



# Capacity Building Activity

## What is capacity building?

Capacity building is giving people the knowledge, skills, and confidence to take action and foster change in their communities. The goal of this capacity building activity is to educate people about the risks of underage gambling to help inspire preventative action to reduce youth access to gambling.

## Why me?

Your voice is important, you matter to your community, and we need you to help make your community healthy and safe for everyone.

## What are the steps to complete this activity?

1. Chat with a peer, parent, and community leader about points you learned during your YOU(th) Decide face-to-face session. Remember to:
  - Share something you learned about media literacy.
  - Share something you learned about the risks of underage gambling.
  - Explain why it's important to reduce youth access to gambling.
    - While chatting with the community leader, ask them to sign the resolution of support for reducing youth access to gambling (back of this sheet).
2. Ask the people you spoke with to complete their section on the back of this form.
3. Return the completed sheet to the person who gave it to you. That's all!

## Who is recognized as a community leader?

A community leader is any adult who has a formal role that impacts youth. Some examples of community leaders include:

- **Youth group leaders** (camp leader, scout troop leader, after school program leader, etc.),
- **Faith based leaders** (catechism teacher, minister, priest, rabbi, etc.),
- **Sport leaders** (coach, dance or martial arts instructor, etc),
- **School based leaders** (teacher, secretary, PTA member, board member, principal, etc.),
- **Medical professionals** (pharmacist, doctor, nurse, etc.),
- **Politicians** (local board member, town supervisor, mayor, governor, etc.), or
- **Other local professionals** (human services professional, business owner, lawyer, etc.).

Thank you for helping achieve the goals of [YouthDecideNY.org](http://YouthDecideNY.org)

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## Chat with a Peer

My peer had a chat with me about media literacy, the risks of underage gambling and why it's important to reduce youth access to gambling.

Peer Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## Chat with a Parent/Guardian

My youth had a chat with me about media literacy, the risks of underage gambling and why it's important to reduce youth access to gambling.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## Chat with a Community Leader

A youth initiated a chat with me about media literacy, the risks of underage gambling and why it's important to reduce youth access to gambling.

Community Leader Name: \_\_\_\_\_ Date: \_\_\_\_\_

Agency: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

## Resolution of Support

The younger a person begins gambling the greater their risks of developing a gambling addiction. Underage gambling can lead to an increased likelihood of developing mental health issues such as depression and substance abuse disorders (Hardoon et al, 2002), poor academic performance (Wynne et al, 1996), damaged relationships, delinquency, crime, suicide ideation (Gupta et al, 1998), and poor general health (Potenza et al, 2002). Decreasing youth access to gambling is shown to decrease the prevalence of underage gambling, and, in turn, decrease the rates of problem gambling in a community (Messerlian et al, 2005).

Based on a youth initiated conversation about the risks of underage gambling and the supporting information above, my agency/organization publicly expresses support for YOU(th) Decide and their initiative to reduce youth access to gambling in our community.

Community Leader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Thank you for supporting YOU(th) Decide by helping us reduce youth access to gambling.