



# Impact of Entertainment Media on Today's Society

Presented by: Shannon Husk  
Registered Clinical Counsellor



I would like to respectfully acknowledge that I carry out my work on the traditional territories of Indigenous nations throughout British Columbia

# What We Enjoy About Technology

- Positive impact on emotional health when balanced
- Stress reduction and relaxation when balanced
- Promote family closeness when gaming or watching videos together.
- Create social networks and friends
- Creativity – YouTube learning
- Online support
- Globally connected
- Digital Literacy



What do you enjoy?

# Canadian Pediatric Society(2017)

Developmental Age	How Much?	Non-violent, pro-social TV	Non-violent, pro-social video games	Violent video games	Handheld devices	Online violent video games and/or pornography
0-2 years	none	never	never	never	never	never
3-5 years	1 hour/day total tech	okay	never	never	never	never
6-12 years	2 hours/day total tech	okay	limit to 30 minutes/day	never	never	never
13-18 years	2 hours/day total tech	okay	limit to 30 minutes/day	limit to 30 minutes/day	okay	never

Why do you think there are these recommendations?

# Sleep and Tech(2017)

<i>Canadian Pediatric Society and Canadian Sleep Foundation 2017</i>				
Age	Average Screen Use	Doctor Recommendations for Screens	Dr. Recs for Sleep	Dr. Recs for Physical Activity
0-2 years	2.5 hours/day	No screens, especially no TV, tablets, phones.	14 hours/day & night.	No restraints > 1 hour; 3 hours of movement.
3-5 years	4.5 hours/day	No more than 1-hour total screens/day.	12 hours/night.	No restraints > 1 hour; 3 hours of movement.
6-12 years	7.5 hours/day	No more than 2-hours total screens/day.	11 hours/night.	3 hours of movement with 1 hour vigorous.
13-18 years	9.5 hours/day	No more than 2-hours total screens/day.	10 hours/night.	2 hours of movement with 1 hour vigorous.

- Use an alarm clock not your phone. No screens in bedrooms (especially at night -blue light and dopamine keep you awake), bathrooms, meals and car unless on a long trip. **Get a watch, calculator and landline if needed.** This allows one to hold off on getting child/youth a phone.
- Family charging station for all tech – We can turn our devices off. Families own the technology.
- 39% of our youth in Canada sleep with their phones(2014) Dr. Philip McRae

# Chemical Connections and Technology

- **Endorphins** – intense desire to be on tech as opiates are released.
- **Norepinephrine** – I can't stop thinking about it.
- **Dopamine** – excitement and reinforcement – What a rush! ADHD brain has decreased dopamine
- **Serotonin** – impulse control and I cannot stop myself!

We are driven by social validation! Some apps withhold likes and give in bursts.

**Cortisol** – stress level increases – when gaming body does not know you aren't really in fight or flight.

Aggression comes from a passive mind, not an active one(rage-quit games etc.)

Note: May see mood swings/violence/threaten if devices are taken away(anxious/attachment)

Develop a safety plan.. Or call crisis line showing you take this seriously.



# Six Human Needs Met by Tech and What They May Need Instead

- 1. Certainty** – extra help for school, try to make learning fun, invite friends to home (you help with this) mentoring.
- 2. Variety** - improv, martial arts, rock climbing, kayaking, mountain biking, do it yourself home projects, wilderness/camping, sports teams, photography, adventure races, stand up comedy
- 3. Significance/Belonging** - leadership, volunteering, start a club, yoga, travel, dance, art, cooking, collecting, magic tricks, music, weight lifting
- 4. Connection/Love** – choose real life activities in order to connect) leverage tech – paint ball, laser tag, dungeons and dragons, Warhammer. Sports, Music, Theatre, Teen youth groups.
- 5. Growth** – extra help with school, car restoration, social skills development, counselling
- 6. Contribution** - – pet rescue, volunteering, baking for someone

# Contact, Content and Conduct are the Concerns not Tech itself



When our child/youth play online or are on social media they can chat with strangers. We need to teach them how to be safe.

If their social media is not private someone can take their information.

Encourage interactive tech use – watching movies together, gaming together, make a video, stop motion etc.

**Monitor** (filtering, monitoring, accountability) Have sole control of password.

**Meaningful** Teach them how to cope with cyberbullies and how to be a good digital citizen. Talk to them about getting news from social media (43% of people get news from Facebook)

**Manage** Protect personal information and use parental controls. Talk about data collection.

**Model** The Medium is the Message. Are you using technology the way you want them to use it? Play with them! Let them show you things 😊

# Authoritative Digital Mentors

It's my job to set limits for my child/youth while they use digital technology and support them when they run into problems. Three jobs for parents.... 1) Create a secure base 2) Provide digital on ramps 3) Launch and Check in Regularly

65% of teenagers said they wish they were better to self-limit the time they spend on their phone  
(US Nonprofit Screen Education survey)





# Teach Digital Citizenship

- **Honesty** – am I showing my true self? (online persona vs real persona)
- **Compassion** – am I thinking about others feelings?
- **Respect** – am I respecting my values and beliefs?
- **Responsibility** – could this impact my future?
- **Courage** – am I doing the right thing even it is unpopular?



Use **Boundaries**... am I sharing too much? Could this be misunderstood? Could this hurt or harm someone else?

- 1) Choose characteristics of family – meals together, car time is conversation time (family is about the forming of persons)
- 2) Shape space of home environment – board games, books, crafts, instruments.
- 3) Structure time – Pizza Fridays, Go out as a family monthly, Get out in nature together

# Types of Cyberbullying Behaviors

- **Harassment** - threatening or embarrassing others
- **Impersonation** - pretending to be someone else online
- **Photos** - using photographs to hurt or humiliate others(ask before post and forwarding)
- **Happy-slapping** - filming a bullying incident and posting it online or sharing it with others
- **Participating** - forwarding along a mean text or revealing photos



Teach your kids about how to not do cyberbullying behaviors and how to cope if they are cyberbullied.

¼ of teens report being cyberbullied

# Things Families Need to Be Aware of...

- Fosters dependence and isolation
- Decrease in social skills
- Hardly off social duty
- Attention span is decreasing
- We cannot unsee things!
- Creates FOMO/FOBLO/vanity metrics
- Encourages perfectionism/we are the product
- Boundary concerns/sext/porn
- Keyboard courage
- Mistakes broadcasted/permanent
- Numbed pleasure response/hyper-reactivity/willpower erosion/reward cycle
- Online grooming/money issues/compulsion loops
- Creates less interest in other things



# Screens are Soothing

“For any youth using screen time to de-stress, the risk is that he, she, they aren’t getting the kind of conversation and interaction with parents, friends, or family that help develop the self-regulation skills and social and emotional insights they need.

The more they depend on their computers to cope with underlying, often unidentified problems, the greater the chances their dependency can turn into an addiction.”

**Make a list with your family on what they can do to relax besides technology or what to do instead of technology.**

**Teach your child/youth to self soothe/self validate and express emotions.**

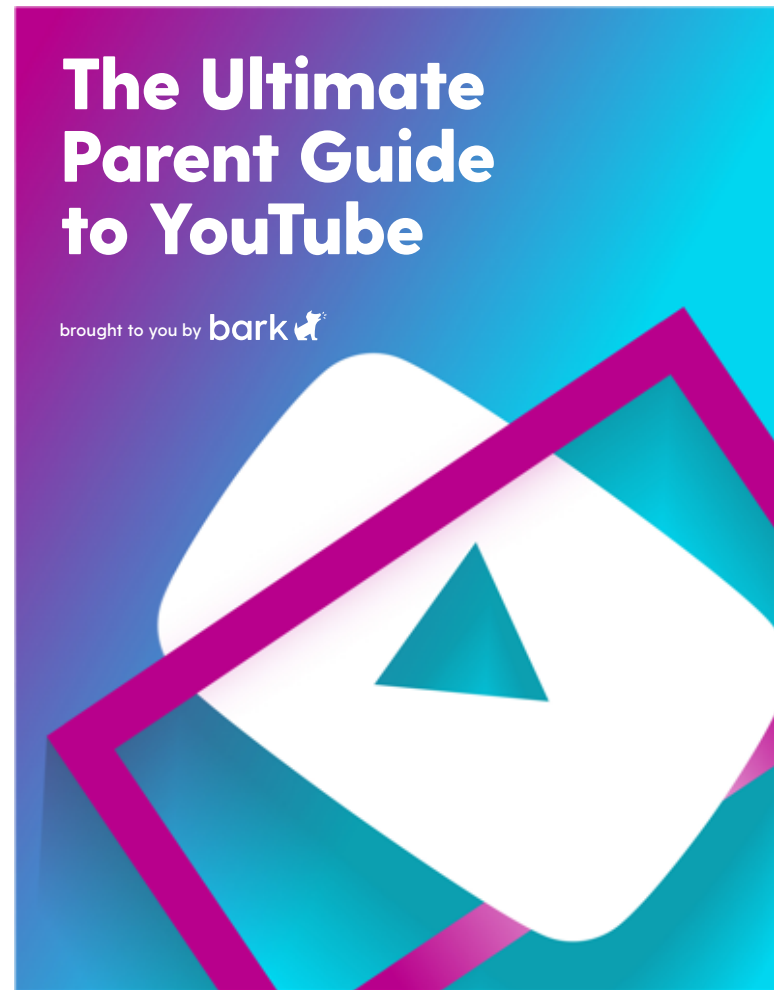
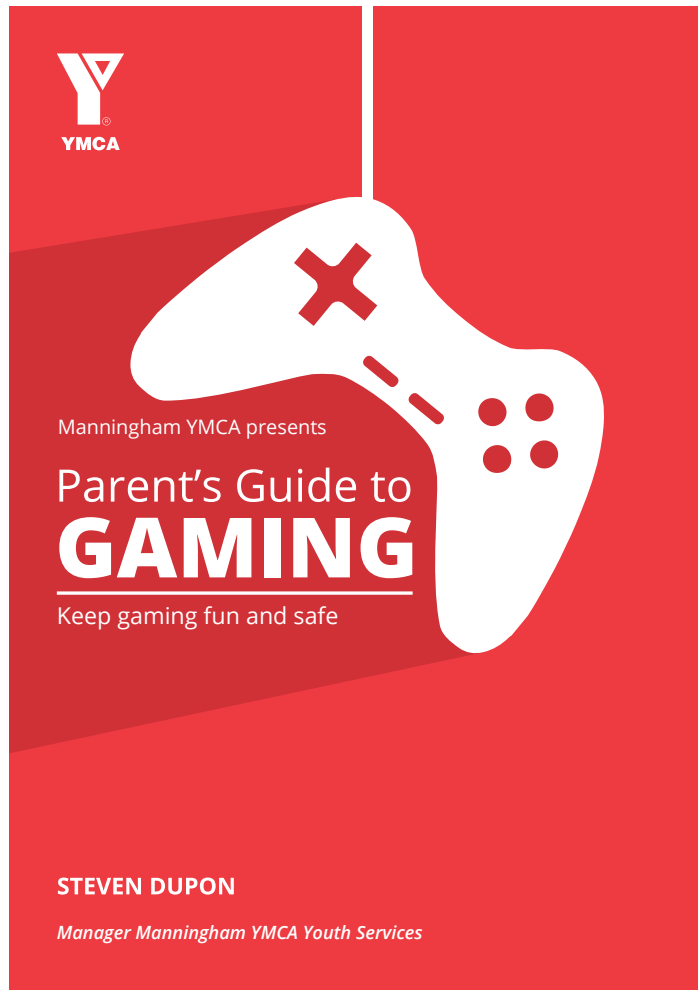
**Become more passive than active (screens switch brains from active beta to passive alpha waves – Dr. Herbert E. Krugman)**

**Dependent on screens to reduce anxiety (vicious cycle)**

**Can become compulsive/obsessive... checking**



# Parent Guides



# Parent Guides

ConnectSafely

## THE PARENT'S GUIDE TO INSTAGRAM

Instagram is a social media app used by more than one billion people around the world to share photos, videos and messages.

Whether it's through Stories, Feed, Live, IGTV (an app from Instagram that lets users share longer videos) or Direct, teens use Instagram to celebrate big milestones, share everyday moments, keep in touch with friends and family, build communities of support and meet others who share their passions and interests. It runs on the Apple iPhone, iPad and iPod Touch as well as Android phones and tablets.

Instagram lets you follow people and be followed by them, but unlike Facebook it's not necessarily a two-way street. You can follow someone even if they don't follow you and vice versa. Users with a private account can control who can follow them. Unless you change the default to private, anyone can see what you post.

### POSTING ON INSTAGRAM

Posting on Instagram is easy: You take a picture or up to 60 seconds of video and have the option to customize it with filters and other creative tools. Then you hit Next to add a caption and location and tag people in the picture and choose how you want to share - just to your Instagram followers or outside the app, via email, Facebook, Twitter or Tumblr. You can also use Instagram to "broadcast" a live video. (More on that later.)

There are four ways to share on Instagram: privately, publicly, directly and via Instagram Stories. With Instagram Direct, you have the option to share a particular photo privately to a group of people (15 max), whether or not you follow them or they follow you. You can also share via Instagram Stories where your post or live video can be seen by your followers for up



to 24 hours. As with all digital media, even a disappearing Story, video or photo can be captured by other users, so never assume that what you post will necessarily be irretrievable after 24 hours.

If your kids are using Instagram, the best way for you to learn about how it works is to ask them. Kids are often glad to teach their parents about their favorite tech tools and asking them about Instagram is not only a great way to learn about the app itself but also about how your children interact with their friends on social media. That's very individual, which is why we suggest you ask them about it, but if you want a little general information about using and staying safe in Instagram, here goes:

### RESPONSIBLE SHARING

**You control your privacy.** By default, photos and videos you share in Instagram can be seen by anyone (unless you share them directly) but you can easily make your account private, so you get to approve anyone who wants to follow you. In most cases, we recommend that teens make their account private, but parents of older teens might consider making an exception in some cases, as we discuss later in the guide.

To make the account private, tap the profile button (an icon of a person on the bottom right and then the options button in iOS) or the 3 vertical dots in Android). Scroll down to Account Privacy and Private Account and move the slider to the right. The slider will turn blue once the account is private.

## A Parents' Guide to Snapchat



ConnectSafely  
Smart Socializing Starts Here™


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# Parent Guides

## RAISING DIGITALLY RESPONSIBLE YOUTH A Parent's Guide



All National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to build an informed conversation about online safety with their children, should they need it. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, facts and tips for adults.



**TIKTOK** is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-synching and dancing to popular music or soundclips, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it is predicted in popularity to become the iOS store's most downloaded app with over 32 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.

**AGE RESTRICTIONS**

**12+**

Made in accordance with the Children's Code

What parents need to know about

# TIKTOK

**MATURE CONTENT**

At the moment, TikTok is rated as 12+ for the things they think it is rated as. However, parents should be aware that the app is possible to be able to see age-restricted content. As children spend more time on the app, more of the things they're likely to come across are likely to be more mature or adult-themed. While you might think it's just a fun app, it's important to be aware that there are a lot of things that are not suitable for children. Parents should be aware that there are a lot of things that are not suitable for children. Parents should be aware that there are a lot of things that are not suitable for children.

**INAPPROPRIATE MUSIC**

TikTok makes it easy to find and share music. However, it's important to be aware that there are a lot of things that are not suitable for children. Parents should be aware that there are a lot of things that are not suitable for children.

**TIKTOK FAME**

It's not just about the music, it's about the fame. Parents should be aware that there are a lot of things that are not suitable for children. Parents should be aware that there are a lot of things that are not suitable for children.

**ONLINE PREDATORS**

It's not just about the music, it's about the fame. Parents should be aware that there are a lot of things that are not suitable for children. Parents should be aware that there are a lot of things that are not suitable for children.

**ADDICTIVE NATURE**

TikTok is designed to be addictive. Parents should be aware that there are a lot of things that are not suitable for children. Parents should be aware that there are a lot of things that are not suitable for children.

**IN-APP PURCHASES**

TikTok has a lot of things that are not suitable for children. Parents should be aware that there are a lot of things that are not suitable for children.

**National Online Safety**

#WakeUpWednesday

## Safety Tips for Parents

**TALK ABOUT ONLINE DANGERS**

Parents should be aware that there are a lot of things that are not suitable for children. Parents should be aware that there are a lot of things that are not suitable for children.

**USE PRIVACY SETTINGS**

Parents should be aware that there are a lot of things that are not suitable for children. Parents should be aware that there are a lot of things that are not suitable for children.

**ENABLE RESTRICTED MODE**

Parents should be aware that there are a lot of things that are not suitable for children. Parents should be aware that there are a lot of things that are not suitable for children.

**EXPLORE AND LEARN YOURSELF**

Parents should be aware that there are a lot of things that are not suitable for children. Parents should be aware that there are a lot of things that are not suitable for children.


**LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT**

Parents should be aware that there are a lot of things that are not suitable for children. Parents should be aware that there are a lot of things that are not suitable for children.

**Moderate Screen Time**

Parents should be aware that there are a lot of things that are not suitable for children. Parents should be aware that there are a lot of things that are not suitable for children.

Meet our expert



Peter Bards is a writer with over 10 years in research and analysis. Working within a specialist area for West Yorkshire Police, Peter has contributed work which has been viewed in thousands of websites, magazines, books and on TV. He is also a regular speaker at industry events.

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

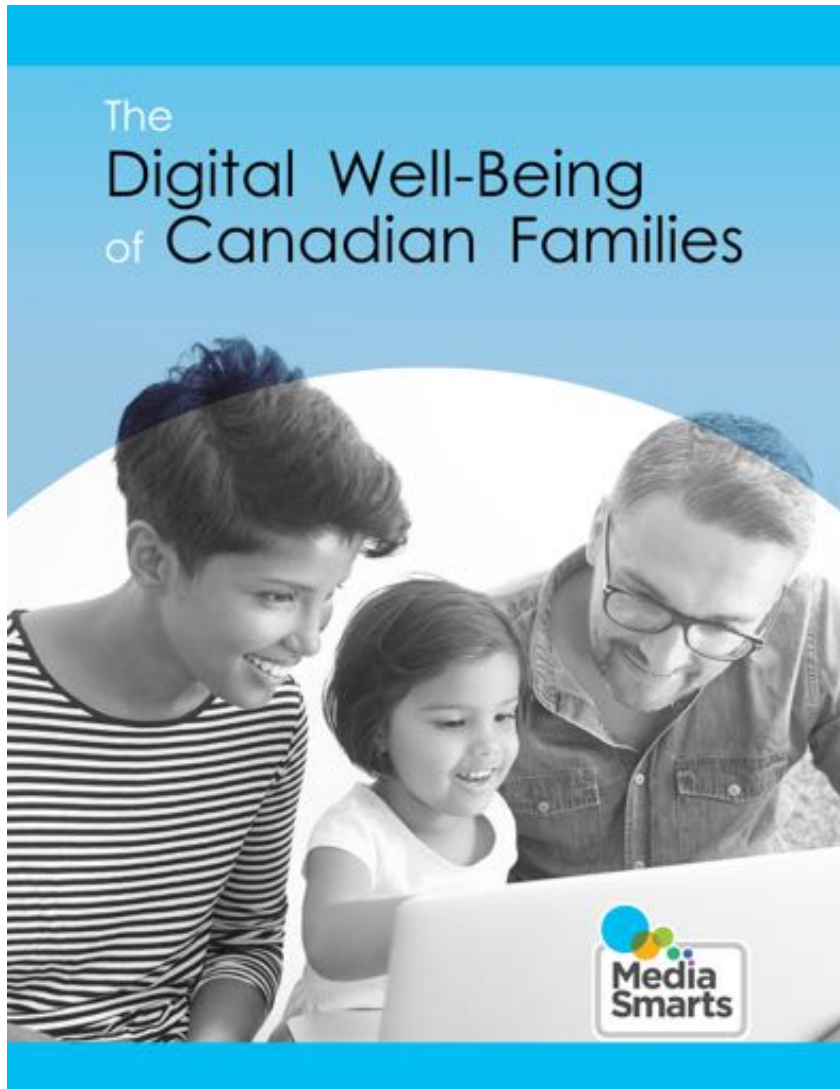
Twitter: @nationalonlinesafety

Facebook: /NationalOnlineSafety

Version 1.0

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# Parent Guide





# Social Media Linked to Mental Health Concerns

(Rates of depression in teens has risen 70% in last 25 years)



**Positive use of social media is connecting (make Friends) and communicating (texting, emailing, direct messaging).**

“What we found over and over was that the effects of social media were much larger than any of the other effects for the other types of digital screen time,” Patricia Conrod, a professor of psychiatry at the University of Montreal, told the CBC. This is particularly the case when teenagers were on Instagram, a picture sharing platform where it is likely the teenagers were comparing themselves.

“Depression and anxiety are **common co-morbid factors**, but WHO found **gaming is a clinical entity on its own.**

“ Likes come with pressure and anxiety... be wary of excessive usage(BBC)

Rejection activates same parts of the brain as physical pain

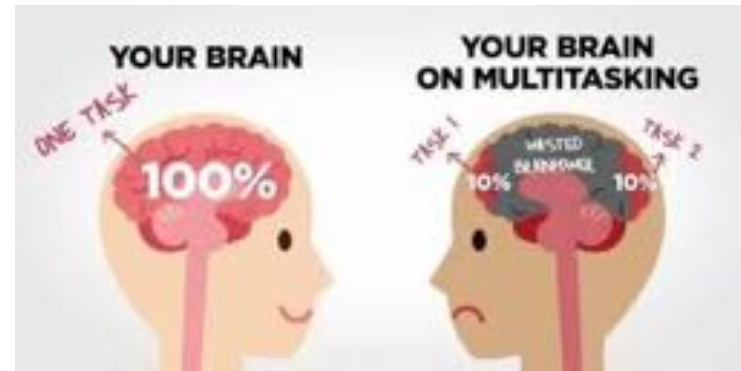
Fear rejection... Constant comparisons – body image, excluded, unfollowed, unfriended, envy, friended for looks, and cyberbullying

Child Mind Institute found that Snapchat, Facebook, Twitter and Instagram all led to **increased feelings of depression, anxiety, poor body image and loneliness.**

A review of 235 studies representing 1.6M participants from 71 countries found SHOCKINGLY that **"higher durations and frequencies of screen time were associated with unfavourable body composition."**

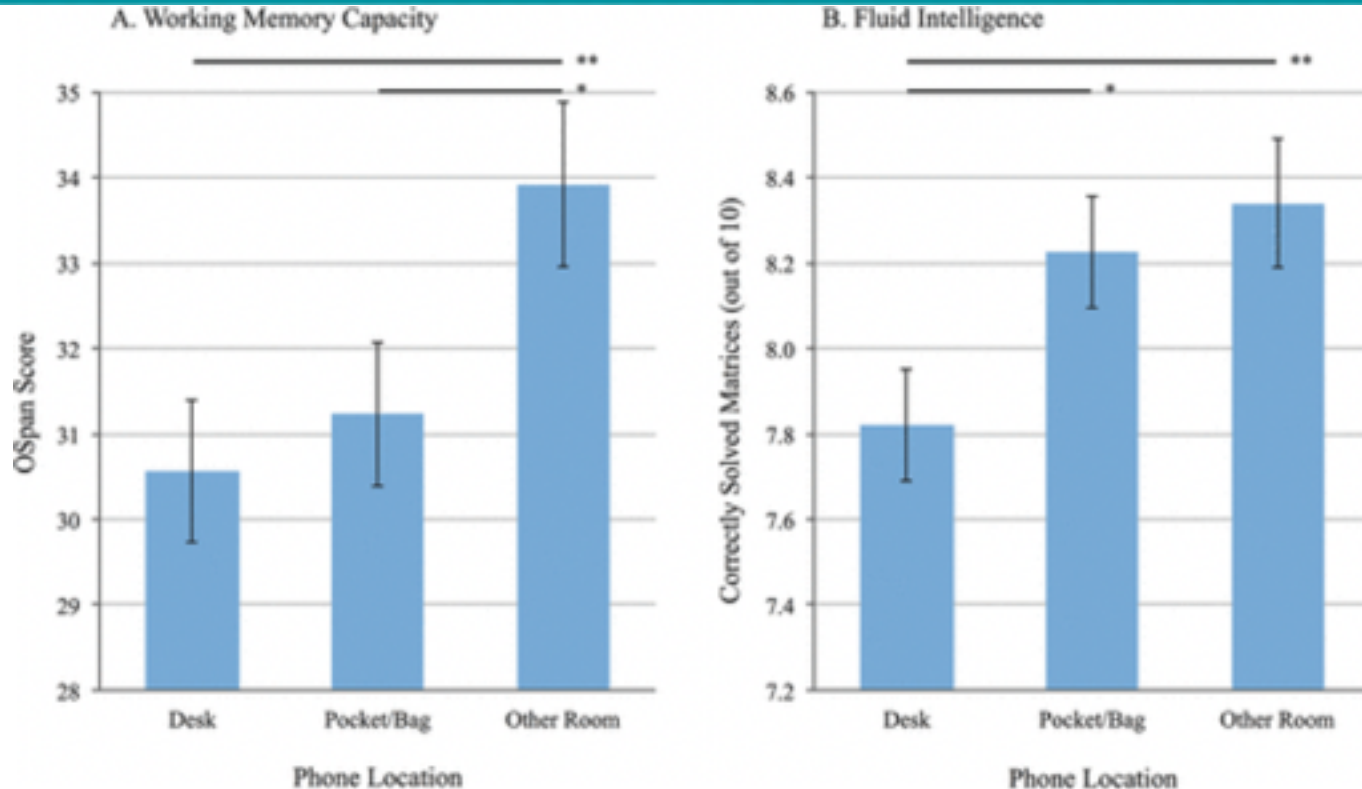
# We are Multi-switching!

- When we are doing the mythical activity of multitasking this leads to **fragmented thinking**.
- “The more we become used to sound bites and tweets, **the less patient** we will be with more complex, more meaningful information” (Thomas Kersting).
- The more we are entertained, the more bored we get.
- In 2014 Commonsense media said **multitasking affects kids learning, schoolwork and memory**.
- Taking notes on paper aids memorization.



- For every time you take a look at your phone, it takes you **15-20 minutes to get back and be focused**. Dr. Paul Mohapel (neuroscientist) “Dark side of Devices”

# When Doing Schoolwork/Work



- Give up phone or have out of reach
- Let friends know you will be offline
- Do homework in public space
- Use apps to focus if needed (Self Control, Cold Turkey, etc.)
- Parents may need to implement parent controls

# When Gaming Meets Gambling...

**“Associations between loot box use, problematic gaming and gambling, and gambling-related cognitions”** by Gabriel A. Brooks\*, Luke Clark:

This study provides empirical evidence of associations between loot boxes (i.e., risky use, expenditure) and problem gambling, as well as problem internet gaming.

These associations may indicate that individuals with risky gambling beliefs and behaviours are vulnerable to loot box features in gaming, or alternatively, risky loot box (also known as surprise mechanics) use could promote problematic gambling.



16 international gambling regulators have teamed up to address this issue.... Whales.. Children and teens who make lots of app related purchases... bait apps etc.

# Gaming Disorder Symptoms

**30 hours a week is a red flag/ 70 plus is Almost always a problem.**

- Constantly preoccupied
- Spending inordinate amounts of time
- Less efficient at work or school.
- Less inclined to socialize except via online
- Becoming depressed, anxious or irritable after having gone a stretch of time without playing video games.
- Repeated attempts and failures to reduce playing video games
- Being evasive and telling lies to family, friends and people in authority in a bid to try and conceal just how much time is spent playing video games.
- Employing playing video games as an outlet for real life problems.

**Portability on phone increases concerns**

**Data all over the place 1% of pop to 45%**

**Focus on tech not person... intermittent reinforcement, autoplay, variable feedback, no stopping cues, artificial goals, unresolved cliff hangers (Adam Alter.. Irresistible book)**



# Gaming Addiction Myths

## **1) It is not common**

**Truth:** 2 billion gamers worldwide and the WHO estimates 3-4% of gamers are addicted.

## **2) Gaming is Healthy**

**Truth:** It can be and many find a passion in gaming, but some do struggle with gaming.

## **3) It's a moral panic!**

**Truth:** No empirical evidence of this.

# Pornography



# How to Talk to Kids/Youth about Porn

- For **younger children**, it is important to explain that sometimes people online might not have clothes on and might be touching others and that you want them to come and talk to you if they see such things. Tell them that if they see images that make them feel uncomfortable to trust that feeling and let you know.
- When **kids get older**, it is important to talk about the realities of the sex industry. It is a fact that humans are wired in a way that they can experience arousal and pleasurable feelings when watching sexy images and sexual acts but there are many reasons why this type of media is not good including:
  - These videos do not reflect real life.
  - There are people who are paid to perform sexual acts.
  - Studies show that 80% of porn has violence towards women.
- I want to leave with one more thought. It is key to express in our conversations with our children that it is normal to have sexual feelings and not to feel shame about such feelings. For this week's TTT here are a few questions to get a conversation going around porn:

When you are on the internet playing a game or watching a YouTube video, have you ever seen naked people? If so, how does that make you feel?

When you see something that makes you feel uncomfortable, what do you do when you get that "uh-oh" feeling?



# Sexting

In a 2018 University of Calgary Study 1 in 7 teens reported sending sexts, 1 in 4 received them and 1 in 8 have forwarded them without consent. Professor Sheri Madigan

49  
Send This  
Instead

I can't send you nude photos, but I'll forward this to my dad and you can try asking him for some.



# Reduce or Abstain?

## **Abstain – Dr. Victoria Dunckley – Reset Your Child’s Brain/ Gamequitters.com**

- 90 day detox has helped some people get back interest in other activities and create a better balance. Builds self awareness. (Go to [Gamequitters.com](http://Gamequitters.com))
- When people do this within a week.. Often less aggressive, depressed.. By week three doing other activities..

## **Reduce – use parental controls to help**

- Record how long they are currently doing it, replace with other activities and reward (activities they enjoy or time with you, invite friends over).
- What other activities? Leverage privileges... use 60 plus hobbies list. If they do not choose something else they get a 20% reduction in game time.
- Develop tech plan – new limits on when and where... this naturally reduces tech time. You, as adults follow the plan too.
- Game every other day?
- Switch to single player offline games



# Protective Factors



# Ex. Family Tech Plan(Do as a Family)

- **What needs to be done before use?** Homework, chores, be ready for day, spend time outside or relaxing (non tech), face to face.
- **When?** Not during mealtimes, in bathrooms, at bedtime, during family time... Explain why
- **Where?** In main areas of home... living room, office. Explain why.
- **What are we accessing?** Camera, youtube, Netflix... Discuss



**Consequences:** Say rule is no screens in bedrooms... miss next screen time..or do you lose device for day?

# Family Connections

- **Gottman: “Every time you turn away from your spouse or he/she turns away from you, whether you show it or not, your response is not dissimilar to the baby.”**
- **People crave authentic human interaction.** So if you or your young children are spending more time looking at gadgets than each other, **critical neural pathways likely are not being properly stimulated, thus putting the development of important relationship-building human qualities at risk.**
- **Kids/Youth and Even Adults now often turn to online friends for support rather than parents and partners.**
- Graber, Diana. Raising Humans in a Digital World (p. 8). AMACOM. Kindle Edition.





# 10 Questions



## to ask before giving your child a smartphone

1. Have I spoken to my child about porn?  Yes  No
2. Does my child know about cyberbullying  Yes  No
3. Is my child aware about sexting and the consequences of it?  Yes  No
4. Is my child aware about sexual predators and sextortion  Yes  No
5. Have my child agreed to be monitored?  Yes  No
6. Have my child agreed to sign a phone contract?  Yes  No
7. Does my child know about basic online safety rules?  Yes  No
8. Is my child ready for social media?  Yes  No
9. Is my child mature and responsible?  Yes  No
10. I fully understand why my child needs a smartphone?  Yes  No

The goal is to get Yes to most of the answer above. It may not be 100% but it is a guide that you can use to see if you and your family is ready for your child to have a smartphone.

# Summarize

- Make a **list of activities** with your child/youth that they can do besides technology (post this somewhere) Have items out for them to see.
- Teach them and give them **regular chores** and teach them the behaviors you want to see.
- Get **kids involved in tech activities that involve several people in person.**
- Set **boundaries with technology (for everyone)**
- Teach children/youth how to **connect to their feelings** and how to express them in a healthy way.
- Use **Parental controls** for Wifi (Shaw Blue Curve, Telus, The Circle, OurPact, Bark) and gaming consoles to create a routine (You can look up how to do this for a Playstation, Xbox etc)
- **Co-view**, play with your child/youth online or check out apps, video games, tv shows and movies beforehand.
- Tell your child/youth to tell you **if they see something inappropriate online**

# General Resources

- **Family Media Use Plans** are very helpful in setting limits and finding balance around technology. Please find a family media use plan example at <https://www.healthychildren.org/English/Pages/default.aspx>
- The Center on Media and Child Health has their own **Mediatrician** who you can ask questions about media from: <https://cmch.tv/parents/askthemediatrician/>
- The **Screenagers** blog by Dr. Delayney Rushton is another great resource for information about cell phones and other relevant data that can be very valuable in preventing any concerns with technology later on: <https://www.screenagersmovie.com>
- **Commonsense Media** is a great resource to look up age appropriate movies, tv shows, apps etc. <https://www.common sense media.org>
- **Centre for Humane Technology** has tips for how to use technology, not let it use you: <https://humanetech.com>
- **Phone Break Up:** <https://phonebreakup.com>
- **Better Screen Time:** <https://betterscreentime.teachable.com>
- **Campaign for a Commercial Free Childhood:** <https://commercialfreechildhood.org>
- **Family Sparks:** <https://familysparks.com>



# Resources for Video Gaming Help

- **Game Quitters** helps people and parents whose video gaming is impacting their life in a negative way either quit or reduce their gaming: <https://gamequitters.com>
- **Centre for Mental Health and Addictions Treatment Services** offers support with gaming and internet use (This site has a parent's guide to gaming that shows you how to put parent controls on gaming consoles): <http://www.camh.ca>
- **Stop Gaming Community Support:** <https://www.reddit.com/r/StopGaming/>
- **On-Line Gamers Anonymous:** <https://www.olganon.org/home>
- **GameAware:** <http://www.gameaware.com.au>
- **ReStart:** <https://www.netaddictionrecovery.com/our-team/>
- **Zone In:** <http://www.zoneinworkshops.com/about.html>

# Resources for Pornography Support

You can put restrictions on your cell phone or other devices and give someone else the password so you cannot get past them.

- Fight the New Drug: Education around porn use <https://fightthenewdrug.org>
- Comprehensive Sexual Health Platform: <https://nofap.com>
- Power Up Education: <https://www.powerupeducation.com>
- Reboot Nation:  
[http://www.rebootnation.org/forum/index.php?PHPSESSID=3g4db57q4c1f613tjv84rtbmf6;wwwRedirect;page=Road to Recovery](http://www.rebootnation.org/forum/index.php?PHPSESSID=3g4db57q4c1f613tjv84rtbmf6;wwwRedirect;page=Road%20to%20Recovery)
- The Pleasure Trap video: <https://www.youtube.com/watch?v=jX2btaDOBK8>
- Your Brain on Porn: <https://www.yourbrainonporn.com>

# Support for Gambling Challenges

- GamTalk: online global support community which provides support, websites, forums and love chat: <https://www.gamtalk.org>
- Choices and Chances: lot of information on gaming and gambling and why one might struggle with it: <https://choicesandchances.ca>
- In the Rooms: recovery for online recovery meetings: <https://www.intherooms.com/home/>
- Betfilter: blocking online gambling: <http://www.betfilter.com>
- GamBlock: blocking online gambling: <http://www.gamblock.com>
- Gambler Anonymous: 12 step in person group, [www.gabc.ca](http://www.gabc.ca)
- BC Responsible Gambling offers free outreach and counselling to individuals, couples, affected others, families and groups: <https://www.bcresponsiblegambling.ca>

# “Thank You For Attending”

Shannon Husk, Prevention and Community Engagement  
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