

Think Teens Don't Gamble? Think Again!

Youth gamble more than they:

- **Drink alcohol**
- **Use drugs**
- **Smoke cigarettes**

(Gupta & Derevensky, 2000)



Adolescent rate of problem gambling are 2 to 4 times than of adults.

(Volberg, et al., 2010)

The Reality of Underage Gambling:

- Advances in technology and changes to gambling have made it more *accessible* and *acceptable* to teens
- Online gambling makes it more difficult to prevent underage play
- Student athletes are at increased risk
- Gambling is being incorporated into many video games and online games
- Teens, parents, even counselors perceive the risk of youth gambling as low

But, adolescent problem gamblers have:

- a quicker progression to gambling addiction than adults
- more legal problems
- increased risk for developing other addictions
- higher rates of depression & suicide

Also, youth who don't even gamble can be hurt by the gambling of a loved one.

There is help! Nicasa offers free consultations to any problem gambler or concerned family member, and free educational seminars to any interested group. Just call

847-546-6450.

In addition, **1(800) GAMBLER** is a 24-hour hotline that can help problem gamblers or their families find treatment, support, or other resources. Helpline staff can also be reached by texting ILGAMB to 53342, or by starting a live chat at www.illinoisalliance.org



Help Us Prevent Teen Gambling Problems!

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How teens can help:

- Know the signs and symptoms
- Speak to your school or youth group about presenting what you've learned
- Consider attending a training or doing a school project for National Problem Gambling Awareness Month (March)
- Keep resource cards on-hand, in case a friend needs help
- Be the example. Decline to gamble underage, and offer alternative activities

How adults can help:

- Organize a free presentation to any group
- Don't underestimate the risks of youth gambling/don't give lotto tickets
- Keep resource cards on-hand in case you encounter a young person in need
- If you're concerned about your own gambling, reach out for confidential help

We're here to help! Call or e-mail: to arrange a free training; to host a free educational seminar; to get ideas for a school project; to request more resource cards.

224-765-9402 or gamblingservices@nicasa.org

In addition, free consultations are available for anyone concerned about their gambling, or that of a loved one. Call 847-546-6450 to schedule. Also, **1(800) GAMBLER** is a 24-hour hotline that can help problem gamblers or their families find treatment, support, or other resources. Helpline staff can also be reached by texting ILGAMB to 53342, or by initiating a live chat at www.illinoisalliance.org