



Preventing Underage Gambling



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Understanding Youth Gambling

Definition of Youth Gambling

- Youth gambling refers to any form of betting or wagering activities involving individuals who are below the legal gambling age.
- It encompasses a wide range of activities in which young people risk money or valuables with the hope of obtaining a prize, and it can be highly detrimental to their wellbeing and development.

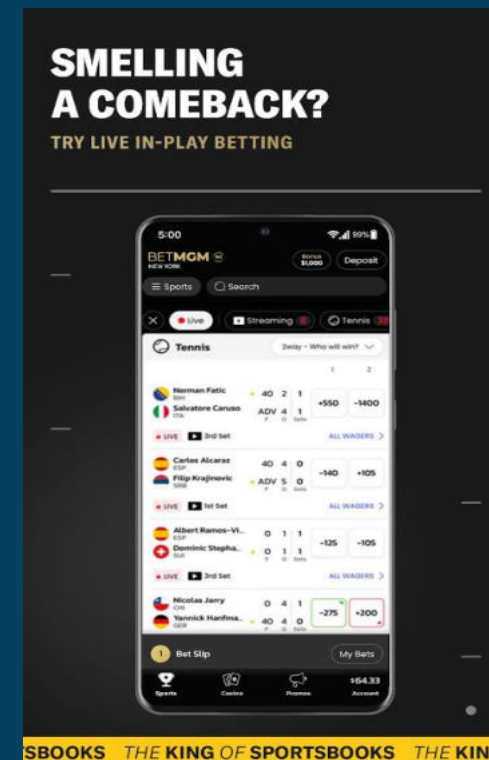
Different forms of Youth Gambling

- Traditional Casino Games- these include card games like poker and blackjack, slot machines, roulette, and other casino-based games
- Youth may attempt to access these games through fake IDs or by accompanying older individuals.



Different forms of Youth Gambling

- **Sports Betting:** Betting on sports events is popular among young people, especially with the rise of online sportsbooks and the accessibility of betting apps.
- This can lead to underage individuals placing bets on various sports.



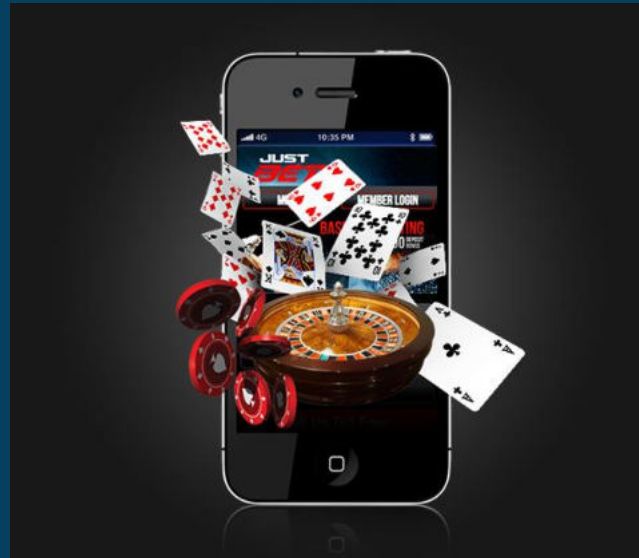
Different forms of Youth Gambling

- Online Gambling- online platforms offer a plethora of gambling opportunities, including virtual casinos, poker rooms, sports betting, and online lotteries.
- Youth can easily access these sites if not properly regulated.

Every screen can be a table...



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Social Casino Games

- One of the fastest growing and most profitable genres of social gaming
- Preferred access is personal computers, mobile phones, tablets
- 53% of Facebook users play social media games
- 173 million social casino game players
- \$6.84 billion generated in 2022



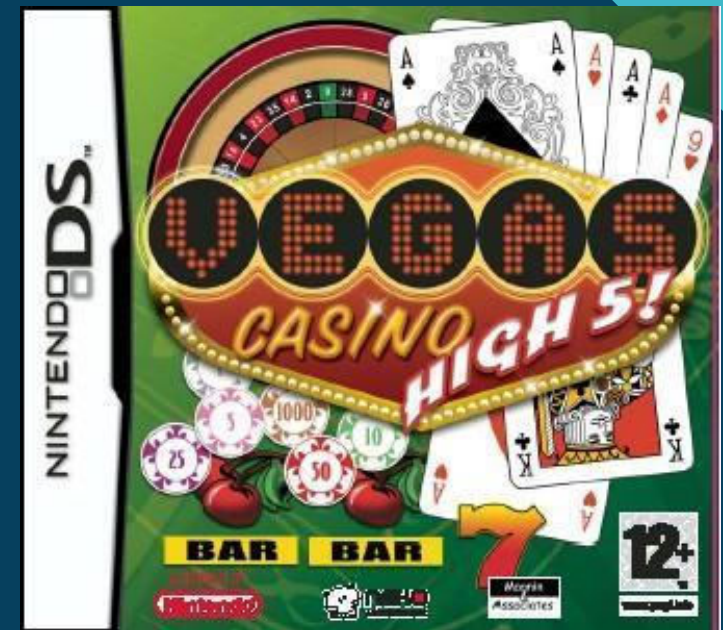
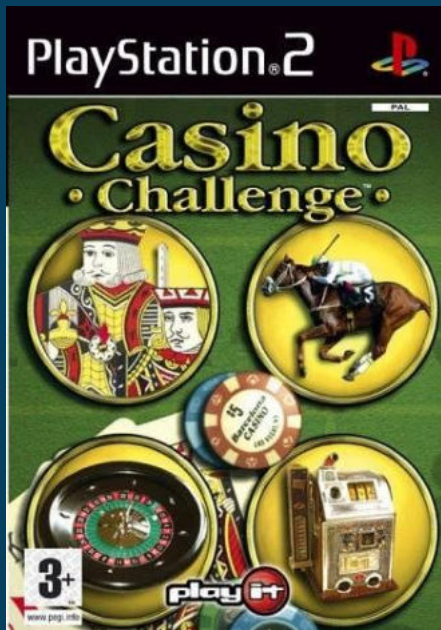
Different forms of Youth Gambling

- Scratch Cards and Lotteries- many young people are drawn to the instant gratification of scratch-off cards and lotteries, which are sometimes accessible to minors despite age restrictions.



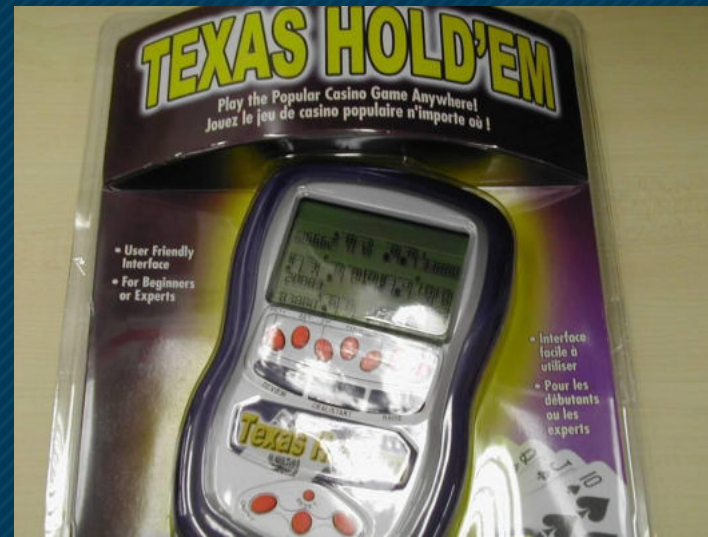
Different forms of Youth Gambling

Social and Mobile Games feature gambling like mechanic, such as loot boxes or virtual casinos. These can introduce young players to gambling concepts and encourage risky behavior.



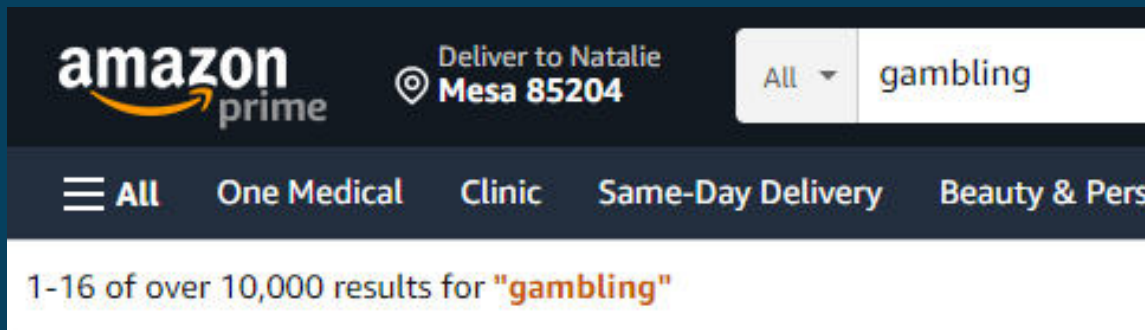
Gambling Avatars





Gambling has become Normalized

- Increased availability
- Increased accessibility
- Increased social acceptability
- Continued lack of awareness that gambling problems can negatively impact underage youth



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- INSIGHT INTO PERSONAL LIMITS AND SELF-CONTROL
- UNDERSTAND RISK AND REWARD SCENARIOS
- KIDS WILL ALSO BE TAUGHT THE POTENTIAL PITFALLS OF GAMBLING AND IMPORTANT PREVENTATIVE MEASURES

PARTICIPANTS WILL HAVE THE CHANCE TO PLAY OTHER TOP PLAYERS IN TORONTO, NEW YORK, CHICAGO, MIAMI, LAS VEGAS AND LOS ANGELES

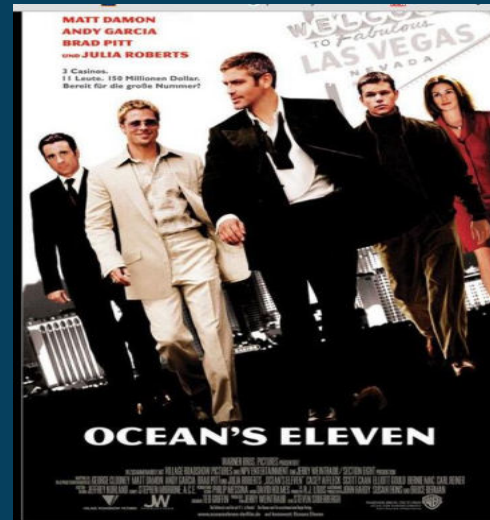
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Gambling is Glamorized



Risks Associated with Youth Gambling

- **Mental Health Impacts:** Excessive gambling can lead to anxiety, depression, and other mental health issues, particularly in young people who may not have the emotional maturity to handle losses

Mental Health Issues	No Gambling	Social/Occasional Gambler	Problem Gambler
No symptoms	52.2%	38.8%	37.2%
Low symptoms	21.5%	25.5%	21.1%
Moderate Symptoms	16.2%	21.2%	20%
Severe Symptoms	6.4%	9.6%	12.6%
Intense Symptoms	3.8%	4.9%	9.1%

Risks Associated with Youth Gambling

- **Academic Performance-** Youth gambling can be a distraction from schoolwork and can lead to poor academic performance in the following areas:
 - Lower Grades and Achievement
 - Missed School days
 - Decreased Concentration
 - Homework Neglect
 - Declining Interest in Extracurricular Activities
 - Lower Graduation Rates

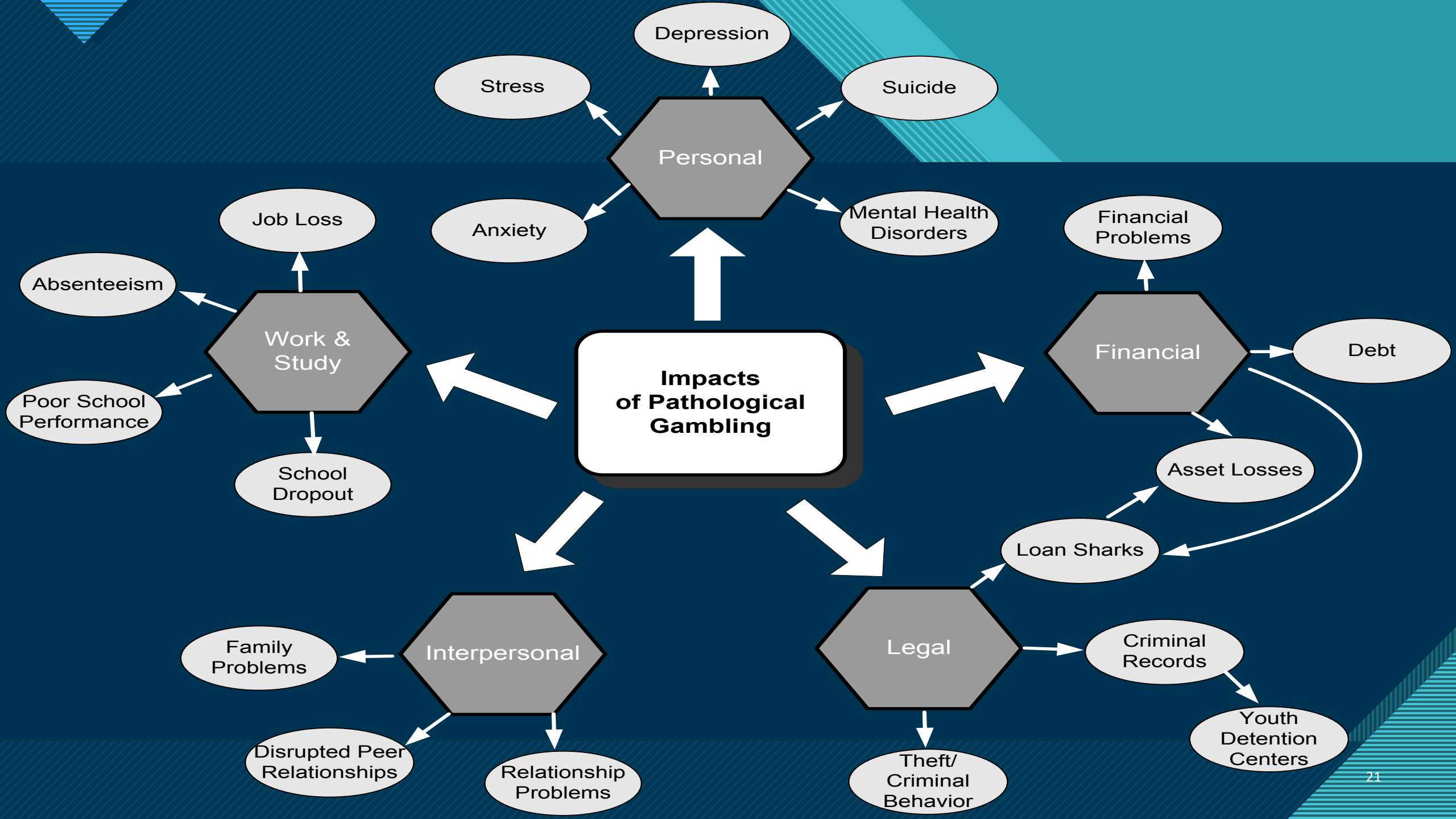
Risks Associated with Youth Gambling

- **Substance Abuse**- Youth gambling is often associated with a higher risk of substance abuse, as some individuals may use drugs or alcohol to cope with the stress and losses associated with gambling.

Substance Use	No Gambling	Social/Occasional Gambler	Problem Gambler
Smoking cigarettes	0.8%	1.1%	2.9%
Vaping nicotine	9.8%	15.4%	16.9%
Vaping cannabis	5.4%	8.0%	10.1%
Alcohol Use	9.6%	14.0%	17.5%
Marijuana Use	6.2%	8.1%	10.2%
Stimulant use (Ritalin/Adderall)	1.9%	2.4%	5.6%
MDMA	0.6%	1.0%	1.6%

Risks Associated with Youth Gambling

- **Financial Consequences-** Youth who gamble may suffer financial losses, leading to problems such as debt, theft, or fraud to cover their gambling-related expenses.
- **Relationship Strain:** with family and friends leading to social isolation and a lack of support when needed most.
- **Legal Consequences-** may face legal repercussions, including fines or criminal charges.
- **Developmental Issues-** Youth gambling can interfere with critical stages of development, potentially impacting future life choices and opportunities.



Common Reasons for Youth Gambling

- **Motivations:**

- Entertainment & Recreation
 - Drawn to the excitement and adrenaline rush
 - The prospect of winning can be a powerful motivator
- Challenges & opportunities for achievement- self esteem
- Escapism or coping
 - It offers an escape from life's challenges and stress
 - It may serve as a coping mechanism for dealing with difficult emotions or situations
- Social interaction with others
 - Seen as a way to fit in with peers
 - Fear of missing out or being excluded
- Passing Time/Relief from boredom

Common Reasons for Youth Gambling

- Common Risk Factors- it is often a combination of factors that determines whether a person develops problems with gambling:
 - Easy access to gambling activities
 - Gambling among peers
 - Parental or sibling gambling problems
 - Family conflict, lack of parental supervision
 - School problems- decrease in interest and grades, truancy
 - Impulsivity, sensation seeking
 - Early initiation (age of onset) to gambling
 - Psychological Vulnerability

Identifying Problem Gambling

Signs and Symptoms

It can be tricky to tell when teenagers have gambling problems because they don't always run into financial difficulties that adult problem gamblers experience.

Some warning signs that your child might have a problem with gambling can include:

- Sudden changes in the amount of money your child has
 - Displaying large amounts of money or other material possessions which cannot be accounted for by his or her regular income
- Being short money, borrowing, taking money from family and friends
 - Examples could be asking for more money for lunch, transportations, or other personal expenses



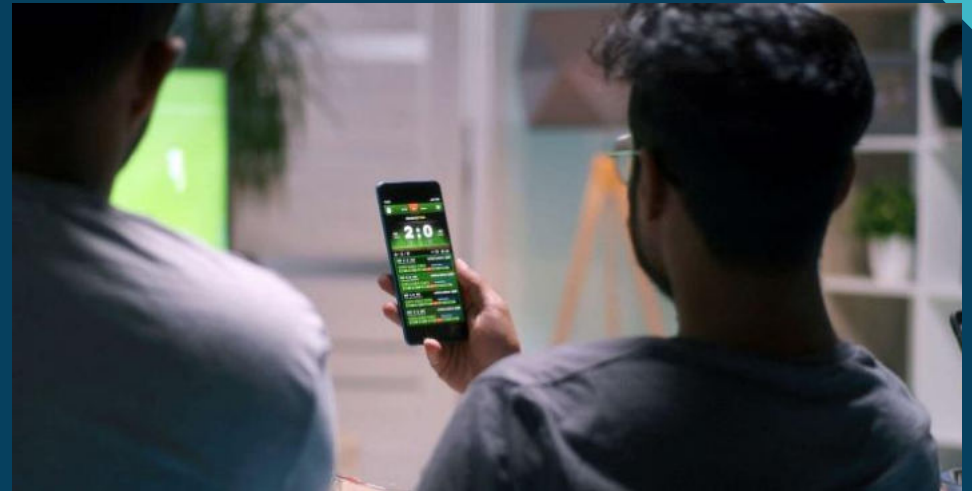
Signs and Symptoms

- Changes in sleep patterns, tiredness, low energy levels, changes in mood, or irritability when away from gambling activities
 - Changes in personality
 - Mood swings
 - Anxiety
 - Depression
- Decreasing grades, declining interest and performance in schoolwork
 - Unexplained absences from school
 - Withdrawal from friends, social activities, and events



Signs and Symptoms

- Often talks about gambling or gambling products
- Uses specialized gambling lingo like “bookies,” “chips,” and “point spread”
- Preoccupation with video arcades, internet gambling sites, TV poker, simulated gambling apps or games
- A new focus on sports odds and results instead of sport itself
- Secrecy about gambling
- Denial that there’s a problem
- Lying to you about his or her activities
- Money or valuable objects missing from the home



The Importance of Early Detection

- **Preventing Escalation-** preventing the progression of gambling problems into more severe and harmful addiction.
- **Reducing Consequences-** limit financial, academic, and personal consequences.
- **Recovery and Support-** Youth who receive support and treatment at an earlier stage are more likely to recover and lead healthier lives.
- **Preserving Relationships-** early detection can help maintain positive family and peer relationships, reducing the social consequences.
- **Improving Academic Performance-** addressing the problem promptly can help young individuals get back on track academically, ensuring they don't fall too far behind.

Prevention Strategies

Building Awareness

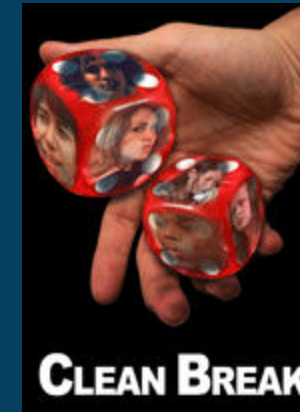
Ways to raise awareness in schools and communities:

- **School Workshops-** involve professionals or individuals who have experienced the consequences of problem gambling to share their stories
- **Curriculum Integration-** incorporate interactive resources that provide information about gambling risks into the curriculum. This could be a part of health education or life skills courses
 - “The Amazing Chateau” targets grades 4-6. Through a variety of fun activities, children learn how to distinguish between games of chance and skill
 - “Hooked City” targets high school- interactive game enables adolescents to make responsible choices by informing them about the nature and risks associated with gambling, reinforcing social skills, and changing attitudes and erroneous beliefs related to gambling.



Building Awareness

- Videos and Documentaries
 - “Clean Break” aims expose adolescents to risks associated with excessive gambling, and inform them about gambling as a problematic behavior.
 - “Know Limits”- question and answer game played in teams with gambling prevention questions with general interest categories such as charades, taboo, word scramble and trivia
- Peer Education Programs
- Awareness Campaigns
- Parent-Teacher Associations
- School Policies- encourage schools to implement policies that restrict access to gambling related content on school devices and networks



Parental Involvement

Tips for parents on monitoring and engaging with their children:

- **Start Early-** begin educating your child about gambling risks at an early age, adjusting the conversation to their level of understanding.
- **Open Communication-** create an environment where your child feels comfortable discussing their concerns, questions, or experiences related to gambling.
- **Set Clear Boundaries-** establish rules about access to gambling-related content, websites, or games. Discusses the age-appropriate nature of these activities.
- **Monitor Online Activities-** regularly check your child's online activities, especially in the case of online games that may include gambling elements.



Parental Involvement

- **Use Teachable Moments-** use everyday situations, news stories, or media portrayals of gambling to discuss the risks and consequences with your child.
- **Emphasize Critical Thinking-** teach your child how to think crucially about the risks and rewards associated with gambling activities. Encourage them to ask questions and consider the potential consequences.
- **Be Supportive-** if you suspect your child may have gambling issues, approach the topic with empathy and offer support. Seek professional help if necessary.
- **Model Responsible Behavior-** set a positive example by demonstrating responsible financial management and decision-making. Show how to manage losses gracefully.



Online Safety

Guidelines for parents and educators on online safety:

- Age verification
- Monitoring and Blocking
- Discuss In-Game Purchases
- Regular Conversations
- Recognize the Warning Signs
- Promote Alternatives
- Report Suspected Illegal Gambling Sites



Self Exclusion



betblocker



Gamban

Support and Resources

Help Resources

- National Council on Problem Gambling (NCPG)
 - Wide range of educational materials and programs for schools and communities to raise awareness on youth gambling risks
- Evergreen Council on Problem Gambling
 - Provides resources and materials for schools, parents, and community organizations, with a focus on preventing youth gambling problems
- Youth Gambling International
 - Global organization dedicated to addressing youth gambling. They offer educational programs and resources for schools and communities
- GamTalk Youth
 - Offers an online forum specifically for youth to discuss their experiences and concerns related to gambling, providing a space for peer support and advice.



Community Support

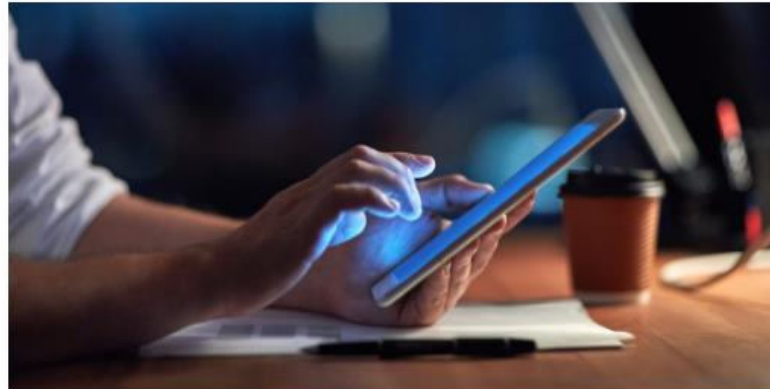
- Community-based support groups
- Local Counseling and Prevention Centers

SAMHSA's National Helpline

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders.

📍 [Also visit the online treatment locator.](#)

Call: 1-800-662-HELP (4357)



📱 Text NEXTSTEP to 53342

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Thank You!