



## **TEEN GAMBLING: IT'S A BAD BET**

### **GAMBLING**

Gambling" (or "betting" or "gaming") is any act that involves the risking of money or valuables on the outcome of a game, contest, or any other event.

### **COMMON TYPES OF GAMBLING AMONG TEENS**

- Cards.
- Sports game bets among friends/family.
- Raffle tickets.
- Games of skill (like beating each other in pool, hoops, etc.).
- Dice games.
- Board games.
- Bingo.
- Lottery.

For most people, gambling is something they do for fun. For some people though, gambling becomes a serious problem. And for teens, gambling is illegal.

### **WHY DO SOME TEENS GET INTO GAMBLING?**

- Someone in the family gambles.
- Problems at home.
- Low self-esteem.
- Peer pressure.
- The action of the game.
- Loneliness/boredom.
- Avoidance of pain and stress.
- Competition.
- To win money.
- To gain attention from peers.

### **WHY GAMBLING CAN TURN INTO A BAD BET**

- School and family problems.
- Loss of friendships, jobs.
- Big legal and money troubles.

- Much higher rate of suicide.
- Studies show that the earlier people start to gamble, the more likely they are to become problem gamblers.
- Ask anyone in treatment--gambling is as addictive as alcohol or drugs.

## **SIGNS OF PROBLEM GAMBLING**

- Gambling frequently on things like cards, dice, games, sports, or online sites.
- Gambling has become the favorite (or only) activity.
- Trouble concentrating on homework or other things because of thinking about gambling.
- Drinking alcohol or taking drugs.
- Borrowing or stealing money to gamble.
- Missing important events or sneaking out of them to gamble.
- Arguing with friends or family about gambling.
- Thinking that most problems would be solved by getting a big win.
- Thinking that gambling is an easy way to make money.
- Thinking that the odds can be outsmarted.
- Making more bets thinking that money that was lost can be won back.
- Feeling the need to bet more and more money.
- Lying to friends and family about how much was gambled.

If you or someone you know have any of these signs, call

**1-800-522-4700**

for free and confidential help.  
Don't wait for the problem to get worse!