, apps, and websites. Children and young people are being exposed without realising the risks. Early exposure can lead to harmful habits later in life.



Did you know?

- **46%** of youth aged 16–24 had gambled in 2023/2024.
- **19.3%** of young people aged 15–24 years participated in online gambling in 2023/2024.
- **25.6% of Asians** participated in online gambling.
- Young people make up approximately **25% (26,000 people)** of moderate- and high-risk gamblers.
- Of the 405 Asians aged 18–65 years surveyed, **84.6%** engaged in online gambling or video gaming activity in the last 12 months. Of the people who played online games, **98.3%** also engaged in other types of online gambling activities.
- Some loot boxes and game rewards mimic real gambling.

Sources

- New Zealand Gambling Survey (NZGS) 2023/24
- Strategy to Prevent and Minimise Gambling Harm 2025/26 to 2027/28
- New Zealand Asian Responsible Online Gambling Report 2022

Online Gambling and Wellbeing

Online gambling is associated with greater physical and mental health problems, as well as increased substance use, compared to land-based gambling due to its intensity and difficulty to stop. Its structure and easy access can also accelerate harm more rapidly than traditional forms of gambling.

Harm from online gambling may include

- Financial harm: debt, loss of savings, borrowing money
- Emotional/mental harm: stress, depression, anxiety, isolation, self-blame
- Relational harm: breakdown of trust, conflict
- Digital harm: addiction to screens, privacy breaches, scams

Be Aware of Early Signs

- Mood changes, especially after using devices
- Asking for money to buy game features frequently, a sudden interest in spending money online, or money going missing
- Secretive behaviour
- Loss of interest in activities other than being on the device

How To Talk to Your Young Ones

- Keep open communication
- Listen to them without judgment
- Focus on helping, avoid blaming them
- Be curious about new things they are interested in, which you may not be familiar with
- Offer support to them



Below are prompts you may find useful to start an open discussion with young people

- *I've noticed you've been spending more time on your device. I feel a bit curious and would like to understand what it's been like for you. Could you share with me?*
- *I saw you made some online purchases and bets. I feel interested and would like to understand what that experience was like for you. Can you tell me more?*
- *I've seen that you've been staying up later at night. I feel a bit concerned because I care about your wellbeing. How has this been affecting you?"*

Free, Confidential, and Professional Support

If you feel that your young ones or yourself are affected by gambling, support is available for everyone at Asian Family Services.

We provide:

- **Counselling** – to understand the impact of gambling and explore positive steps forward.
- **Social work** – to help you access other support you need.
- **Cultural support** – to provide a safe and comfortable environment free from language barriers, empowering you to seek support right from the start.
- **Public health** – to provide the community with skills to support individuals and families affected by gambling without stigma and to offer wellbeing tips that promote holistic health.

WE ARE HERE TO SUPPORT YOU



Asian Helpline 0800 862 342

- Monday – Friday, 9am – 8pm
- Eight languages: English, Mandarin, Cantonese, Hindi, Korean, Vietnamese, Thai, and Japanese



help@asianfamilyservices.nz



turnaround.org.nz



Find us on social media



scan the QR-Code for
for more support information
to minimise gambling harm



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