



**Evidence-based
education to safeguard
our digital generation**

We are the UK's leading charity dedicated to preventing gaming and gambling harms among children and young people.

Our work bridges the critical knowledge gap between young people's digital lives and the adults who guide them. We believe in harm prevention through education, empowering the people who can make a real difference.



Did you know?

52%

of children have had some experience of gambling

1 in 4

young people have paid to open a loot box in a video game

1.5%

of young people experience gambling related harm

55%

of parents said their child plays video games at least once a day*

Sources: Young People and Gambling 2024 Report (Gambling Commission 2024). *Children and Gaming: An Analysis of Parental Attitudes (Ygam and Mumsnet 2025).

Our **FREE** training

Designed to be interactive, engaging, and easy to digest, our bespoke training equips you with the knowledge, tools, and confidence to help safeguard and support.



We offer a range of award-winning programmes, each with tailored content for professionals, volunteers, parents and carers, or for young people themselves. Our resources are regularly updated and reviewed so that you can always be one step ahead of the evolving digital landscape.



We offer training for:

- Parents & carers
- Teachers & youth workers
- University students & staff
- Health & social care staff & volunteers
- Community & faith leaders
- Sports organisations & clubs
- Gaming & esports



For parents & carers

As a parent or carer, you want to give your children the best start in life. While gaming and digital activities can provide positive opportunities for learning and connection, digital devices can also bring evolving risks that are not always easy to spot, and we know this can feel overwhelming for parents.

Our training helps you to better understand online safeguarding and create a safer digital home environment.

What you'll learn

- How young people encounter gaming and gambling in their daily lives.
- Understanding in-game purchases, microtransactions and virtual currencies.
- Parental controls and empowering young people to make informed decisions.
- Where to find help when you need it.





For teachers & youth workers

Working directly with young people, you see firsthand how deeply gaming and the digital world are shaping young people's lives.

You are perfectly positioned to identify signs of harm when young people are away from the safety of their homes and families.

What you'll learn

- How young people encounter gaming and gambling in their daily lives.
- Spotting the changes in behaviour that may signal harm.
- Supporting young people through effective conversations.
- Where to find help when you need it.





For university students & staff

Working at a university, you play a vital role in supporting students through a critical period of independence, particularly as they navigate new financial and social pressures. Our training equips you with the knowledge and skills to make campuses a safer digital space.

As a university student, you're exploring new freedoms and opportunities. While gaming and online activities can be a great way to socialise and unwind, they can sometimes bring unexpected challenges and risks.

By completing our training, you will be prepared for all digital hurdles in your way.

What you'll learn

- Gaming, gambling, and their impact on mental health and wellbeing.
- The blurred lines between gaming and gambling.
- Spotting the changes in behaviour that may signal harm.
- Where to find help when you need it.



For health & social care staff & volunteers

Mental health and wellbeing priorities are shifting, with gambling harms now a widely recognised public health issue. Working within a medical or care context, you're often the first to spot signs that a young person might be struggling.

Our training gives you the tools to assess effectively and best support the young person and their family.

What you'll learn

- The young brain, decision making, addiction patterns, and motivations.
- Effective conversations and practical approaches for time-limited consultations.
- Developing screening protocols, signposting, and follow-up plans.
- Supporting young people affected by others' gaming and gambling.





For community & faith leaders

As a faith or community leader, you are a key role model in a young person's life. For many global majority communities, gaming and gambling harms are evidenced to have a disproportionate impact on those most vulnerable.

Our training gives you a deeper understanding of the context, signs to look out for, and what to do if a young person needs your help.

What you'll learn

- Understanding vulnerability factors in marginalised groups.
- The role religion and culture can play in relation to gaming and gambling.
- The blurred lines between gaming and gambling.
- Signposting and connecting young people with appropriate support.





For sports organisations & clubs

As a sports professional or volunteer, you're uniquely positioned to protect young people in a world where gaming, gambling and sport are increasingly connected.

Our training equips you with the knowledge to identify these risks and safeguard the young people in your care.

What you'll learn

- How young people encounter gaming and gambling in their daily lives.
- The role of advertising, social media, and evolving gaming mechanics.
- Spotting the changes in behaviour that may signal harm.
- Sports specific influences and risks.
- Where to find help when you need it.





For gaming & esports

The world of gaming and esports is exploding in popularity, with new and exciting opportunities for young people to explore, gain new skills and discover new communities.

As adults working with young people in schools, youth organisations and gaming facilities, it is important to understand what healthy gaming habits look like and be alert to the risks young gamers may be exposed to.

What you'll learn

- The role of advertising, social media, and evolving gaming mechanics.
- Understanding in-game purchases, microtransactions and virtual currencies.
- The impact of gaming on mental health and wellbeing.
- Supporting young people through effective conversations.



Training that's bespoke to you

We aim to be there whenever you need, so strive to make our training as accessible and flexible as possible. This means that you can choose from remote online workshops via Microsoft Teams or in-person sessions at your choice of location.



We can also offer bespoke sessions to fit your organisational goals, settings, and purpose, ensuring your young people are safeguarded effectively.

Resources

All our training is free to attend.

Upon completion, you will gain access to our complete library of resources and teaching materials.

Accreditation

Most of our programmes are also officially accredited or certified, and you will receive a digital certificate after completing our training.



Ygam Alumni: A network to keep you in the know

The Ygam Alumni Network is a growing community designed to keep our delegates connected, supported, and empowered long after completing their initial training.

The Alumni Network is open to anyone who has completed a Ygam training programme. Once you've completed the training, you'll receive an invitation to join the network via email. From there, you'll gain access to a wealth of exclusive benefits designed to support your ongoing professional development and safeguarding priorities.

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Great training! What stood out to me the most were the resources provided after the workshop ... allowing us to reflect and revisit the content whenever needed.

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Workshop attendee

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I now feel more confident in recognising the signs to watch for and better prepared to offer effective support and guidance if I suspect any of the young people I work with may be experiencing issues related to gaming or gambling harms.

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Workshop attendee



Visit www.ygam.org for more information, including:



- How to book onto one of our workshops.
- Access the Family Hub and support pages for useful tips and advice.
- Our latest news and research into gaming and gambling harm prevention.



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