

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 and/or 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 has any of these signs call:



Maryland Center of Excellence on Problem Gambling

Helpline: 800-522-4700

www.mdproblemgambling.com

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HC DrugFree is pleased to partner with the Maryland Center of Excellence on Problem Gambling. For more information about free educational programs and resources, please visit www.hcdrugfree.org or call 443-325-0040.