

## DID YOU KNOW ADOLESCENT PROBLEM GAMBLERS...

- May have lower self-esteem compared with other adolescents?
- May have higher rates of depression and report higher suicidal tendencies and attempts?
- May be truant from school to go gambling and as a result have poor grades in school?



### FACT:

- Problem gambling behavior exists in 6-20% of adolescents ages 12-19.
- Adolescents are 2 to 4 times more likely than adults to have this problem.
- Gambling is readily accessible via computers and cell phones.
- Teens are exposed to televised poker tournaments, card games, sports betting, scratch tickets and more.
- Wagering is thought of as an adult privilege; therefore, adolescents are more susceptible to developing this behavior.
- Studies have indicated that kids who gamble are more likely to drink, carry a gun and fight.
- 85% of teens have gambled in the past year.

**Even YOUR kids!**

## The Wisconsin Council on Problem Gambling

- Provides workshops and seminars on gambling awareness and education. Speakers are available for large and small groups.
- Provides training for treatment providers.
- Is one of 33 affiliates on the National Council on Problem Gambling in Washington, D.C.
- Maintains neutrality on the topic of legalized gambling.
- Is the only organization in Wisconsin dedicated to assisting thousands of problem and compulsive gamblers.
- Offers a 24-hour Helpline.

**Help is just a call away  
1-800-GAMBLE-5**

(1-800-426-2535)

**Or Text 920-888-HELP**

(1-920-888-4357)



Scan this QR code with your smart phone to view our website where you can **chat live**.

*The WCPG provides resources, public awareness and education on gambling disorders while maintaining strict neutrality on the issue of legalized gambling.*



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## A Guide to Youth Problem Gambling

Almost **20%** are **at risk** for  
problem **gambling**.

**Does your kid have a gambling problem?**



## SIGNS OF YOUTH PROBLEM GAMBLING:

- Gambling frequently with cards, dice, games, sports, or online.
- Trouble concentrating on home-work or other things because they are thinking about gambling.
- Missing important events or sneaking out from them to gamble.
- Drinking alcohol or taking drugs.
- Borrowing or stealing money to gamble.
- Arguing with and/or lying to friends or family about gambling.
- Feeling the need to bet more and more money.
- Sudden urgency for more money.



- Telephone calls from strangers and higher phone bills.
- Gambling “stuff” at home (lottery tickets, betting sheets).
- Thinking that gambling is an easy way to make money.
- Selling personal possessions.
- Thinking that the odds can be outsmarted.
- Believing that money that was lost can be won back.
- Overly interested in how teams or athletes perform.
- Bragging about winnings.
- Playing gambling type games on the internet or phone.
- Becoming overly upset at conclusion of sporting events.

## What can you do?

- Educate yourself and your children about the risks of gambling.
- Set rules about gambling and discuss the risks associated with gambling.
- Build their self esteem and help them to develop appropriate coping skills.
- Monitor children’s activities and internet use.
- Create an open environment for conversation.

## Helpful Websites

### For teens:

[www.addictionisagamble.com](http://www.addictionisagamble.com)

### For parents:

[www.notagame.org](http://www.notagame.org)

