

# "GAMBLING"

or "betting" is **risking** something of value in the hopes of getting something of more value.



Problem gaming often **starts** with a seemingly innocent "big win."

## COMMON TYPES OF GAMBLING:

- ▶ Sports betting / fantasy sports
- ▶ Paying for a chance to get good skins in video games
- ▶ Paying for loot boxes
- ▶ Betting on games of skill
- ▶ Cards, dice
- ▶ Lottery games
- ▶ Any game that involves \$ and chance

## What's the difference?

### OK:

sets & sticks with time limits  
sets and sticks with money limits  
plays just for fun & not to win \$  
gambng doesn't get in the way of life



### PROBLEM:

can't stick with time or \$ limits  
keeps playing to win back losses  
expects to win & needs to win  
gaming is interfering with other activities



## KNOW THE RULES OF THE GAME.

### KNOW THERE ARE RISKS.

Youth who start spending money within games are more likely to later gamble, and are at more risk of having gambling problems later in life.

*(King et al., 2010; Gainsbury, et al., 2016)*



**After a while,** the odds catch up with us. Some people try to "chase" their losses by spending even more. They lose more, getting into even more debt.

## THINK IT'S NOT AN ISSUE? THINK AGAIN.



About one in every 25 Oregon teens already **have** problems with their gambling. We don't see it because the problem is easy to hide.

## DON'T LET THE GAME PLAY YOU.

### CONSEQUENCES OF PROBLEM GAMBLING CAN INCLUDE:

- ▶ School problems
- ▶ Friendship & family problems
- ▶ Debt
- ▶ Crime
- ▶ Depression & thoughts of suicide

Some people reach the point of addiction, where they can **no longer control** their need to gamble (very much like addiction to alcohol or other drugs).



If you know someone who's having trouble, know that you can get info or help at [www.opgr.org](http://www.opgr.org) or 1-877-MY-LIMIT.

# SIGNS OF A PROBLEM

GAMING/GAMBLING PROBLEMS CAN BE EASY TO HIDE. BUT HERE ARE SOME SIGNS TO NOTICE:

- ✓ Not sticking with limits on time and/or money
- ✓ Trying to win back lost money/prizes
- ✓ Borrowing money or stealing to play
- ✓ Missing important events
- ✓ Lying to people or arguing with them about gaming/gambling
- ✓ Saying that gambling is a good or easy way to make money
- ✓ Using gaming/gambling as a way of escaping from problems
- ✓ Irritated or restless when not able to play
- ✓ Spending more time (and money) online & mobile "gaming"

If someone you know has signs of a problem, call

**1-877-MY-LIMIT**  
or visit [www.opgr.org](http://www.opgr.org)

for free and confidential help.



# HEADS UP...



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& [www.opgr.org](http://www.opgr.org)

for free and confidential  
help in Oregon.

Lane County Public Health Prevention Section / "PreventionLane"  
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# TEENS, GAMING & GAMBLING