

Welcome to

Kōrero

Cards



**Safer
Gambling
Aotearoa**
Me kōrero tātou

Starting conversations about gambling can be scary, but they're important if we want to restore balance to the gambler and their whānau/family.

Harmful gambling can have an impact on all aspects of a person's mauri ora/wellbeing. These impacts can also extend to their whānau/family and wider community.

We are all from different backgrounds. These cards can be used as a guide to help you find the best way to talk about how gambling is affecting you and your whānau/family. Use any of the themes or cards that work for you and your situation.

Feel free to change words or use language that is appropriate.

Consider these things when using the cards:

- Kōrero/speak in a way that shows your respect and aroha/alofa/love for them.
- If appropriate for you and your whānau; consider tikanga, karakia and kai.
- Ensure your kōrero and actions are tika/appropriate and pono/honest to help maintain and raise the mana and wellbeing of others.

There are eight themes within the cards:



Getting ready to talk
Card No's. 1-7



Conversation starters
Card No's. 22-25



Showing them you understand
Card No's. 8-11



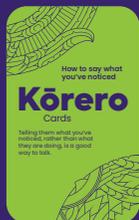
How to encourage them to get support
Card No's. 26-30



What if the talking isn't easy?
Card No's. 12-18



Other ways you can help
Card No's. 31-34



How to say what you've noticed
Card No's. 19-21



What if you're worried about your own gambling?
Card No's. 35-40



Getting ready
to talk

Kōrero Cards

Make sure you are ready
to have the conversation.
Come into it from a place
of aroha.

Kōrero Cards

Ask yourself why you
are doing this. Is it
because you care
about them and can
see their gambling
is affecting them/
their health and the
happiness/health of
you and others?

Card No.

1

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Kōrero Cards

Practise with
someone else. This
will make you more
comfortable and
confident with what
you need to say.

Card No.

2

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Kōrero Cards

Think about what
tikanga/practices
needs to be observed.
Where is the right place
for the conversation?
Do you have some
kai to share?

Card No.

3

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Kōrero Cards

Talking can be easier when you're out doing something together – walking or driving, or sharing a meal.

Card No.



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Kōrero Cards

Is there someone else in the whānau/ family who should be involved to support the kōrero?

Card No.



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Kōrero Cards

Make sure you both have enough time for the kōrero. This isn't something to rush. Allow yourself time to be present for them.

Card No.



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Kōrero Cards

Don't wait for the perfect time. It may never come.

Card No.



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Showing them
you understand

Kōrero Cards

Having this first talk
might be a bit nerve-
wracking – for both of
you. These tips will help.

Kōrero Cards

Start with something positive – like telling them how important they are to you. Or how you've seen them sort out other issues before, and that made you proud.

Card No.

8

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Kōrero Cards

Reassure them nobody's judging them or their actions. And that you get what they are going through. You understand it's tough.

Card No.

9

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Kōrero Cards

Share your own stories. Talk about what's going on in your life. Being open with them will help them open up more to you.

Card No.

10

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Kōrero Cards

Make sure you really whakarongo/listen. Let them talk and take their time. Don't be in a hurry to move the conversation on.

Card No.  11

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What if the talking isn't easy?

Kōrero Cards

Talking about a problem can be hard. Here are some tips to make it easier.



Kōrero Cards

They may not be ready to talk. That's OK. There will be another time. Keep trying.

Card No.  12

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Kōrero Cards

Let them know you care and will be there for them when they're ready.

Card No.  13

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Kōrero Cards

Know that there are good support services for whānau and friends affected by gambling. Think about reaching out for support.

Card No. 14

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Kōrero Cards

Ask questions – but ones without an easy Yes or No answer. Questions like – “How are things going for you?” This can help them relax and open up.

Card No. 15

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Kōrero Cards

When they are talking, try not to interrupt or argue or do anything that might block the flow of the conversation.

Card No. 16

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Kōrero Cards

Keep listening. Think about what they might be trying to tell you, but not actually saying. If they say they're finding things tough that's a sign to ask – “What's up?”.

Card No. 17

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Kōrero Cards

You don't have to only talk about their gambling. You can talk about other stuff that's going on in their life – you may find these are things that are causing them

Card No. 18

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How to say what you've noticed

Kōrero Cards

Telling them what you've noticed, rather than what they are doing, is a good way to talk.



Kōrero Cards

Use "I" a lot. Like – "I'm worried" or "I noticed" or "I feel". This takes some of the heat away from them. They'll be less defensive and more open.

Card No. 19

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Kōrero Cards

Tell them about any mood changes you've noticed, or behaviour changes – like hiding gambling or staying away from friends.

Card No. 20

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Kōrero Cards

Check in with yourself and how you are saying things. Make sure you come across as caring and respectful of their mana.

Card No. 21

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Conversation starters

Kōrero Cards

Not sure where to start and what to say first? Here are some tips to make that easier.

Kōrero Cards

Start with something low key. Maybe this – “You don’t seem yourself lately. Is there something you’d like to talk about?”

Card No. 22

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Kōrero Cards

“I’ve noticed you’ve been spending a lot more time at the pub, is it the pokies? What is it you like so much about them?”

Card No. 23

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Kōrero Cards

Don't wait for what you think is the perfect time. The main thing is to get a conversation going. You can do it!

Card No. 24

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Kōrero Cards

Ask about the things that make them want to gamble. It's helpful to know what those moments are. They might be paydays or when things are hard at work.

Card No. 25

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How to encourage them to get support

Kōrero Cards

Your friend or whānau member may feel better knowing there are ways to get help and support – even if they don't show it. Give them some ideas.

Card No. 26

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Kōrero Cards

"You know, there are some really good services that offer free, confidential and professional support. Maybe I could help hook you up with them?"

Card No. 26

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Kōrero Cards

“Here’s an idea. If you want to take a break from the pokies you could always ban yourself from the pokies area.”

Card No.  27

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Kōrero Cards

“What about talking to someone who isn’t whānau or part of our group of friends? That could help.”

Card No.  28

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Kōrero Cards

“This can happen to anyone. You’re not on your own, and there are people who have been through this who can help.”

Card No.  29

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Kōrero Cards

“It’s not too late to change things. You can do this, and we will be here to support you.”

Card No.  30

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Other ways
you can help

Kōrero Cards

There are plenty of practical things you can do to help someone experiencing gambling harm to make changes. Every little bit of support makes a difference.



Kōrero Cards

Offer to do non-gambling things together – sports activities, get-togethers away from the pub, that sort of thing. You know them and what they're into.

Card No.

31

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Kōrero Cards

Discuss tikanga/ practices that would benefit the whānau/ family and help keep them safe.

Card No.

32

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Kōrero Cards

Make a list of things you could do together. Add to it when you think of something new. Use it to make suggestions for non-gambling things to do.

Card No.

33

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Kōrero Cards

Ask how you can support them. Talk about a simple plan to keep them safe such as offering to look after their money cards.

Card No. 34

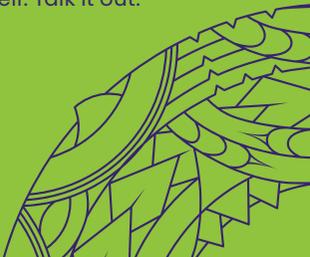
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What if you're worried about your own gambling?

Kōrero Cards

If you've noticed some warning signs, and you're worried, don't bottle it up inside yourself. Talk it out.



Kōrero Cards

Share how you're feeling with someone you know and trust. Tell them you're worried. Ask for some help.

Card No. 35

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Kōrero Cards

You may be nervous about bringing it up. Not sure how they'll react. It's OK to feel that way. Talking with someone you trust will ease some of the stress and allow them to support you.

Card No. 36

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Kōrero Cards

"Gambling used to be a bit of fun but now I think about it heaps and it's stressing me out. Can I talk to you about it?"

Card No.  37

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Kōrero Cards

Share what's worrying you – "I was spending money I thought I could afford on the pokies but it's more than that now and I'm stressed about our bills."

Card No.  38

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Kōrero Cards

Tell them what they could do to help – "If I just take out what I need for the week I won't be tempted to spend more – could you look after my money card for me?"

Card No.  39

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Kōrero Cards

Make sure your friends and whānau know what you need from them. Just someone to listen, or more practical help, like with budgeting.

Card No.  40

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