

*You can't PREVENT
 what you don't know!*

Marc Potenza Adolescents, Sports Betting, & Gaming: How much is too much?
MD, PhD:

Adolescence is a time when the brain is more likely to become addicted. Just like drugs, behavioral addictions such as gambling and internet gaming elicit similar responses in the brain.

“TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

Did you know...

- betting is gambling
- gambling can be addictive
- Gambling and Internet Gaming Disorders can change brain functions
- 40%-80% of High School students have gambled in the past year
- 4-6% exhibit some features of problem gambling
- Boys are more likely to develop a problem than girls
- Adolescents and young adults have higher rates of problem gambling than adults

Risks of Underage Gambling:

- Anxiety, depression, and other mental health disorders
- Impaired peer and family relationships
- Declining grades
- Pre-occupation with obtaining money for gambling and winning back losses
- Spending less time with family and friends
- Substance use
- Trauma
- Difficulty sleeping

Gaming, Gambling and the Internet

- There is an overlap between gaming & gambling as gaming has become monetized through items like loot boxes
- Teens can gamble online or on the outcome of a video game (e-sports)
- Games have been influenced by the gambling industry to have similar elements and be more “addictive”
- Adolescents gambling on the internet are more likely to report problem gambling
- There are blurred boundaries between gambling and gaming

Things to Remember:

- Remind youth gambling is a money making business for the sponsor, youth do not make money in the long run
- Gambling has become normalized, specifically with the legalization of, and widespread advertising of sports betting in New York. It is important for teens and adults to be aware of the consequences
- Parents should educate, set examples and guidelines, and monitor gambling and gaming activity

Tips for parents:

- Schedule times each day to turn off digital devices,
- Identify alternatives to devices for emotion regulation
- Create tech free zones
- Balance use of devices with non-screen hobbies
- Communicate clear and consistent rules for use of devices (ex. playing video games with others instead of alone)
- Have regular conversations about online activities
- Encourage youth to ask for help when cyberbullied
- Teach online ethics manners and safe behaviors
- Be aware of notifications on devices (e.g. when muted)
- Make phones distant when studying, sleeping, and during family meals
- Be aware of how parental technology behaviors influence youth behavior

ADDITIONAL
 RESOURCES FROM
 DR. POTENZA

<https://nyproblemgamblinghelp.org/mid-hudson/>
<https://nyproblemgambling.org/>

<https://oasas.ny.gov/gambling>
<https://www.ncpgambling.org/>
 This will also take you to 1-800-GAMBLER

<https://youdecideny.org/>
<https://talk2kids.org/>
<https://knowtheodds.org/>

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