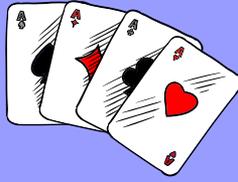


# WHAT YOUTH NEED TO KNOW ABOUT YOUTH GAMBLING



## WHAT IS GAMBLING?

Gamblers Anonymous states "any betting or wagering for self or others, whether for **money or not**, no matter how slight or insignificant, where the outcome is uncertain or depends upon **chance or 'skill'** constitutes gambling."

## WHY IS YOUTH GAMBLING DANGEROUS?

On average, youth are exposed to gambling at age 10, which is earlier than alcohol, tobacco, and other drugs. The earlier youth are exposed, the more likely they are to have a gambling problem later in life. Youth who gamble have lower self-esteem, higher rates of depression and dissociation, increased risk for suicide ideation and attempts, disruption of relationships, and decreased academic performance. Also, youth who gamble are -



more likely to use  
illegal drugs



more likely to  
drink alcohol



more likely to be  
in a gang fight



more likely to  
smoke cigarettes



more likely to get in  
trouble with the police

- Adolescent prevalence rates of problem gambling are 2-4 times that of adults
- Illinois is ranked 9th most gambling addicted state as of 2018
- 40-68% of youth reported gambling with family members
- 60-80% of high school students reported gambling for money in the last year

## YOUTH GAMBLING IS HAPPENING NOW!





# GAMBLING BEHAVIORS IN PLAIN SIGHT

Gambling behaviors are in your games and in the media. You might think of gambling just as casinos and lotteries; however, it is much more and all around.

Different marketing platforms, such as social media, online games and apps, radio stations, television commercials, and more, have advertisements that promote gambling. The messages on these advertisements often have fun colors and sounds to attract you to their product/company. These messages can provide misconceptions about winning or about you being the 'one,' when in reality, the house is always stacked against you. Be aware of how the media is advertising to you!

Also, many video and app games mirror real-life gambling behaviors. Some examples include

- Loot boxes in Fortnite or Fifa
- Mystery boxes
- Spin-to-Win rewards
- Candy Crush (games that give you rewards and opportunities to pay for upgrades, extra lives, and fake money/other prizes that create daily gaming habits)
- Any game that has similar sounds, looks, and gaming actions to gambling

## DECREASE YOUR RISK:

- ▶ Inform your parents and other adults about gambling risks and protective factors
- ▶ Schedule breaks from gaming and online activity
- ▶ Get involved in recreational activities (find new hobbies during your free time)
- ▶ Build a relationship with a mentor (could be a coach, teacher, community member, etc.)
- ▶ Understand gambling misconceptions (gambling often results in more losses than wins, knowing a game does not help you win, and you will most likely not win your money back if you continue to gamble)

FOR MORE RESOURCES, GO TO [HTTPS://WEKNOWTHEFEELING.ORG](https://weknowthefeeling.org).

**GAMBLING PROBLEM?  
CALL 1-800-GAMBLER OR TEXT ILGAMB TO 53342**

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