

DID YOU KNOW?

39% of 7-12th graders gambled at least once in the past year.*

Gambling today is more accessible than ever and comes in many forms such as the lottery, sports betting pools, betting on video games, cards, dice, and casinos, just to name a few.

It is portrayed through television and other media as exciting and easy money. However, gambling can lead to serious problems. Your child needs to know that gambling can easily get out of control and lead to serious losses, not only of money and possessions, but also the loss of trust and respect from family and friends or educational opportunities. The earlier a child engages in risky behaviors, the greater the likelihood those behaviors will become problematic.

*Source: 2014-15 NYS OASAS Youth Development Survey

WHAT ARE THE WARNING SIGNS?

- Changes in personality or behavior
- Unexplained debts, cash, and/or new possessions
- Unusual charges on credit cards
- Unusual amount of time spent on electronic devices
- Unusual interest in teams or athletes
- Exaggerated display of money
- Bragging about gambling activities
- Use of gambling language (ie betting, point spread)



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Talk With Your Children About Gambling



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WHAT CAN PARENTS DO?

*85% of youth in grades 7-12 believe their parents would feel that it was wrong for them to gamble.**

Research shows that parents CAN make a difference in how their children respond to risky activities such as gambling.

Research indicates the best ways to guide your children away from risky behaviors are:

- Start early – talk with your kids now about gambling and other risky behaviors.
- Listen – let them know that they can come to you and you will listen.
- Educate yourself and your kids.
- Establish family rules and enforce them.
- Monitor your children's activities, know where they are and with whom.
- Get involved.
- Help your child develop coping skills.
- Demonstrate the behavior that you want your children to learn.

WHO IS AT RISK?

Children who engage in gambling behaviors are at risk for developing a gambling problem. Studies show youth are considered at a higher risk if they have one or more of the following:

- Depressive symptoms
- Rebellious attitudes or behaviors
- Moral disengagement

HOW DO YOU START?

1. Look for a time to discuss the topic naturally; for example, after hearing an ad for the lottery or learning about someone who just won or lost money.
2. Ask questions first. Listen and learn what your child thinks about gambling before giving him or her information or offering your opinions and thoughts.
3. Gambling is a topic that can have many mixed messages. Be specific about your own values when you talk about gambling.
4. Include problem gambling as part of the conversation with your child about the risks and dangers of alcohol and drug use.
5. Be patient. It may take several discussions before your child understands the ideas that you want to convey and that gambling is a risky behavior.

HOW CAN YOU PROTECT YOUR CHILD?

- Youth who understand that gambling has risks are less likely to develop a gambling problem.
- Parents can help protect their children by talking with them about those risks.
- Children who perceive strong parental disapproval if they gamble are less likely to develop a gambling problem.



WHAT DOES YOUR CHILD NEED TO KNOW?

- Gambling is not a way to make money.
- Gambling is affected by chance, not luck.
- You can't predict the outcome.
- Gambling is a risky behavior.
- Gambling can become addictive, just like alcohol and drugs.

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