CHECKLIST

Device blocking checklist

- [ ] List every phone, tablet and computer you use
- [ ] Install BetBlocker (free) or Gamban (£4.99 a month, free in Wales) on each device
- [ ] On iPhone, iPad and Mac, turn on Screen Time limits and let someone you trust set the passcode
- [ ] On Android, set Play Store parental controls with a PIN
- [ ] Switch on your broadband provider's family filter with gambling blocked
- [ ] Switch on the gambling block in your banking app
- [ ] Choose to see fewer gambling ads in Google My Ad Center
- [ ] Delete gambling apps and saved cards from every device