

TEENS & GAMBLING

Fast facts about teens and gambling:

- About 60% of Oregon teens have participated in one or more gambling activities
- There are an estimated 1,100 and 6,300 teens in Oregon with severe gambling related difficulties
- The most popular gambling activity for Oregon teens is gambling for free on the internet
- Teen problem gamblers in Oregon are more likely to have used alcohol, tobacco and illicit drugs in the past year
- Many pathological gamblers report they started gambling by about the age of ten



Risk Factors:

- History of gambling in the family
- Family history of alcoholism
- Exposure to gambling at a young age
- Early "big win"
- Low self-esteem
- ADHD/Hyperactivity
- Other addiction/behavioral issues
- Loneliness/depression/boredom
- Escape from reality
- Coping mechanism from life's problems
- To gain attention from peers
- Problems at home

Signs of problem gambling:

- Spending too much time gambling
- Feeling like gambling is the most exciting thing to do
- Missing school or not doing homework in order to gamble
- Talking excessively or daydreaming about gambling
- Lying about how much is bet or lost
- Borrowing or stealing money to gamble
- Getting upset when not being able to gamble
- Feeling sad or guilty about gambling

Overall risks for teens who gamble: Losing money or possessions, losing the trust of friends and family, declining grades, borrowing or stealing money to gamble and developing a gambling problem