Young People and Problem Gambling

- **Gambling** is often a fun leisure pursuit, and involves playing games of chance for money or material goods.
- **Problem gambling** is an urge to gamble continuously despite harmful consequences or a desire to stop.

**Problem Gambling is…**

“to stake or risk money, or anything of value, on the outcome of something involving chance”

As a general rule, the minimum legal age for gambling in the UK is 18 years old. This applies to adult gaming centres, betting shops, bingo halls, casinos, racetracks and online gambling.

The exceptions to this are the National Lottery and scratch cards – you’re allowed to take part in these from the age of 16.

**Young people and gambling statistics**

<table>
<thead>
<tr>
<th>Question</th>
<th>2017</th>
<th>2018</th>
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<tbody>
<tr>
<td>1 in 9 11-15 year olds have gambled in the past seven days</td>
<td>0.9%</td>
<td>1.7%</td>
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<td>What is the prevalence of problem gambling in under 18s</td>
<td>25,000</td>
<td>55,000</td>
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<td>4/5 of young people say they have seen gambling adverts on TV</td>
<td>46%</td>
<td>33%</td>
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<td>What % of young people had used a parent’s account to gamble online</td>
<td>7%</td>
<td>6%</td>
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14% of young people has spent their own money on gambling in the past week. Compared to 13% on alcohol, 4% on cigarettes and 2% on illegal drugs.

Agenda

- Who is GamCare?
- Gambling and problem gambling
- Young people and gambling
- Young people and online gambling
- Risk factors
- Problem gambling as a Safeguarding issue
- Hidden Harm
- Indicators: warning signs
- Conducting a brief screening or brief intervention
- Signposting services
- BigDeal
Young people and Online gambling

Risk Factors

Males
Low Emotional States
Having parents who gamble—adults and young people
People who are risk takers

Problem gambling as a Safeguarding Issue

Problem gambling breaches the below points highlighted in the Department of Education guide definition of safeguarding and promoting the welfare of children:

• Protecting children from maltreatment
• Preventing impairment of children’s health or development
• Ensuring that children grow up in circumstances consistent with the provision of safe and effective care
• Acting to enable all children to have the best outcomes

Hidden Harm

- A person does not have to take part in the gambling to be affected by a gambling problem
- For young people, parents or responsible adults gambling may be impacting their life
- Especially important to look for financial, social and psychological impacts of a responsible adult’s gambling on YP

Indicators/warning signs

- Preoccupation – often thinking about or planning to gamble
- Tolerance – needing to gamble with more money to get excitement
- Withdrawal – Negative emotions when trying to cut down on gambling, or more broadly
- Loss of control – Spending more than you plan to
- Escape – The motivation for gambling being to escape negative elements of life
- Chasing – gambling to get money that you have lost to gambling back
- Lying – gambling leading to lies to friends/family
- Illegal acts – taking money without permission, misusing money to fund gambling
- Risked relationships – putting personal relationships at risk
Identification
Tier one Screening tools

Social
Prevention Education, positive affirmation

Moderate
Tier 2 Brief intervention, brief advice

Severe
Tier 3 GamCare, Gordon Moody, GP

Conducting a brief screening
In the past 12 months...
- Have you bet more than you could really afford to lose?
- Have people criticised your betting or told you that you had a gambling problem (regardless of whether you thought it was true)?
- Have you felt guilty about the way you gamble or what happens when you gamble?
- Been affected by another person as a result of their gambling?

Score = 0
Score = 1-2
Score = 3+

Brief Intervention
- Conversation >5 minutes
- We recommend and use the FRAMES technique
  - Feedback
  - Responsibility
  - Advice
  - Menu of options
  - Empathy
  - Self-efficacy

Signposting Services
GamCare Helpline
GamCare counselling

BIGDEAL
What we do
- Online resources for young people
- Online support for young people via chatrooms
- Gambling Awareness Workshops for young people
- Youth facing professionals training on Problem Gambling
Getting Help and Support

National Gambling HelpLine:
Freephone 0808 8020 133
Local agency: 020 7801 7005

Dedicated information for young people and netline service:
www.BigDeal.org.uk