



Talking To Your Kids About Gambling

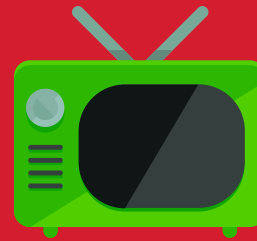
Tips for Parents

CONNECTICUT COUNCIL on
**PROBLEM
GAMBLING**

Youth Are Exposed to Gambling on a Daily Basis

All they have to do is walk into a corner store and they'll see people buying lottery tickets, or turn on the TV to see video game tournaments, news of large lottery jackpots, and ads for casinos.

- * Teens are only a few years away from being able to legally gamble
- * Many teens are already gambling. A harmless bet of a dollar or two can become a lot more serious over time
- * Studies show that 4-8% of teens develop a gambling problem



What Can You Do?

1

LIVE BY EXAMPLE:

Kids watch what we do. Parental gambling is a major risk factor for youth problem gambling, make sure you're modeling healthy behavior. Avoid emphasizing money or winning.

2

BE AWARE OF THE RISKS:

Share with kids that gambling isn't risk-free. Research shows that the earlier in life someone places a bet, the more likely s/he is to develop a gambling problem later in life.

3

TALK ABOUT IT:

If you're talking about the risks of drugs & alcohol, include gambling. If you see an ad for lottery or casinos, discuss it with your child. Ask them what they think about the messaging and discuss ways advertisers try to influence us.

4

NEED MORE INFO?

To get help or access more resources, visit www.ccpbg.org or call us at (959) 230-4034. We're also on Facebook, LinkedIn and Twitter!