

How will I know if my child develops a problem with gambling?

Here are some **warning signs** to look for:

- Sudden mood changes
- Feelings of anxiety
- Interest in gambling conversations or use of gambling slang
- Lying, cheating, stealing
- Unexplained absence from school or work
- Less time spent with friends and/or family

Where can I find help?



1-877-8-HOPENY
Find Help for **1-877-846-7369**
Alcoholism, Drug Abuse, Problem Gambling

Resources

DontBetYet.com

Home of the "Go Away Monster!" video and activity kit

KnowTheOdds.org

Home of statistics, links, e-books, and videos surrounding problem gambling issues

www.NYProblemGambling.org

Home of the New York Council on Problem Gambling: training information, online classes, Annual Conference information, and general resources

www.oasas.ny.gov/gambling

NYS Services for Problem Gambling - OASAS



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New York Council on Problem Gambling



A video and activity kit designed to help you talk to your children about **PROBLEM GAMBLING.**



DontBetYet.com

Why talk to my kids about gambling?

Only 13% of parents believe that their child actually gambles for money¹

IN REALITY...

...68% of youth between the ages of 14 and 21 reported having gambled in the last year²

...11% admit to gambling at twice a week or more²

So what?

Youth gambling **consequences** include:

- Dropping grades
- Loss of friends/family
- Loss of trust and respect
- Deteriorating health
- Mental health issues
- Destroyed reputation

1. Decode, 2009
2. Welte, 2007

When to talk...

...early and often!

*If they don't hear it from you first, they'll hear it from someone else.

*The earlier youth start gambling, the more likely they are to have a problem.

How do I start the conversation?

Use teachable moments!

The next time you see a billboard for a gambling venue, or gambling in a movie ask your child what he/she thinks about the gambling behaviors.

Or, visit DontBetYet.com to watch the video with your children and use the activities to get the discussion started.



Tools Available

All of the following tools are available for ***FREE*** at:

DontBetYet.com

- 1 "Go Away Monster" Video
- 2 "Go Away Monster" Storybook
- 3 Gambling True/False
- 4 Fill in the Blank Worksheet
- 5 Create Your Own Budget
- 6 Solving Problems Math Activity
- 7 What Does Gambling Look Like to You? Activity
- 8 Healthy Activities Word Search
- 9 "People to Talk To" Word Scramble