

Youth and Gambling

A Resource for Parents

With the increasing availability and acceptability of gambling, more young people are gambling than ever. What may seem like harmless fun can actually develop into a serious problem for some people.

WHERE CAN YOU GO FOR HELP?

Call the toll-free Indiana Problem Gambling Referral Line at 1-800-994-8448.

THE DIFFERENCE BETWEEN GAMES AND GAMBLING:

Games are activities that involve one or more people, have a goal that is trying to be reached and rules to establish what can and cannot be done. They are played primarily for enjoyment, but can have an educational role.

Gambling is any behavior that involves risking something of value. It can be a game or contest that the outcome is dependent upon chance or the ability to do something.

What are the signs of Problem Gambling?

Your child may have a problem if they:

- Spend more time or money gambling than they intended to spend.
- Go back another day to try to win back money or possessions lost.
- Feel badly about the way they gamble or about what happens when they gamble.
- Tell others they've been winning money from betting when they really haven't.
- Want to stop betting money, or gambling, but don't think they can.
- Hide signs of betting or gambling from you, friends, or others.
- Are being criticized for their gambling or told they have a gambling problem.
- Have arguments at home about money or gambling.
- Skip school for reasons related to gambling.
- Borrow money from someone and don't pay them back as a result of gambling.

Facts about youth and gambling

Lottery is the number one form of gambling among teens who gamble.

Sports betting, card playing and games of skill are the number one form of gambling among teens with a gambling problem.

Teens have a problem gambling prevalence rate between 12-20% (Harvard Meta Analysis '99). At least double the adult prevalence rate.

Talking with your kids!

Raising the issue with your child can be difficult, here are some tips:

Look for a time to raise the topic naturally.

Ask questions first. Talk about your child's ideas and feeling about gambling, then give information or offer your opinion.

Be patient. You may need to have several discussions with your child.

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Indiana Problem
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Program

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