

# SPORTS AND ONLINE BETTING

**BEING PLAYED?  
IT'S NOT ON YOU.**

Take these 4 smart steps to protect yourself (and your wallet) from the gambling industry's tactics.

## **BAN.**

### **BAN the bet.**

With Gamban, you can block access to thousands of gambling sites and apps on your phone, tablet, or laptop. It's easy to set up and has a constantly updated blocklist - giving you one less thing to worry about.

## **BLOCK.**

### **BLOCK the buzz.**

Stop gambling ads from showing up in your feed or inbox. Adjust your ad settings on social media and browsers to cut the noise - keeping your space focused, calm, and in your control.

## **BOUNCE.**

### **BOUNCE the transaction.**

Ask your bank to block gambling payments on your card or account. It only takes a few minutes to set up and helps safeguard your money - so your funds go where they matter most.

## **BOOST.**

### **BOOST your support network.**

Feeling overwhelmed? You don't have to carry it alone. We're here to listen without judgement and support in a way that suits you. If you're not ready to talk to us, reach out to someone you trust. We're here when you need us.

**READY  
TO CHAT?**

Whether you're impacted by your own or someone else's gambling, you can access free, professional counselling with PGF Services at any stage. If you're feeling stressed, in debt, or just not yourself, talking to one of our experts can help.

[beingplayed.info](https://beingplayed.info)

[help@pgf.nz](mailto:help@pgf.nz)

0800 664 262