

# Parents Page

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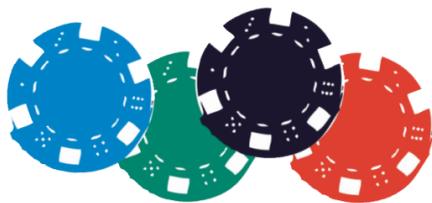
## PROBLEM GAMBLING: Have the Conversation with Your Teen



Teens today are growing up in an environment where multiple forms of gambling exist and are heavily promoted. Most unregulated fantasy sports and online gambling sites are readily available to teens via smartphones and tablets. Prepaid debit cards are often used to make transactions. Many parents do not perceive youth gambling as risky behavior. Recent Oregon data, however, indicates that youth who gamble are more likely to engage in other risky behaviors such as drinking and using other drugs. Even though most kids will not go on to develop a gambling addiction, parents should be aware of the risks associated with gambling. In Grant County the percent of youth reporting gambling activities has remained relatively stable over the

last several years. In 2012, 35% of 6th graders and 42% of 8th graders reported participating in some form of gambling in the last 30 days. In 2016, 33% of 6th and 36% of 8th graders reported gambling activities. The most popular form of gambling among youth in Grant County is betting on sports teams, followed by betting on games of personal skills, playing cards or dice, and playing lottery tickets. A key to preventing problem gambling is talking about it with your teen. A great place to start the conversation is by asking your teen what they think about gambling. Discuss the risks and be clear. If you are concerned that you or your teen is having problems related to gambling visit [www.opgr.org](http://www.opgr.org).

Sources: Oregon Student Wellness survey, 2012-2016 available online: <http://oregon.pridesurveys.com/>



### Tips for Parents

#### Signs of Problem Gambling Among Youth:

- Playing gambling-type games on the internet
- Borrowing money from family or friends to gamble
- Carrying gambling materials such as dice, cards or betting sheets
- Selling personal belongings, unexplained debts, missing money or valuables
- Preoccupied with gambling: spending an unusual amount of time reading about or watching sports or poker on TV
- Lying, cheating or stealing at school
- Belief that gambling is one the best ways to make easy money



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