

101 Ways to

Play Wise™



Way #19

Understand the risks
of youth gambling.
A guide for parents.



Introduction

Atlantic Lottery products are designed for fun and entertainment. But they are not designed for everyone. Gambling is intended as an entertainment option for adults. You can't drive until you reach a certain age. You can't buy alcohol or cannabis under 19. Gambling is also one of those age-restricted activities that young people aren't ready for. Why? Because our brains are not fully developed at a young age and until the brain is fully mature, children and teenagers aren't prepared to balance emotion and logic to make healthy choices. They're not equipped to consider the consequences of their decisions. Instead, they are more likely to act impulsively and take risks.

This brochure is designed to give you the facts about youth gambling, information about our policies and tips about what you can do to help prevent young people from gambling with their wellbeing.

With thanks to **Jeffrey L. Derevensky**, Ph.D, Director,
International Centre for Youth Gambling Problems and High
Risk Behaviors, McGill University

Let's be clear about what gambling is

Gambling is when you risk anything of value on any activity with an uncertain outcome. Examples include sports betting, card games for money, buying lottery tickets and playing machines (Video Lottery Terminals or slot machines) and Internet gambling. With youth, it might not even be money on the line. It might be their school lunch, personal belongings or anything else. Your kids might think it's not a big deal. But it's still gambling.



Way #76

Know that lottery products are not for minors.

Our policy is 19+

We draw the line at 19. That's why all of our products and entertainment facilities are only available to adults 19 years of age and older. In addition, our retailers and other staff are required to ID anyone who looks under the age of 25. And no matter what your age, you may be asked for photo ID to:

- Enter a casino gaming floor
- Purchase, play or redeem lottery products
- Wager on simulcast or live racing

What influences young people's view of gambling

Today's youth are more exposed to gambling than any previous generation. Much of that exposure doesn't talk about the negative consequences, only glamour and reward, which can leave them thinking the wrong things.

One common myth with adolescents is that if they are good at video games, they will be good at playing VLTs. The reality is video games require skill. What they don't know is that a VLT machine, just like any other game of chance is not skill-based. The results are random, and you cannot influence the outcome like you can with a video game.

This is just one example of why it's so important that young people have the right information about gambling and the risks that come with it.

Why young people gamble

- To forget their problems
- Because they're bored
- Relieve feelings of depression
- Gain excitement
- The chance to win

Where young people gamble

Young people are able to find ways to gamble online through their cell phone, tablet or computer, at home, a friend's house or school.

If you understand the "why?" behind a young person's motivation, you can help address the underlying issue and often identify healthier solutions.



Way #45

Understand why minors gamble.

What the research says

Studies show a connection between gambling at a young age and the potential for gambling related concerns later in life.

What else do they say?

Some research states that youth gamblers:

- Are more likely to be boys
- Often recall a big win early on
- Report gambling at an early age (around 10 years old)
- Often have parents, friends and relatives who gamble
- Report high rates of depression, suicidal thoughts and attempts
- Have poor general coping skills and lower self-esteem
- Have difficulty in school or show a decrease in academic performance
- Are more likely to be delinquent and involved in criminal activities to acquire money
- Gamble to escape problems



Way #39

Start a conversation with your kids about youth gambling.



Signs to watch for

- Spends a lot of time gambling and talking about gambling
- Possesses gambling materials (dice, playing cards, scratch tickets)
- Missing school or worsening grades
- Missing money or possessions in the house
- Personality changes - mood swings, stressed out, lies or secretive behaviour
- Borrows or takes money from others
- Believes they can win back their money and then stop
- Family or friends are concerned that youth's gambling is becoming serious
- Gambles as a means to escape or target their problems

Keep in mind that a person will not necessarily show all of these behaviours. If you're concerned, it's time to talk with them.

Tips For Parents

You are a lot of things to your children – role model, influencer and protector. Here are a few things you can do to provide support and help prevent youth gambling from becoming an issue in your family:

- Learn the facts, age restrictions and warning signs
- Encourage discussions and questions about gambling
- Ensure you listen to what your child has to say
- Be aware of your own gambling behaviours
- Avoid buying gambling products for minors
- Keep Internet-connected devices in an open area – be mindful of tablets and cell phones as well as home computers
- Know where your kids are going online and have clear rules about what online games they can play and the risks



Way #87

Know that support is available and where to find it.

Free and Confidential Support Lines

Prince Edward Island: **1-855-255-4255**

New Brunswick: **1-800-461-1234**

Newfoundland & Labrador: **1-888-899-HELP (4357)**

Nova Scotia: **1-888-347-8888**

CRAFT (Community Reinforcement and Family Training)

Community Reinforcement and Family Training (CRAFT) is for anyone who is concerned about another's substance/gambling use. CRAFT teaches family and friends effective strategies for helping their loved one to change and for feeling better themselves. CRAFT works to affect the loved one's behavior by changing the way the family interacts with them. For more information, dates and times please contact Provincial Addictions Treatment Facility at **902-368-4120**.

Gambling Support Network (Nova Scotia)

The Gambling Support Network provides online and phone support for Nova Scotians and their families. Services are provided by trained professionals who help clients achieve their goals around their gambling habits. The services are free, confidential and available 24 hours a day, seven days a week.

<https://gamblingsupportnetwork.ca>

New Brunswick Department of Health and Wellness

New Brunswick Addiction Services provides information to problem gamblers, their families, and the community on problem gambling, recovery and self-assessment. They also offer information on the **1-800 helpline**.

<https://www2.gnb.ca/content/gnb/en/departments/health/Addiction.html>

Newfoundland and Labrador - Health and Community Services: Addictions Services

In Newfoundland and Labrador, Addictions Services provides assessment, education and treatment services for clients with gambling problems as well as their family members.

www.health.gov.nl.ca/health/addictions

PEI Gambling Addiction Services

Information, assessment, support and treatment is available at PEI Addiction Services locations in Charlottetown, Summerside, Alberton, Montague, and Souris. For more Information, call **1-888-299-8399** or visit

www.healthpei.ca/addictions

Gam-Anon

Gam-Anon is a support group for spouses and other family members to help them deal with the consequences of their problem gambler's behaviour. For information visit

www.gam-anon.org

GamTalk Forum

An online forum for anyone who wants to discuss gambling issues or seek advice on ways to keep gambling responsible.

www.gamtalk.org/forums

International Centre for Youth Gambling Problems and High Risk Behaviours

Information on youth gambling, research, tools and more available at www.youthgambling.com

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