

WHAT EDUCATORS 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!





HOW CAN YOU HELP IN SCHOOLS AND YOUTH GROUPS?

DISCUSSION TOPICS:



Start a conversation about your students' experiences with gambling



Explain gambling risk and protective factors similar to how you would for alcohol, tobacco, and other drugs as well as mental health



Encourage your students to speak up if they suspect a friend or peer may have a gambling problem.



Have a discussion about 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)

**ALWAYS REMEMBER TO
ASK QUESTIONS AND LISTEN!**

- Research if your school or youth group has policies surrounding gambling
- If your school or youth group, does not have gambling policies or the policies are outdated, consider advocating for the following:
 - No form of gambling will be allowed on school or organizational grounds and events.
 - No gambling related fundraisers, such as 50/50 raffles, bingo nights, etc.
 - No casino themed events
 - Install blocking software for online gambling and other gambling sites
- Collaborate with other schools or organizations that have gambling policies in place (review what policies they currently have)

Most schools and organizations have policies surrounding substances but what about gambling? Gambling policies allow students to grow and learn in a safe and healthy environment.

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

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



Focus Youth Gambling Prevention is a program of the Illinois Association for Behavioral Health and is funded in whole by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Services Administration.

