

Recovery is Possible HELP IS AVAILABLE

If you think you or someone you care about may have a problem with gambling or gaming - call, text, or chat with the free 24/7 helpline.



CALL
1-800-GAMBLER®



TEXT
800GAM



CHAT
pacouncil.com
/ helpline

Resources

For information about problem gambling, or to find a gambling counselor near you, visit:

ddap.pa.gov
ncpgambling.org
pacouncil.com

To find a Gamblers Anonymous meeting near you, visit:

gamblersanonymous.org

References

1. Lpc, A. L. G. P. (2023, January 14). 6 suggestions for parents to promote safe, responsible gaming. Psychology Today. <https://www.psychologytoday.com/us/blog/understanding-addiction/202301/safe-gaming-what-parents-need-to-know>. msockid=3d694c11f75b6ad3385d59cdf6f36bb5
2. Chestnut Health Systems. (n.d.). How do teens gamble. <https://chestnut.org/mental-health-and-substance-use-treatment/prevention-services/gambling/category/youth-gambling/profile/how-do-teens-gamble>
3. National Council on Problem Gambling www.ncpgambling.org
4. Council on Compulsive Gambling of PA | PENNSYLVANIA'S PROBLEM GAMBLING RESOURCE. www.pacouncil.com



Pennsylvania
Department of Drug and
Alcohol Programs



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Parents' Guide to Kids and Gambling

What is Problem Gambling?

- Problem gambling is gambling behavior that is disruptive to a person or their family, impacting their daily life.
- Anyone who gambles is at-risk for developing a gambling problem.
- Gambling disorder is a recognized mental health diagnosis.

Types of Gambling Kids Engage in

Gambling mechanics are often introduced through games and apps targeted to kids. Examples of gambling mechanics in gaming include:

- Coins
- Gems
- Loot boxes
- Skins



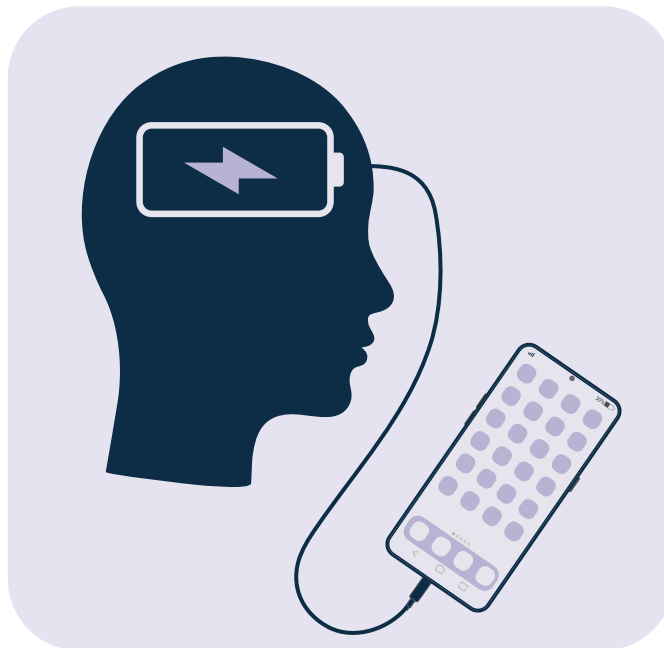
Adults often include kids in the following gambling activities without considering the risk that exposure creates.

- Lottery tickets
- Betting on sports
- Casino apps
- Bingo



Signs of Early Problem Gambling Behaviors

- Significant time spent on mobile or gaming devices
- Drop in homework completion or school grades
- Loss of interest in activities they once found interesting
- Loss of friendships or peer involvement; isolation
- Drop in after-school activity or sports participation
- Increased interest in sports scores and sports statistics
- Questionable explanations for new items or loss of possessions



Tips For Safer Gaming

Do your homework

Know what kind of games, apps, and social platforms that your kids use. Understand game ratings (e.g., Everyone, Teen, Mature). Check what kind of social chat features are included in apps and games and whether in-game purchases can be made.

Know how to use parental controls

Parents can often change settings and manage controls in games, apps, and on gaming consoles.

Understand the risks of gaming.

Educate yourself on the risks specific to gaming such as player toxicity and hostility, online predators, and problem gaming or gambling behaviors.

