



**MONEY
SMART**

An education programme from

Danske Bank

Welcome to

Money Smart

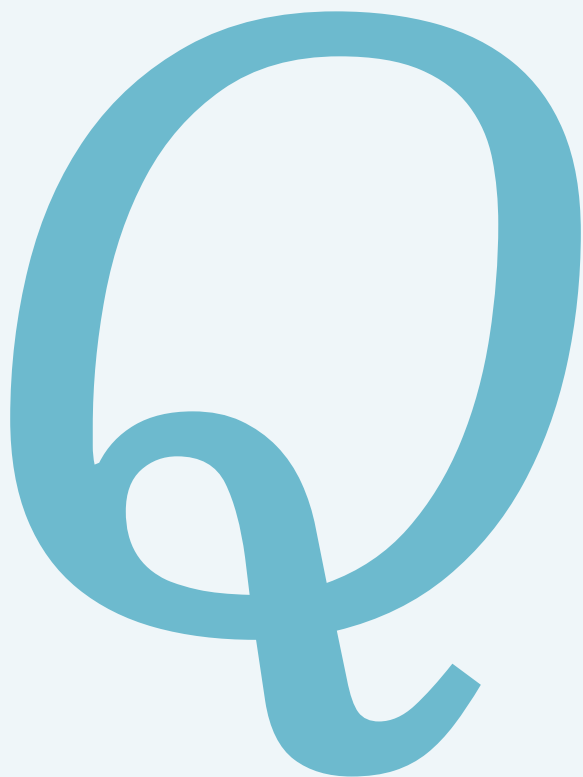
By Danske Bank

Gambling

What we will discuss today

- What is gambling, and what can it include
- Why do people gamble
- How it affects our health and wellbeing
- Young people and gambling
- Warning signs
- Where to find support





What is gambling?

How would you describe gambling? What words or phrases come to mind?



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What is gambling?

Putting money or something of value on an event with an uncertain outcome. The primary reason is to win money or something of value



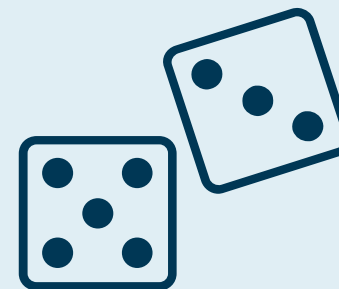
It can include...

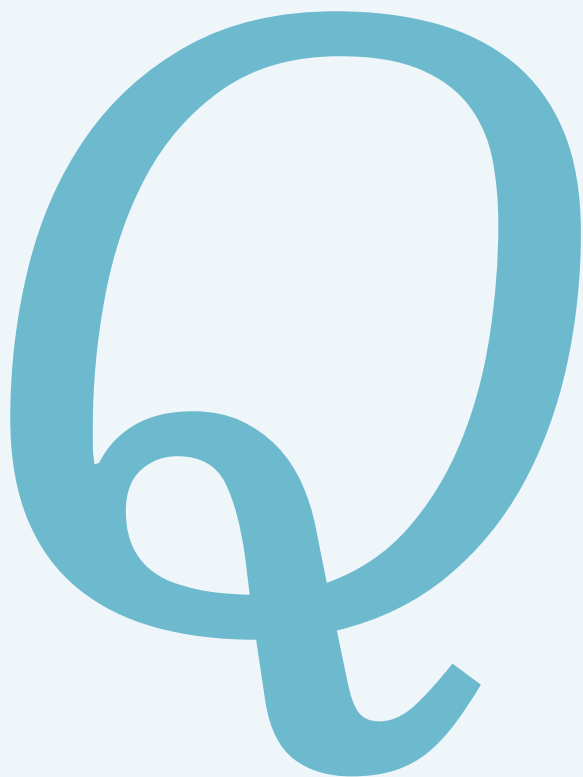
- Betting with friends
- Buying scratch cards
- Playing the Lotto
- Betting online
- Sports betting
- Casino betting
- Lotteries or competition websites
- Betting machines or “pokies” (fixed odd betting terminals)
- Skins betting
- eSports



The facts

- Gambling can be a fun activity to enjoy with friends. For most young people won't have any issues.
- However, for some, they may find their gambling is becoming out of control and is affecting their everyday life.
- A recent survey by the Department of Communities shows that (30%) of 11-16-year-olds had gambled in the last 12 months. This is higher in comparison to 11-16 year-olds in Brittan, 26%.
- The most common types of gambling were playing fruit or slot machines (13%), playing cards for money (7%), and buying a Lotto ticket or National Lottery scratchcards (7%).





Why do we do it?

Why do you think most 11-16 year olds might gamble?



Why do we do it?

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The most common responses were...

- 55% said it was because “it’s fun”
- 13% said “I like to take risks”
- 11% think “It’s cool”
- 10% said their parents or guardians do it
- 6% said “peer pressure”

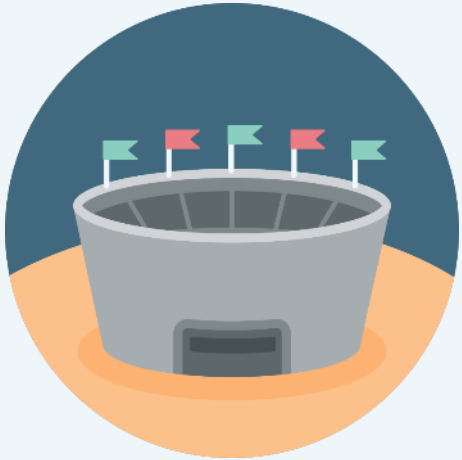
There is no one reason why some young people gamble and some don't. Parents and family members can act both as a risk and as a protective influence in relation to young people's gambling



How do people find it?

Where do you think young people might find out about gambling? Or, if you've heard of it, where from?





7 in 10

11-16 year olds said that they had heard or seen gambling adverts or sponsorship.



1 in 8 (12%)

11-16 year olds follow gambling companies on social media such as Facebook, YouTube and Instagram



41,000

of followers of gambling related accounts in Great Britain are estimated to be aged 16 and under.



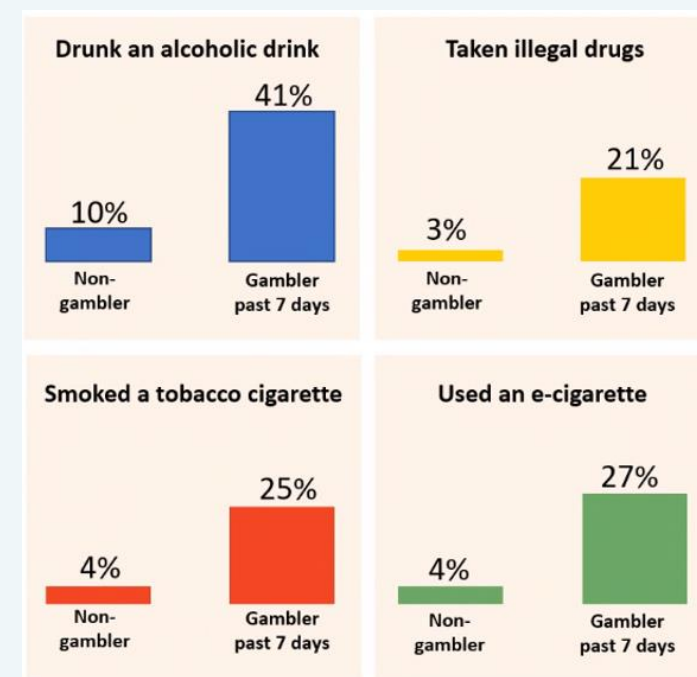
Family and friends

play an important role in exposing young people to gambling activity..

Gambling impact on Health and Wellbeing

The Gambling Commission, GambleAware and the NHS have all called gambling to be considered as a public health issue.

- This is based on evidence demonstrating that gambling, particularly problem gambling, is associated with several other risks to health.
- The Gambling Commission has identified that a young person who has gambled in the past seven days is significantly more likely to have drunk an alcoholic drink, smoked a cigarette and taken illegal drugs, than a young person who is a non-gambler.
- Numerous studies have shown that the relationship between gambling and risky health behaviours is often two-way. This forms a vicious circle of negative activity.



What are young people telling us?



Young people consider gambling harms to be a risk to multiple areas of their health and wellbeing.

85% of young people say that gambling harms increase the risk of a peer experiencing depression.

Nearly three quarters (73%) say that they increase the risk of a peer experiencing anxiety.

The vast majority of respondents considered gambling-like activity through gaming, such as buying loot boxes and taking part in skin betting, to be addictive.

I think the reason that it's sometimes not taken as seriously by people our age is that there isn't always that one really obvious way it affects your health. Like with smoking, everyone knows straight away it's your lungs that get hurt. I know that gambling can be bad for you, I'm never 100% confident in saying how

14 year old female focus group participant from Scotland

When I was 13, I spent all my birthday money on packs on FIFA and then starting to use my mum's card to buy more when that had gone. I knew it was wrong, but I couldn't stop. I'd spend all my time thinking about when I could next get a pack. It's so easy to get caught up in – I was definitely addicted

14 year old male focus group participant from Wales

Warning signs

You might be concerned that gambling is becoming an issue, but are not sure what type of things to look out for.

By knowing what signs to spot can help you decide what action to take.



Changes in your behavior that affects your relationships



Unexplained absences from school or work



Free time is spent gambling



Your schoolwork is suffering



Unaccountable explanation for new items of value in possession



Borrowing or stealing money



Selling personal belongings



How to stay safe

If you choose to gamble you should try do it safely.

Knowing the risks involved will help you to stay safe.



Know what you can afford, set a limit and stick to it



Keep track of the time and amount you spend gambling. Set a time limit and stick to it



Don't see it as a way to make money, expect to lose. Take any wins as a bonus



Have other activities and interests to keep you busy



Be open and honest about your gambling. Speak to someone if you need help



Understand the game & the probability. The odds are always in the bookies favor



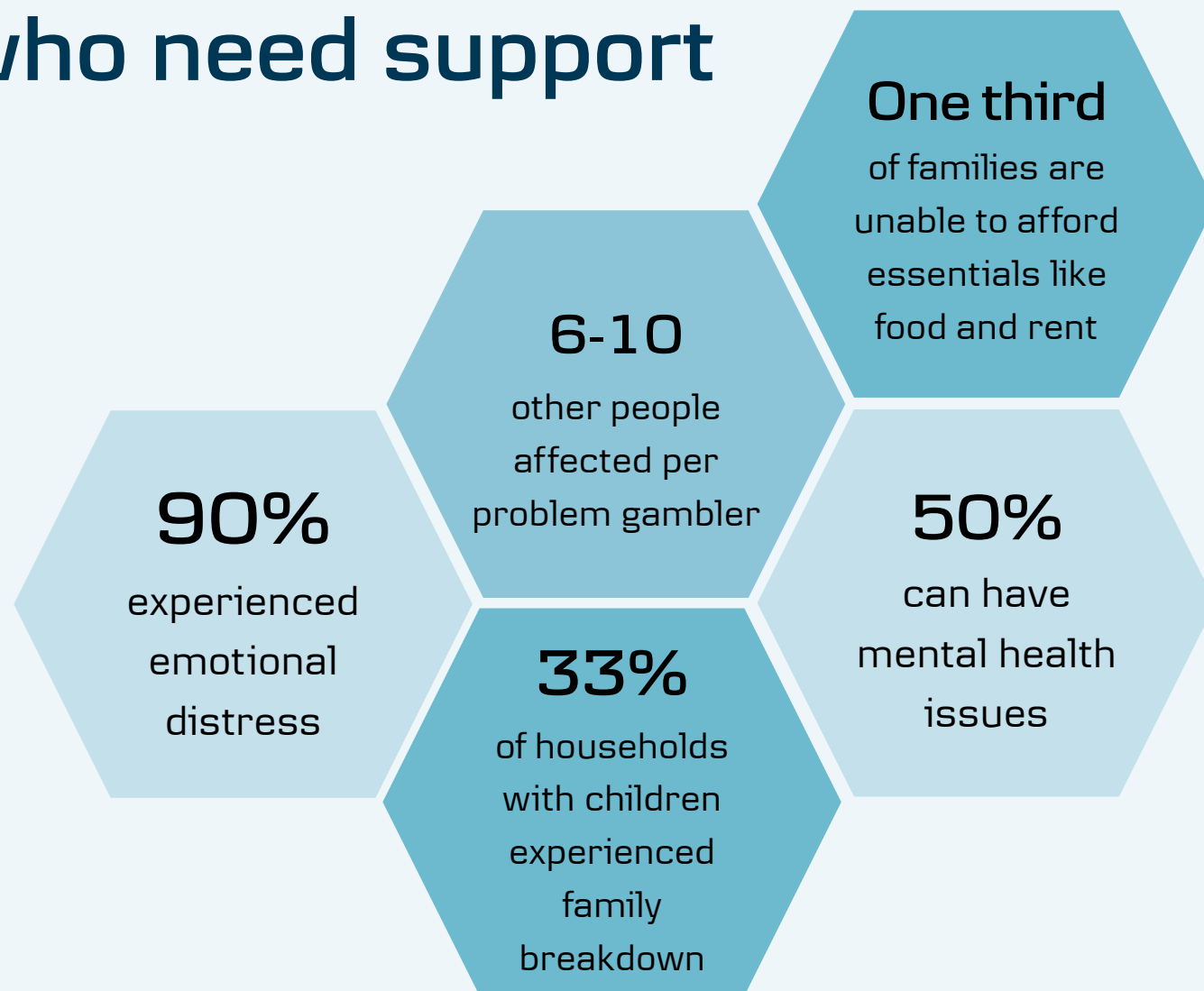
It's not just gamblers who need support

Being affected by someone else's gambling can have a significant impact on your well-being.

The effects can be wide-ranging.

You might feel isolated and a sense of shame.

You might even lose trust in the person who is gambling.





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Top Takeaways



What is gambling?

Any game or activity where you risk money or something of value to try and win something in return



The impact it has

How it can impact your life, and the lives of the people around you



Warning signs and staying safe

Things to look out for, or to keep an eye to be sure gambling doesn't become a problem, and how to protect yourself



Support

Who needs support, and what organisations are there and ready to help, without judgement



BigDeal is dedicated to young people and is part of GamCare, the organisation that runs the National Gambling Helpline

Where to seek help and support

Young people age 11-18: Visit

www.BigDeal.org.uk or call the National

Gambling Helpline free of charge if you or someone you know needs help: **0808 8020 133**

You can also chat to us via www.gamcare.org.uk

Teachers book a free gambling awareness session:
hello@bigdeal.org.uk

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