

HOW CAN YOU HELP?

1. **Be aware:** Educate yourself about the signs of problem gambling in youth and what to do about it.
2. **Communicate:** Talk to your child about the risks of gambling and how it affects teenagers. Create an environment where your child can talk with you openly and honestly about problems they might be facing.
3. **Connect with local resources:** Locate support groups that can help your child.
4. **Get professional help:** Seek care from counselors who specialize in gambling addictions.



Children introduced to “**harmless betting**” by age 12 are **four times more likely** to engage in problem gambling later.

A teen’s future is not a game of chance.

YOU CAN BE THE BEST BET IN THEIR LIFE.

TEENS AND ONLINE GAMBLING:

A Losing Bet



The Problem

Online sports betting has become increasingly accessible to teenagers, posing significant risks to their well-being. The combination of smartphones, social media, and targeted advertising has made it easier than ever for people who are underage to engage in gambling activities.

This exposure can lead to addiction, financial troubles, and mental health issues at a crucial developmental stage. The thrill of potential winnings, coupled with a lack of understanding about the risks involved, makes teens particularly vulnerable to developing problematic gambling behaviors.

This is made worse by the normalization of gambling through video games and fantasy sports, as well as social media influencers who promote betting platforms.



Why Teens Are Vulnerable

- 1) Brain development:** The teenage brain's reward center is highly active, as decision-making abilities are still developing.
- 2) Digital savviness:** Comfort with technology can lead to decreased perception of online risks.
- 3) Peer pressure:** Social media and multiplayer games can normalize gambling behavior.
- 4) False sense of skill:** Many teens believe they can "beat the system" through strategy.
- 5) Easy access:** Age-verification systems can be circumvented.

What Are the Signs of Gambling Problem?

- Preoccupation with gambling
- Needing to gamble with increasing amounts
- Repeated unsuccessful attempts to stop
- Gambling to escape problems
- Betting to recoup losses
- Lying to conceal gambling activity
- Relying on others for financial bailouts
- Stealing or committing fraud to gamble
- Withdrawing from family and friends
- Unexplained debts or missing money