

Problem Gambling Prevention



Gambling is the act of **risking money or something else of value** on an activity with an uncertain outcome.



Tips for Talking to Your Kids

- **Start the conversation before they enter middle school**
- **Listen and watch for warning signs** (see back page)
- **Educate yourself and your kids about gambling risks**
- **Raise the topic when gambling is in the news or in advertising**
- **Monitor your child's activities, including online**
- **Talk about it more than once**
- **Be a good example**

What is problem gambling?

Continuing to gamble even though there are harmful effects on your life or the lives of people close to you.

Oregon Data*

40% of teens, ages 12-17, have gambled in the last year.

Most Common Forms of Oregon Youth Gambling*

- Internet, with no money
- Sports
- Charitable games
- Games of Skill
- Cards

Gambling can easily get out of control and lead to serious losses in money, possessions, trust with family and friends, or educational opportunities.

Gambling has a similar impact on the brain as drugs: it turns on the brain's reward system. Almost half of Oregon youth who gamble also were using alcohol.* Studies show that the earlier a youth starts a risky behavior like gambling, the more likely it is to become a problem later.

*Source: Moore, T (2019), Oregon Adolescent Gambling Prevalence Study

Warning Signs



Time

- Spending more and more time gambling.
- Creating special occasions for gambling.
- Constant focus on gambling; high tension and excitement about gambling.



Money

- Increasing bet sizes.
- Gambling with money saved for other things.
- Gambling more to try to make up for gambling losses.
- Boasting about wins and ignoring losses.
- Exaggerated display of money.



Isolation

- Frequent absences from school, work, and home.
- Withdrawal from family and friends.
- Unusual amount of computer time.
- Gambling to escape problems or when there is a crisis.

Resources

talk2kids.org A website from the New York Council on Problem Gambling. It offers information about the dangers of gambling and short video examples of talking to your kids.

877-MYLIMIT

opgr.org



Reflect
Resource
Renew

Three steps to address concerns about gambling. Visit **OPGR.org** for more information.



To request this information in an alternate format, please call Julie Spackman at 541-388-6619, or send an email to julie.spackman@deschutes.org.