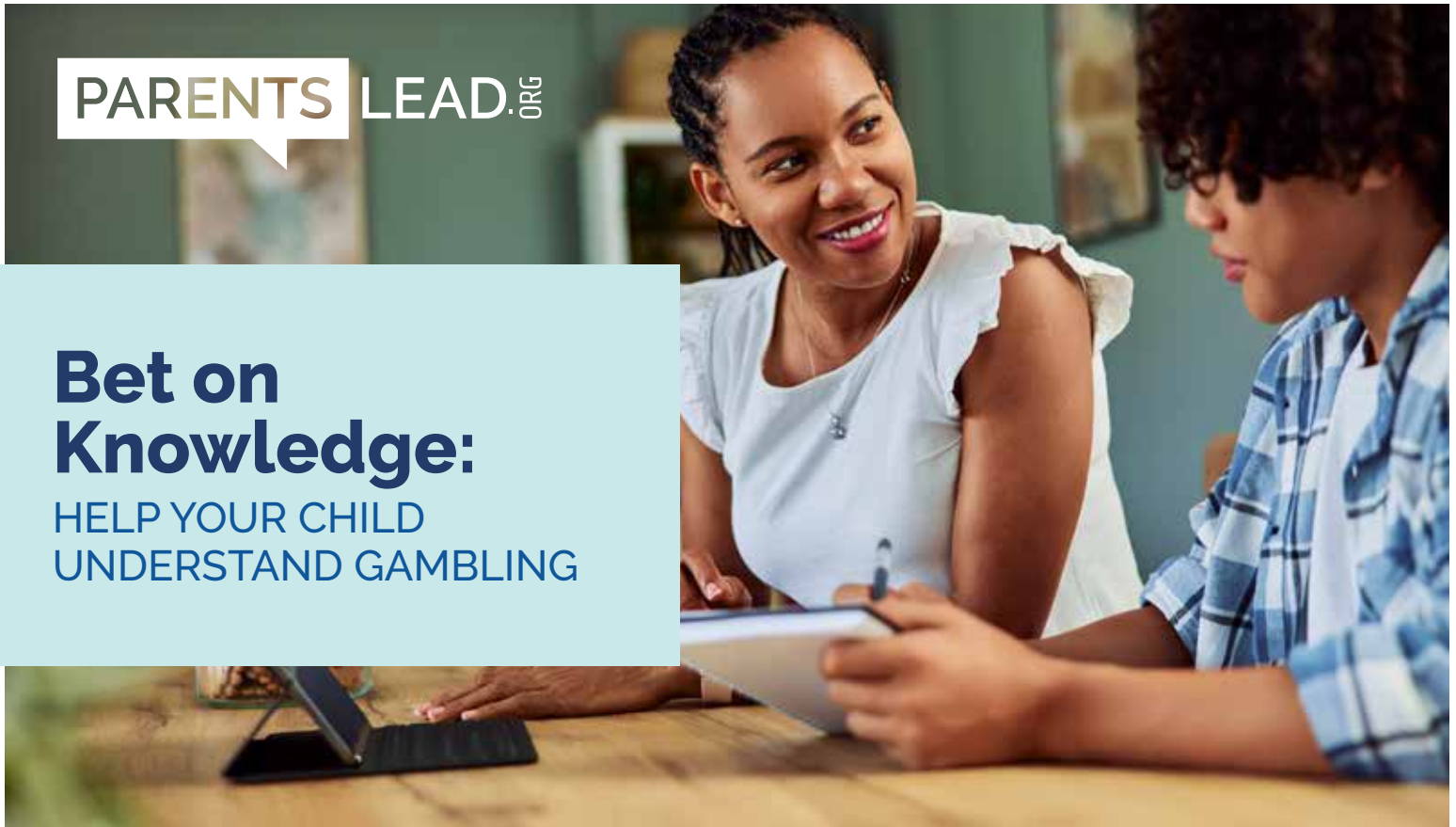


Bet on Knowledge:

HELP YOUR CHILD UNDERSTAND GAMBLING




Role Modeling Responsible Behavior

Children often learn by observing the behavior of trusted adults. Whether it's placing bets on sporting events, hosting poker nights with friends, or playing games on phones that introduce real-life gambling, kids notice these habits.

Be mindful of how you engage with gambling-related activities around your children.

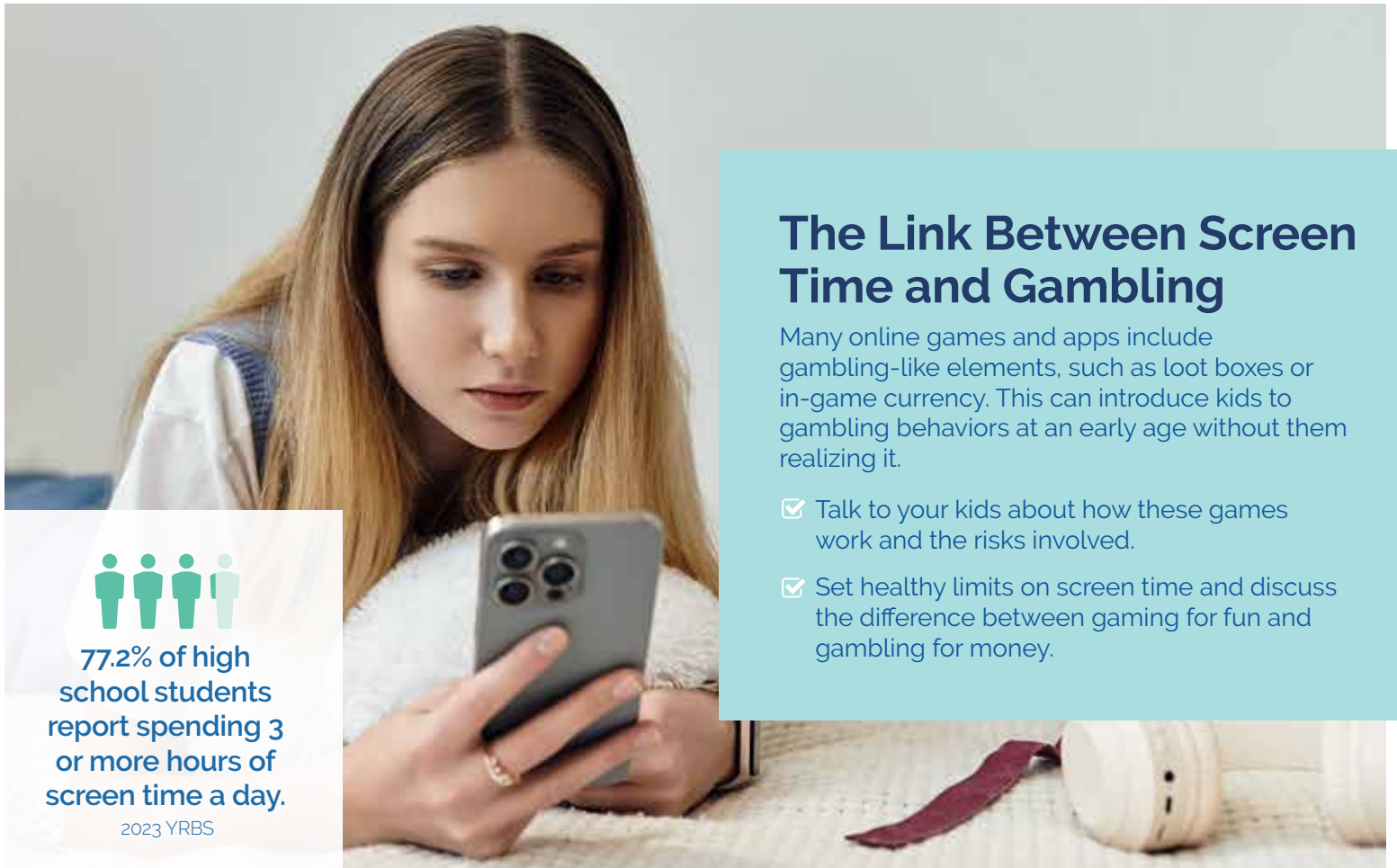
A → **B** Explain the difference between games for fun and games that involve betting real money.

 Model responsible behavior by setting limits and showing that winning isn't everything.

Signs of Problem Gambling in Youth

Be aware of these warning signs that may suggest a child or teen is struggling with gambling:

- ✓ **Missing school** – Skipping classes or full school days without explanation.
- ✓ **Declining grades** – Sudden drop in performance and missed assignments.
- ✓ **Loss of interest** – No longer participating in extracurricular activities.
- ✓ **Behavior changes** – Becoming secretive, defensive, or aggressive.
- ✓ **Increased interest in money** – Frequently asking for or borrowing money; money going missing.
- ✓ **Gambling involvement** – Playing cards or other betting games with peers.
- ✓ **Unexplained possessions** – New items or cash without a clear source.
- ✓ **Overly competitive mindset** – A strong focus on winning and “being right.”



The Link Between Screen Time and Gambling

Many online games and apps include gambling-like elements, such as loot boxes or in-game currency. This can introduce kids to gambling behaviors at an early age without them realizing it.

- ✔ Talk to your kids about how these games work and the risks involved.
- ✔ Set healthy limits on screen time and discuss the difference between gaming for fun and gambling for money.



77.2% of high school students report spending 3 or more hours of screen time a day.

2023 YRBS

How to Talk to Your Kids About Gambling and Its Risks

Open, honest conversations can help prevent problem gambling.

Educate on How Gambling Works

Explain how gambling works and highlight the low odds of winning.

- ✔ Compare gambling odds to relatable situations (e.g., being struck by lightning or finding a four-leaf clover) to help them understand how unlikely it is to win.

Talk About Gambling Addiction

Approach gambling addiction the same way you would discuss drugs and alcohol.

- ✔ Explain how gambling can impact mental health, relationships, and financial stability.
- ✔ Discuss signs of addiction and why it's important to seek help if needed.

Promote Healthy Habits Around Games and Events

Encourage your child to enjoy games and events without betting.

- ✔ Help them set personal limits and focus on having fun rather than winning.
- ✔ Reinforce that losing is part of the game and doesn't define success.

Encourage Smart Money Choices

Ask your child how they could use money saved from not gambling.

- ✔ Encourage them to save for something meaningful rather than risking money on bets.
- ✔ Teach them the value of long-term financial goals over short-term risks.

Empower Your Child to Support Peers

Discuss how to recognize when gambling becomes a problem.

- ✔ Encourage them to reach out to a trusted adult, teacher, or counselor if they notice a peer struggling with gambling.
- ✔ Talk about how to approach the conversation with care and without judgment.