

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



Educators' Guide to Kids and Gambling



Pennsylvania
Department of Drug and
Alcohol Programs

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.

Types of Gambling Kids Engage in

Financial Investing

Cryptocurrency, NFTs, and day trading may be attractive to teens.

Social Gambling

Popular social games like cards, dice, and truth or dare.

Sports-Related Gambling

Kids bet on sports through brackets, fantasy leagues, betting apps, or even on school games.

Video Games and Online Games

Social casinos, loot boxes, and non-regulated gambling websites are common among kids.



Signs of Early Problem Gambling Behaviors

Early exposure leads to the potential for problem gambling behaviors later in life. Youth who gamble are more likely to be at risk for other disorders such as substance use.

- Unexplained or frequent absences from school
- Lack of assignment participation or falling grades
- Loss of interest in activities they once found exciting
- Drop in after-school activity participation
- Increased interest in sports scores and sports statistics
- Questionable explanations for new items or loss of possessions

Tips for Educators

While many schools may limit cell phone use, gambling is still accessible through cell phones outside of school hours. Gambling exposure during school hours may also occur through peer discussions.

Know the Terminology

Loot boxes, mystery boxes, social platforms, online chats, and casino apps all use different terms for gambling activities. If you hear students using terms you are unaware of don't be afraid to take interest in the conversation or research the terms.

Be Ready to Talk About It

While youth may already know a lot about gambling, they are unaware of the risks. Be prepared to educate about the short-term and long-term risks of gambling and how random chance works.

Don't Use Gambling Mechanics in Lessons

Refrain from using any gambling mechanics such as random-chance, bingo, betting games, and raffles.

