“At least they aren’t drinking”

The Risks of Problem Gambling in Teens of the Net Generation

Rachel Johnson, MS, CHES
Net Generation

- Digital Technology Available
  - Television
  - Computers
  - Internet
  - Linked Digital Cameras
  - Instant Messaging
  - Video Chat
  - Cell Phones (can be all of the above)
What is Gambling?

- Gambling is any game involving risk and possible reward where money or valuables may be won or lost.

- Commonly misunderstood by teens and parents.
So what, my kids not 21...

*Figure 1: Serious Youth Issues*

- Drug use (1): 87%
- Alcohol use (2): 82%
- Drinking and driving (3): 81%
- Unsafe sexual activities (3): 81%
- Violence in schools, bullying (6): 75%
- Smoking (7): 73%
- Obesity, eating disorders (8): 66%
- Spending too much time online (8): 66%
- Negative body image (10): 64%
- Excessive video game playing (10): 64%
- Depression (12): 60%
- **Gambling (13):** 40%

In your opinion, how *serious* of an issue are the following for teens today? Note, figures represent top two box responses: “serious” and “very serious.”

Parents as Partners Study 2009
...but I know it can cause problems

**Figure 15: Parents Believe Experimentation in Teenage Years Leads to Serious Problems**

- Experimenting with cocaine in teenage years leads to cocaine addiction: 76%
- Smoking marijuana in teenage years escalates to experimenting with harder drugs: 54%
- Underage gambling escalates to a gambling addiction/problem: 52%
- Shoplifting in teenage years escalates to a pattern of theft: 50%
- Underage drinking escalates to alcoholism: 46%

*In your opinion, how likely is the following to happen? Note, figures represent top two box responses: “likely” and “very likely.”*
Iowa Teens

**Figure 27d. Gambling Avoidance Construct 2008: Gender by Grade**

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Gender</th>
<th>Year</th>
<th>Favorable Response</th>
<th>Unfavorable Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>11th Grade</td>
<td>Female</td>
<td>2008</td>
<td>75.8%</td>
<td>24.2%</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>2008</td>
<td>49.0%</td>
<td>51.0%</td>
</tr>
<tr>
<td>8th Grade</td>
<td>Female</td>
<td>2008</td>
<td>66.8%</td>
<td>33.2%</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>2008</td>
<td>47.5%</td>
<td>52.5%</td>
</tr>
<tr>
<td>6th Grade</td>
<td>Female</td>
<td>2008</td>
<td>74.1%</td>
<td>25.9%</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>2008</td>
<td>59.1%</td>
<td>40.9%</td>
</tr>
</tbody>
</table>

**Note:** Any difference of 1.6 percentage points or greater may be considered statistically significant.
Iowa Teens

- 38% of Iowa gambled in 2008
  - 48% male
  - 28% female
- Card games with friends or family most popular
- Gambling losses increased with age
- 3% of males report losing more than $100
- 8% showed a sign of gambling being a problem (2008 & 2010)

2008 Iowa Youth Survey. IDPH. Iowa Consortium for Substance Abuse Research and Evaluation: University of Iowa.
Iowa Teen Males

- Card Games: 23
- Internet: 3
- Personal Skill: 7
- Video Games: 5
- Dice: 2
- Lottery: 4

Legend:
- Red: 10 or more
- Green: At All
Why do teens gamble?

► Have fun
► Relieve boredom
► Prove skill
► Make “easy” money
  ▪ Strong cognitive processing starts around age 11/12
► New athlete


Jonathan Duhamel poses for photos after winning the World Series of Poker, Monday, Nov. 8, 2010 in Las Vegas. (AP Photo/Isaac Brekken)
Won $8.9 million
Accessibility

► Play with
  - Friends
  - Family
  - Online Counterparts

► Increased availability of funds

► Independence
Marketing

- Point of sale
- Cartoon or board game themed gambling
  - Joe Camel-esque
- XBOX Live points exchange
- Sports sponsors / ESPN2
- Free play sites
- M-gaming
Progression of the Slots
Accessibility
Social Gaming

![Social Gaming versus Online Gambling in Billion Dollars](chart)

**Source:** InsideSocialGames, H2 Gambling, Casual Games Association

Kontagent’s Mobile and Social Analytics Webinar 2012
Teen Gambling is Nothing New

1965 – New Jersey, 16yr old hosts, one student $192 in debt
1987 – New Jersey, 17yr old female offered “comps” and play at 5 major casinos
1991 – Florida, 16yr old taking sports bets at school, one student $3000 debt
2002 – Illinois, 25 middle schoolers busted in school sports betting gambling ring
Risks of Gambling

- Breaking the law
- Lower grades
- Abuse alcohol and drugs
- Predators
- Unhealthy money management
  - Financial troubles of Lotto winners
- Gaming if not gambling addiction
- Suicide
  - 20% of people treated for compulsive gambling have attempted suicide and 80-90% have considered

Progression from Recreational to Problem Gambling

- Genetic tendency to develop addiction (father)
- Major stressor in one's life
- Social attitude or morals about gambling
- Proximity to gambling facility
- Participation on practice websites
- Highly competitive personality
- Current or former addictions to substances
Problem Gambling

Gambling activity that creates problems in an individual’s life, and can include problems with:

- Physical Health
- Mental Health
- Finances
- School/work performance
- Interpersonal relationships
Pathological Gambling

DSM IV Criteria:

312.31 “A persistent and recurrent maladaptive gambling behavior as indicated by five or more of the following:”

1. Preoccupation
2. Increasing amounts of money
3. Unsuccessful efforts to control, cut back or stop
4. Restless or irritable
5. Gambling as a way to escape problems or dysphoric mood
6. After losing money, often returns to “get even
7. Lies to conceal the extent of involvement with gambling
8. Illegal acts
9. Jeopardize or lose significant relationships
10. Relies on others to provide money to relieve financial situation
Physiological Effects

- Naturally occurring chemicals in the brain play a role
- Serotonin, regulates mood and behavior
- Norepinephrine is connected to risk taking and arousal in compulsive gamblers
- Dopamine plays a part in developing an addiction as it makes you feel pleasure
What Can I Do???

- Stay informed
- Be a role model
- Monitor youth behaviors
- Talk to your schools
- Be a voice
Teen Gambling Prevention Sites

► http://www.youtube.com/watch?v=oBH1LCq0YWo
► www.wannabet.org
► www.youthbet.net
Questions???

Thank you for your time!