

Awareness of Gambling in Young People



TEA-BREAK GUIDE



What is the definition of gambling?

“To stake or risk money, or anything of value, on the outcome of something involving chance”.

What can be classed as gambling?

- Scratch cards
- Lottery
- Loot boxes in video games (e.g. FIFA)
- TV Competition questions
- Casino games
- Online (sports, casino games)
- In person
- Bets amongst peers

Is gambling affecting young people?

The Gambling Commission conducted a survey in 2019, including children 11 -16 years, England, Scotland and Wales.

- 11% of young people had gambled in the past 7 days. Equating to 350,000 young children.
- Gambling rates are lower than drinking alcohol, yet higher than using e-cigarettes, smoking tobacco or taking illegal drugs.
- 67% of young people that gamble are with their parents at the time.
- 23% of young people who have ever gambled said their first experience was playing on a fruit/slot machine.

What is the Gambling Continuum?



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| <ul style="list-style-type: none">• Fun, entertainment• Spending limits• Expect to lose | <ul style="list-style-type: none">• Chasing losses• Overspending• Lying• Difficulty concentrating | <ul style="list-style-type: none">• Debts• Crime• Constant thoughts of gambling• Risking relationships• Suicidal thoughts |
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What are the signs of harmful gambling?

The indicators that an individual's gambling behaviour is problematic and harmful include:

- **Preoccupation** - often thinking about or planning to gamble.
- **Tolerance** - needing to gamble with more money to get excitement.
- **Withdraw** - negative emotions when trying to cut down on gambling.
- **Loss of control** - spending more than you plan to (time and money).
- **Escape** - the motivation for gambling being to escape negative elements of life.
- **Chasing losses** - gambling to try to win back money that has been lost.
- **Lying** - gambling leading to lying to friends/family.
- **Illegal acts** - taking money without permission, misusing money to fun gambling.
- **Risked relationships** - putting personal relationships at risk.

How can I support as a professional?

Professionals and parents/carers can find further information and support through the National Gambling Helpline on Freephone **0808 80 20 133** (24 hours a day). Live chat is available with GamCare Advisers around the clock – access this via www.gamcare.org.uk.