CHECKLIST

Cutting the pull of gambling adverts

- [ ] Turn off personalised advertising in your browser and social accounts
- [ ] Unsubscribe from gambling marketing emails and texts
- [ ] Mute or block gambling-related accounts on social media
- [ ] Install blocking software on your main device
- [ ] Step away from the screen when an advert sparks an urge
- [ ] Name the advert out loud as marketing rather than a decision
- [ ] Tell someone when an advert has affected you
- [ ] Fill evenings with activities that don't involve gambling