

# As You Enter:

Discuss with your table **how, if at all, gambling played a role in your childhood.**

For example, did you get scratch-offs for birthdays and holidays? Did you and your family watch the PowerBall Drawing every night? Did you go on vacations to casino-oriented places?



# Youth + Gambling

How to Talk About Risks  
and Healthy Choices

*Presented by* **Brittany Sue Hines**

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# Agenda



Personalize +  
Socialize

The How +  
The Why

The Young Brain +  
Gambling



Who's At Risk +  
New Data

Warning Signs +  
Conversations

Q+A

**Personalize +  
Socialize**

# Gambling + Young Brittany



Scratch-Offs + The  
Lottery

Cruise Vacations

Card Playing +  
Drawings

# Gambling + Young Brittany

## Man gets prison in gambling case

By [Debora Shaulis](#)

Wednesday, February 15, 2006

Snyder took bets in Stark County but kept records in his Smith Township home.

By DEBORA SHAULIS

VINDICATOR STAFF WRITER

YOUNGSTOWN -- A Mahoning County Common Pleas Court judge says probation wasn't warranted for a Smith Township man convicted of gambling offenses here and in Stark County. Judge R. Scott Krichbaum sentenced Harry Snyder Jr., 51, of Alliance, to six months in prison Tuesday. Snyder pleaded guilty Feb. 7 to one count of operating a gambling house, a fifth-degree felony.

Uncle Arrested

Aunt Lost Savings

No Conversations

# Brittany Today

- A leader in making those uncomfortable conversations more comfortable
- A health educator and preventionist based out of Chicago, IL but originally from Ohio
  - Lead Community Educator at JCFS Response for Teens
- Brittany Sue Hines, M.Ed in just one week
- Avid hiker, Jeopardy nerd, theater performer, and Nationals-qualifying triathlete
- **Neutral on gambling, anti youth gambling and problem-gambling**



**Now let's get back to youth and gambling.**

# Again:

Take 3 minutes to discuss with your table **how, if at all, you think gambling plays a role in the lives of children and teens today.**

Try to identify specifics. In what ways are youth gambling? How do you think they are getting around legal hurdles? How does that differ from your own childhood experiences? Do you feel as though this is a large issue?



**“Gambling is getting to be a younger activity. This is the first generation where this is normal.”**

-Brad Ruderman, of the Beit T'Shuvah treatment center in LA

**5%**

of young people in the U.S. between 11 and 17 meet at least one of the criteria for a gambling problem

**60-80%**

of U.S. high schoolers have gambled in the last year

**9-11**

years old is the age many young people in the U.S. report the occurrence of their first gambling experience

**The How +  
The Why**

# How Youth Gamble

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## ➔ Sports Betting + Fantasy Sports

- DraftKings, FanDuel, MGM, **Fliff**
- ESports
- Bracket Predictions & Fantasy Leagues
- Betting on more than a winner

## ➔ Games of Skill

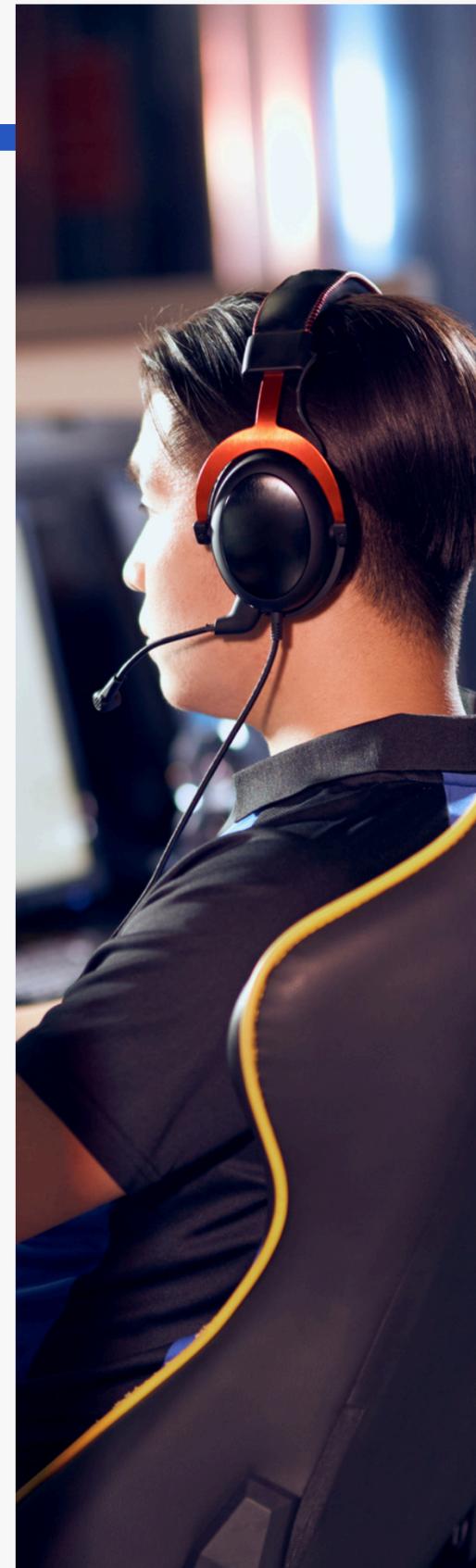
- Most common
- Cards, Sports, Darts, Personal Skill, Arcade Games
- Gender Divide
  - 32.9% of boys and 15.9% of girls

## ➔ Lottery Tickets + Raffles

- 90% Purchased By Family/Friends
- Scratch Offs and Pull Tabs
  - More likely to report features of problem gambling and views suggesting greater gambling acceptability

## ➔ Online Games + In-App Purchases

- Online Poker, Slots, Social Casino Games
- Loot Boxes
- **Skins Gambling**
- Influence of Influencers

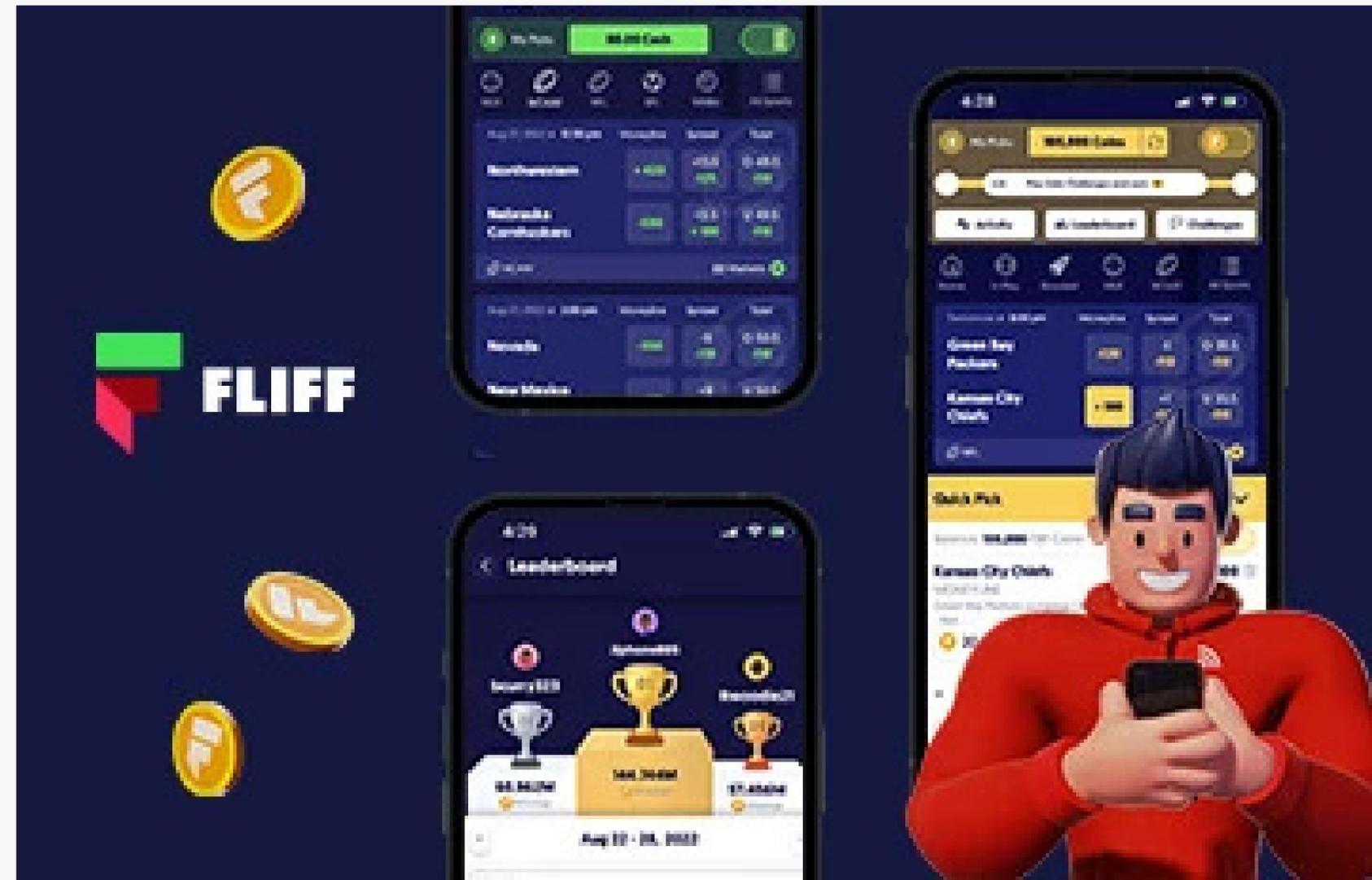


# Fliff: The Teenage Loop-hole to Betting

- ★ “A social sportsbook”
- ★ Marketed to 13+ with no age verification until claiming winnings
- ★ Uses in-app currency (Sweepstakes Coins)

“The problem I see with Fliff is that it’s normalizing gambling as if it has no consequence. There’s a reason we don’t give kids non-alcoholic beer. As a society, we don’t promote developing bad habits without the consequences. **Fliff and social sports betting platforms provide users with a candy cigarette and say, ‘don’t smoke.’**”

-Alexis Rogers, Assistant Sports Editor at The Evanstonian





# Navigating Restrictions

- ➔ Using another's info (with or without that person's knowledge)
- ➔ Fake or photoshopped ID

- ➔ Using VPNs (Virtual Personal Networks) to disguise location
- ➔ Using online or in-person "bookies"

# Why Youth Gamble

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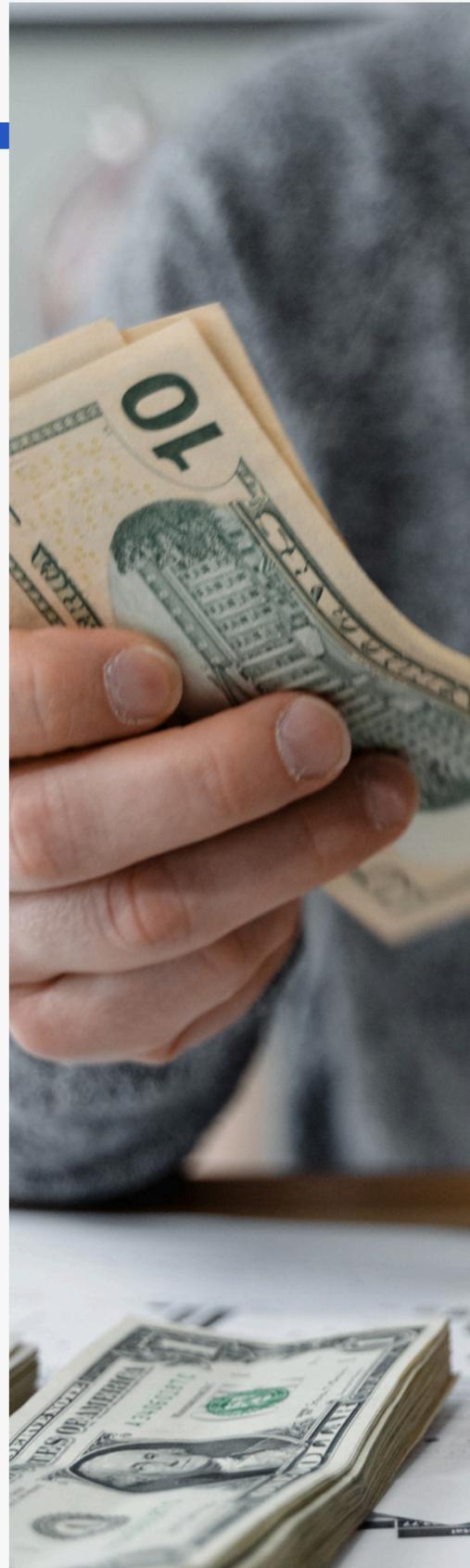
- ➔ Socialization + Connection
- ➔ Entertainment
- ➔ Need for Money

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## Common Question:

Where do they get the money to bet?

- ➔ Using own earnings (allowance, job)
- ➔ Using parent/guardian credit card
- ➔ 20% of college students are using financial aid



**The  
Young  
Brain +  
Gambling**

**"It's a social event. Compared to what kids could be doing, it's relatively safe."**

-An 18 year old from Westport, CT

**Unfortunately, the data proves otherwise.**

# The Impact

**Addiction**

**Family Problems**

**Financial Problems**

**Loss of Job**

**Suicide Risk**

**Academic Issues**

**Friendships Suffer**

**Legal Problems**

**Substance Use**

**Connection to Crime**

**Loss of Valuables**

**Mental Health**

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# Youth Susceptibility

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## ➔ Brain Development

- Risk-taking and impulse control
- Heightened reward sensitivity
- Lack of balance between emotion and logic
- Immature nucleus accumbens = video games

## ➔ Peer + Family Pressure

- Desire to fit in and feel connected
- Vulnerability to guardian's leisure activities
  - Often used as family bonding

## ➔ Marketing

- NBA and NHL viewers see an average of nearly three gambling-related ads per minute
- Teenagers aged 14-17 were targeted with an average of at least one instance of gambling marketing per day

## ➔ Handling Trauma

- Advertised as a coping mechanism
- Adolescents who have experienced abuse or neglect, bullying, or family disruption are more likely to develop gambling habits



**Who's At  
Risk +  
New Data**

# Risk Factors

## ➔ Being Male

- Across multiple studies, there is 2x the rate of frequent gambling among males compared with females
- Males are more likely to gamble with higher expenditure
- More pronounced for those living in low-income counties
- Socialized to bet from young age

## ➔ Being an Athlete

- Connection to sports
- Influence from elite athletes
- Athletes in gender-specific sports indicated more sports wagering than did those in unisex sports

- History of gambling in the family
- Family history of alcoholism
- ADD or ADHD
- Poor academic performance
- Delinquency
- Anxiety and depression

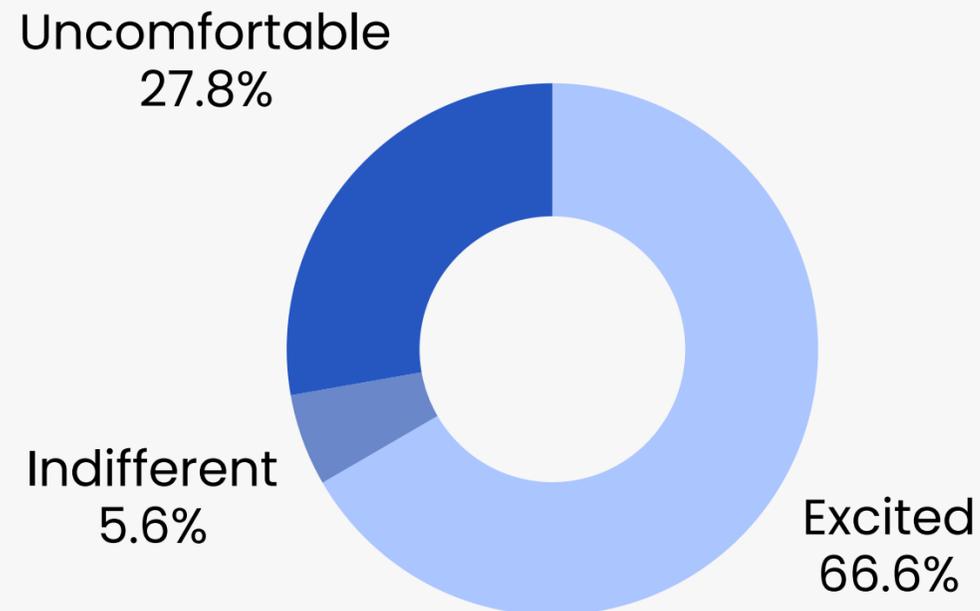


This does not mean that we ignore young women, girls, and trans people. Though men have more gambling related issues, women/trans with gambling related issues are often more extreme.

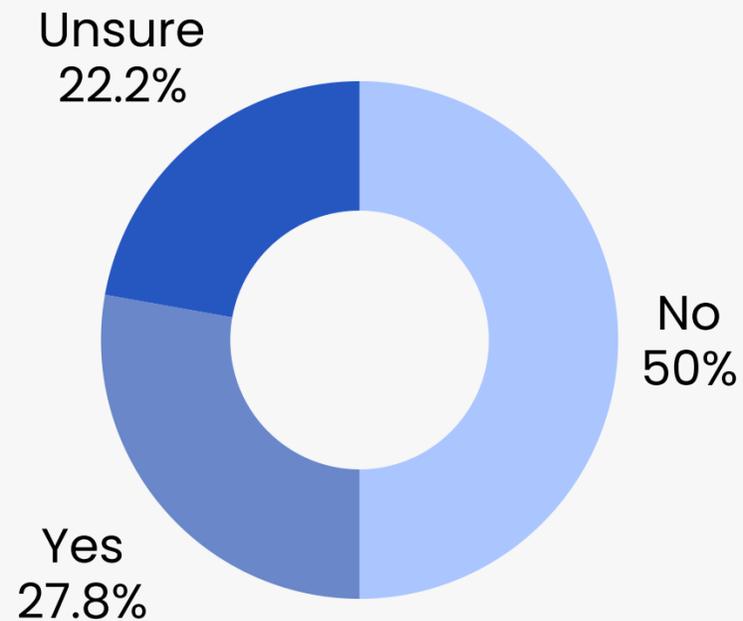
# A Small Study

Among ~30 pre-professional soccer players ages 15-18, personal **gambling habits were quite minimal** and knowledge around gambling came from family and social media. However, **when asked about being gambled on:**

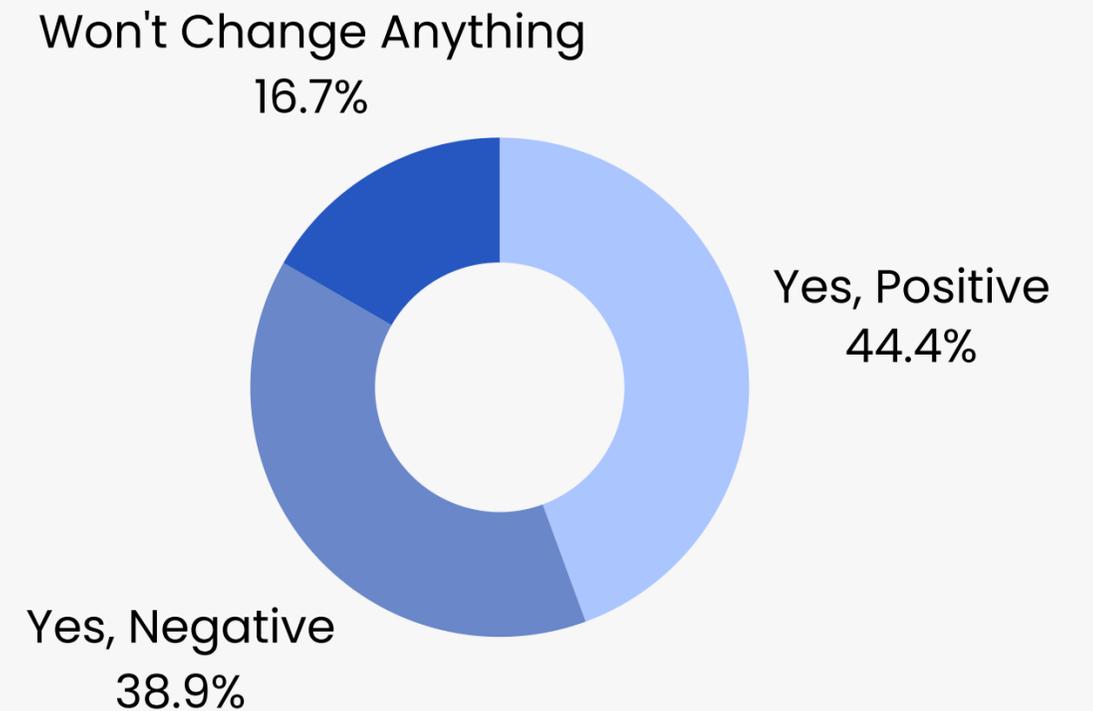
## Feelings About Being Bet Upon:



## Betting's Impact on Performance:



## Fan to Athlete Treatment:



# Considering the Young Athlete: Gambling's Impact



- Prop bets linked to specific young athletes can make them a target for harassment
- Across sports, athletes are receiving death threats, hostile messages, Venmo requests
- Significant impact on mental health

**Warning Signs**  
**+**  
**Conversations**

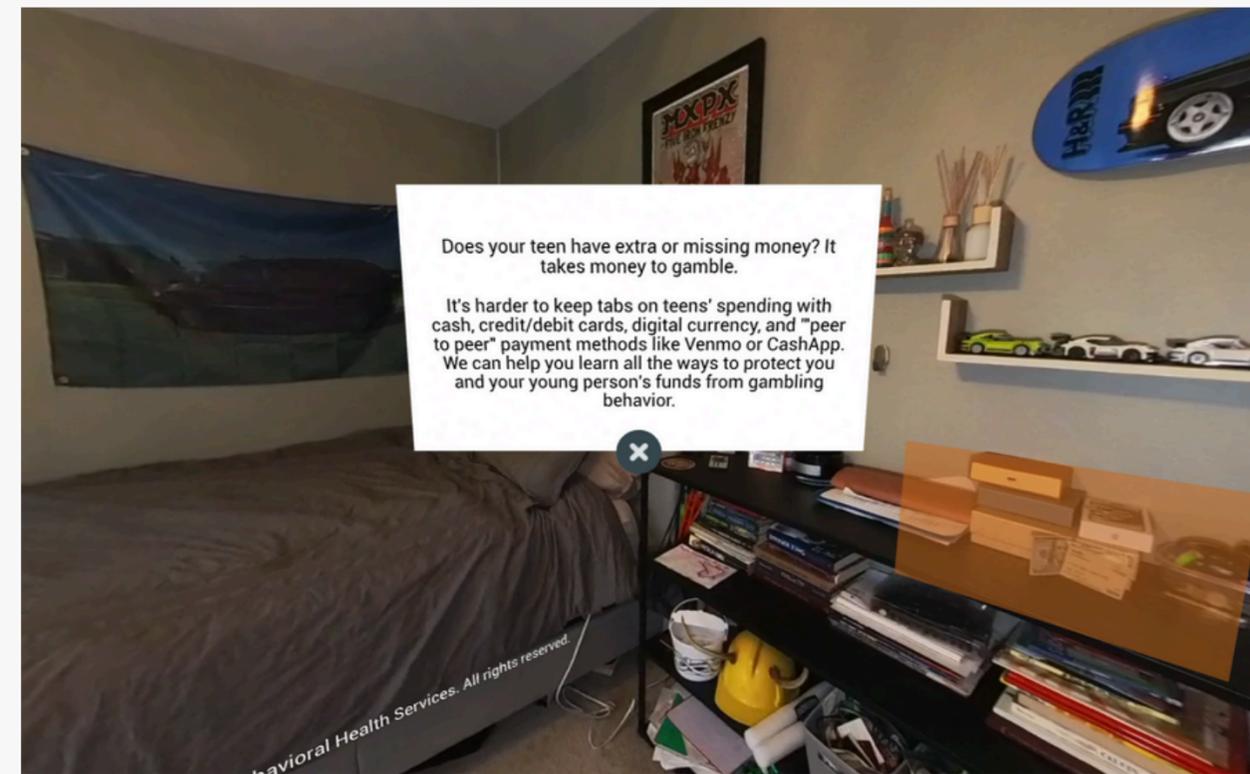
# Signs of Youth Problem Gambling

*1 in 6 parents say they probably wouldn't know if their teenager was betting online*

- Missing money or new stashes of money/possessions
- Increased interest in money
- Selling personal belongings
- New phone calls from strangers
- Unexplained absences, withdrawal from friends/family and making excuses to game or be on phone
- Mood changes, anxiety
- New concern with sports scores
- Substance Use

## Tool:

Near Life Creator by Nicasa



# Let's Talk

Only **2% of parents** believe that their teen has used an online betting platform. Before we talk about problem gambling, we have to understand that **it is, in fact, happening and that these conversations must start early – even as young as 6 years old, per the NYCPG.**

Whether or not a child is actually using betting platforms, ongoing discussions may help them navigate the social pressures and media presence of gambling platforms.

***Gambling doesn't have to be a disorder to hurt teens.***



# Where to Begin

- **Curious > Furious**
  - Pre-existing knowledge
  - Ask questions, listen to answers
- Choose the right time
  - During commercials
  - Cultural moments
  - During another activity
- Integrate into other conversations (substances, “the talk”)
- Discuss risks, recognize youth response to legal consequences
- Be relevant and tailor to interests
  - Show interest in (or participate in) what kids do on their phone, tablet or gaming system



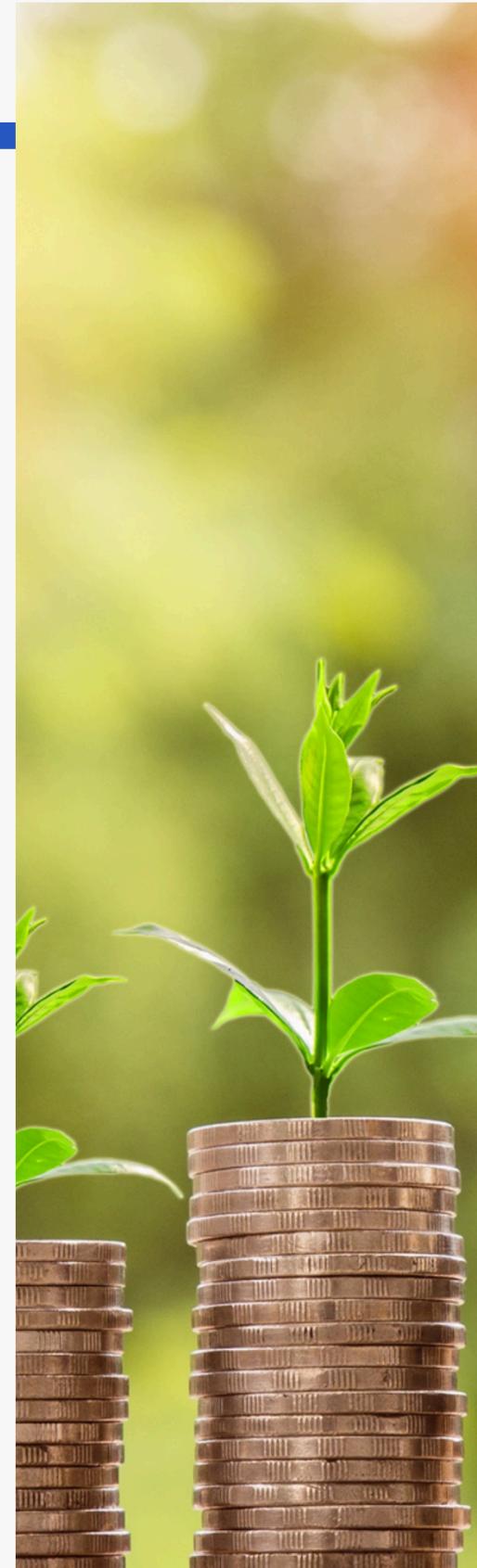
**REMEMBER: Discussing gambling does not encourage behavior.**

# Getting Specific

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- **ASK:** What would they do with money they save by **not** gambling? How could they save their money in order to obtain possessions or do activities they like? How would gambling affect their ability to save for these?
- **ASK:** How might they respond to a friend who gambles excessively?
- **EXPLAIN:** Explain that gambling results in losses more often than wins (can be a great math conversation!).
- **EXPLAIN:** Explain that marketing tactics by sports betting apps are predatory, manipulative, and targeted toward young people. Then **ASK** them how that makes them feel.
- **EXPLAIN:** Explain the role of gambling in your own life.

*For instance, you can compare the odds of winning the lottery (1 in 292 million) to the odds of being struck by lightning (1 in 3,000)*



# Using Real Scenarios

## 01 ROBLOX®

You're playing Adopt Me on Roblox® with a friend and are trying to find a rare pet. You collect ten eggs and want to use Robux to hatch them all, but you've already spent your monthly limit on Roblox®. To buy more, you would need to ask your parents for their credit card. You say it's not worth it since you may not even get the egg you're looking for. But your friend responds, "It's only a few dollars!"

**WHAT DO YOU SAY?**

## 02 LOTTERY TICKETS

Your grandparents always give you a toy each holiday season. This year, you politely let them know that you're a bit too old for toys and would appreciate a different type of gift. They suggest that they give you a lottery ticket instead.

**HOW DO YOU RESPOND?**

## 03 FORTNITE® TOURNAMENT

A group of popular kids are betting on a professional Fortnite® tournament and ask you to join. It's pretty cool that they asked, but joining in means you will need to take \$25 out of your savings without telling your parents — and they know you're working hard to save up for those new sneakers.

**WHAT DO YOU DO?**

*From the Massachusetts Dept of Public Health*

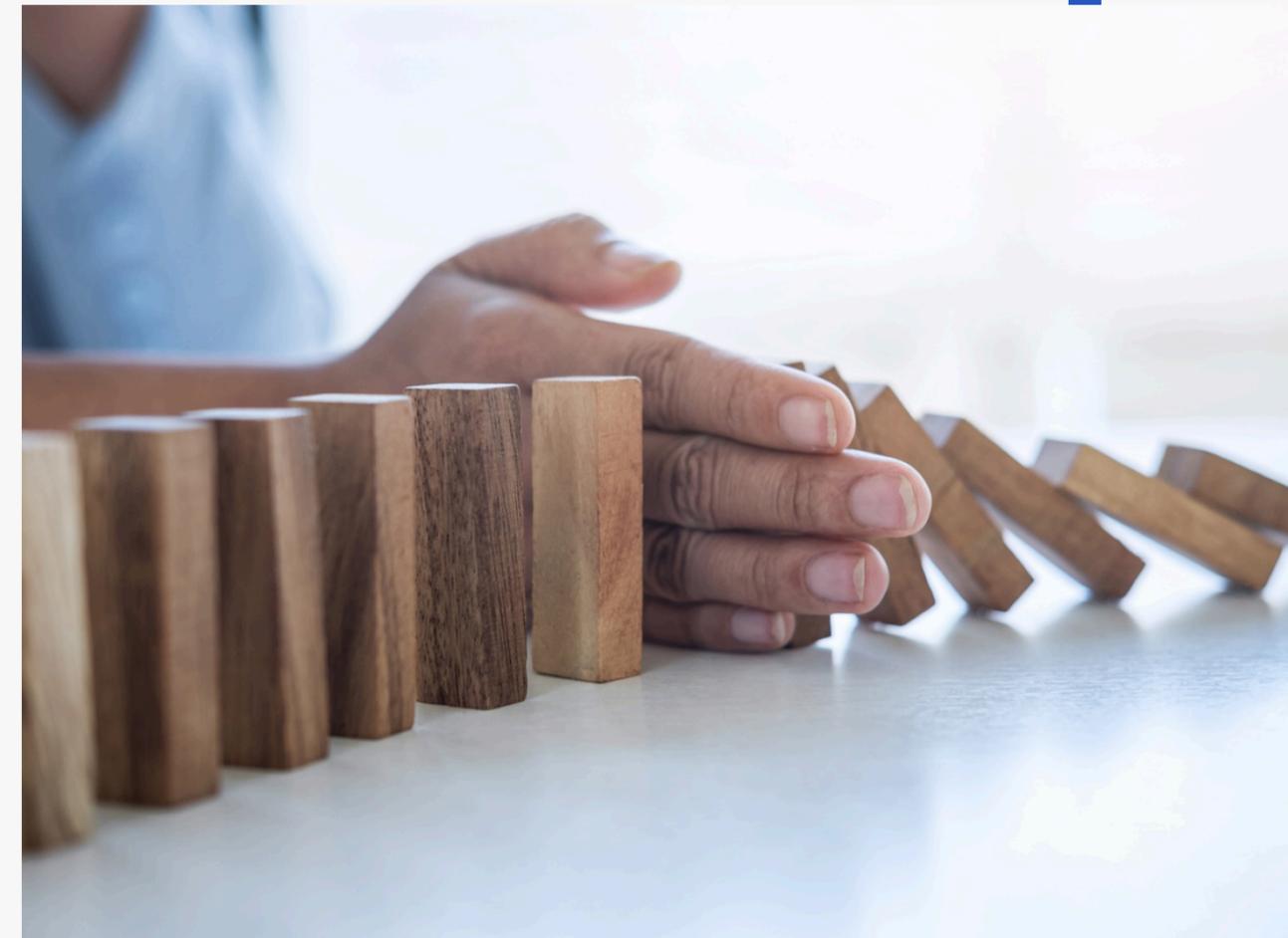
# If They Are Gambling

- Again, **CURIOUS > FURIOUS**
  - Keep the door open
- Give them options, help them figure out healthy alternatives
  - Together, set boundaries and limits
  - Encourage financial responsibility
- If sports betting, establish new love of game
- Seek professional help



# Practice Prevention

- Consider your own participation in lotteries, in-person gambling, or sports betting
- Establish clear rules concerning your child's screen time and spending habits
- Work to enjoy card games, the SuperBowl, etc without placing any bets
- Talk with school about gambling-free youth events
- Make talking about gambling a regular conversation
- Do not gamble with children or give them gifts such as lottery tickets or scratch-offs
- Avoid challenges



**Youth who understand that gambling has risks are less likely to develop a gambling problem.**

**Talk to young people about those risks.**

# Resource Sheet



**Survey**



**Q+A**

# Thank You So Much!

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