

WHAT'S THE BIG DEAL?

Youth are at a higher risk of developing a gambling problem than adults. Easy access to online gambling, gambling at an early age, having family members who actively gamble, or engaging in other risky behaviors (such as drinking, drug use, and sex) can put an adolescent at a higher risk of developing a gambling problem.

An estimated 8% of youth—double the adult rate—are at risk. According to the National Council on Problem Gambling, 6% of college students struggle with a gambling disorder.

WHAT'S THE BIG DEAL?

A Guide to Youth Problem Gambling



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YOUTH PROBLEM GAMBLING

Unlike the topic of drug and alcohol use, problem gambling is rarely discussed in school or at home, and many teens enter into adulthood without knowledge of the risks involved with gambling. For most people, gambling is fun and a source of recreation and entertainment. But for some, gambling can become an addiction that can destroy relationships and goals, and even lead to suicide.

WARNING SIGNS

- ☐ Gambling to escape boredom, pain, or loneliness
- ☐ Needing to bet more and more money to maintain thrill
- ☐ Unexplained absences from school or work
- ☐ Losing a job or college scholarship because of gambling
- ☐ Talking frequently about gambling
- ☐ Becoming irritable and angry when trying to quit
- ☐ Gambling to win back losses or to chase wins
- ☐ Constantly borrowing money from friends to gamble
- ☐ Stealing money to gamble
- ☐ Possessing large sums of money or bragging about gambling wins
- ☐ Gambling to impress friends or family
- ☐ Damaging relationships with parents or others because of gambling

YOUTH GAMBLE TO:

- ☐ Escape problems, boredom, or pain
- ☐ Get an adrenaline rush
- ☐ Make “easy” money
- ☐ Impress others or get attention
- ☐ Make friends

YOUTH GAMBLE ON:

- ☐ Sports (including Fantasy Football and NCAA March Madness)
- ☐ Card and dice games
- ☐ Raffles
- ☐ Lottery and scratch tickets
- ☐ Social gaming and Internet gambling
- ☐ Casino games (blackjack, craps, roulette, and slot machines)

GAMBLE RESPONSIBLY:

- ☐ Set a time limit—and stick to it
- ☐ Set a money limit—and stick to it
- ☐ Gamble ONLY to have fun
- ☐ Don’t gamble when lonely or upset
- ☐ Don’t gamble to win back a loss or chase a win
- ☐ Expect to lose—not win

WHERE DO I GO FOR HELP?

If you or someone you care about has a gambling problem, there is hope. Help starts today by calling **1.800.547.6133**. More information is available at www.evergreencpg.org.

ECPG YOUTH PROGRAMS

► PEER-TO-PEER CAMPAIGN WITH MEDIA PARTNER

Each year, at least two schools (high school or college) are selected whose business students run a competitive, full marketing campaign with multi-media elements, such as logos, radio and TV commercials, and social media messaging. Students work in teams to “market” a youth problem gambling awareness campaign to their peers, with the winning team’s commercial airing on our media partner’s radio station.

► YOUTH PROBLEM GAMBLING & THE ARTS GRANT

The YPGA Grant program empowers youth and young adults to make healthy choices around risky behavior, such as gambling. Each year, at least one student group is selected to produce a program or project using the arts—such as music, dance, visual, or media arts—that educates their peers and community about youth problem gambling prevention and awareness. YPGA Grants range from \$500–\$5,000.

For more information on our youth programs, visit www.evergreencpg.org ► Youth Programs.

help starts here ► **1.800.547.6133**

Washington State Problem Gambling Helpline | AVAILABLE 24/7

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