IRIS
iris-initiative.org.uk

CHECKLIST

Refusing money for gambling: your one-page plan

- [ ] Write your refusal in one sentence before the next ask.
- [ ] Say no before you start explaining.
- [ ] Keep the same wording every time you are asked.
- [ ] Offer one concrete alternative instead of cash.
- [ ] Ask to see the statement before paying any bill.
- [ ] Look at what leaves your account each month.
- [ ] Save a helpline number for yourself as well as for them.
- [ ] Tell someone you trust what you have decided.