

Did You Know Adolescent Problem Gamblers...

- **May** have lower self-esteem compared with other adolescents
- **May** have higher rates of depression and report higher suicidal tendencies and attempts
- **May** be truant from school to go gambling and as a result have poor grades in school
- **May** be more likely to be involved in delinquent behaviour and criminal activities to acquire money
- **May** be more likely to also *develop* substance addictions

Facts

- **4-6%** of high school students are addicted to gambling, and another 10-14% are at risk of developing an addiction
- **Gambling** is readily accessible via computers and cell phones
- **Gambling** problems can affect all aspects of a person's development; social life, academic or professional life, mood, personality, physical and mental health, and personal relationships.
- **60-80%** of teens have gambled in the past year

Information taken from
www.youthgambling.com

Many calls to the Wisconsin Council on Problem Gambling's 24-Hour Helpline come from family members or friends who have discovered their loved one's gambling problem and question how they might help them.

If gambling is becoming a problem for you or someone you care about, help is available.

**We Can Help
24-hours a day**

1-800-426-2535

Chat wi-problemgamblers.org

Text 850-888-4673



The Wisconsin Council on Problem Gambling, Inc. provides resources, public awareness and education on gambling disorders while maintaining strict neutrality on the issue of legalized gambling.



A Guide to Youth Problem Gambling



**WISCONSIN COUNCIL
ON PROBLEM GAMBLING**

SIGNS OF YOUTH PROBLEM GAMBLING:

- **Gambling** frequently with cards, dice, games, sports, or online.
- **Trouble** concentrating on homework or other things because they are thinking about gambling.
- **Missing** important events or sneaking out from them to gamble.
- **Drinking** alcohol or taking drugs.
- **Borrowing** or stealing money to gamble.
- **Arguing** with and/or lying to friends or family about gambling.
- **Feeling** the need to bet more and more money.
- **Sudden** urgency for more money.
- **Telephone** calls and text messages from strangers and higher phone bills.
- **Gambling** “stuff” at home (lottery tickets, betting sheets).
- **Thinking** that gambling is an easy way to make money.
- **Selling** personal possessions.
- **Thinking** that the odds can be outsmarted.
- **Believing** that money that was lost can be won back.
- **Overly** interested in how teams or athletes perform.
- **Bragging** about winnings.
- **Playing** gambling type games on the internet or phone.
- **Becoming** overly upset at conclusion of sporting events.

What can you do?

- **Educate** yourself and your children about the risks of gambling.
- **Create** an open environment for conversation.
- **Discuss** the risks associated with gambling.
- **Build** their self esteem and help them to develop appropriate coping skills.
- **Monitor** children’s activities and internet use.

