

Youth and Gambling

A Resource for Parents

Facts about youth and gambling:

- Lottery is the # 1 form of gambling among teens who gamble
- Sports betting, card playing and games of skill are the #1 form of gambling among teens with a gambling problem.
- Teens have a problem gambling prevalence rate between 12 -20%. At least double the adult prevalence rate (Harvard meta analysis, 1999).

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.

**Indiana
Problem Gambling
Awareness Program**

501 North Morton Street, Suite 110
Bloomington, Indiana 47404
812-855-1237
800-346-3077
www.ipgap.indiana.edu

The Indiana Problem Gambling Awareness Program (IPGAP) is funded by a contract with the Indiana Family and Social Services Administration, Division of Mental Health and Addiction with funds through the Indiana Problem Gamblers' Assistance Fund.

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Youth and Gambling

With the increasing availability and acceptability of gambling, more young people are gambling than ever.

What are the signs of Problem Gambling?

Your child may have a problem if they:

- Spend more time or money gambling than they intended.
- Go back another day to try to win back money or possessions lost.
- Feel badly about gambling.
- Tell others they have been winning money when they really haven't.
- Want to stop gambling, but don't think they can.
- Hide signs of gambling from you, friends, or others.
- Are being criticized for their gambling or told they have a 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.

Talk with your kids

Raising the issue with your child can be difficult. Here are some tips:

Look for times to raise the topic naturally.

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

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

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Indiana Problem Gambling Referral Line: 1-800-994-8448

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