








# HOW TO TALK TO A YOUNG PERSON ABOUT GAMBLING



## IS GAMBLING A BIG DEAL FOR YOUNG PEOPLE?

-  Parents or responsible adults are the best people to have initial conversations about safer gambling with young people.
-  A relationship of trust and honesty is important in making room for young people to ask questions.
-  The purpose of an initial conversation should be to find out whether the young person has any thoughts or opinions on gambling, establish it as a behaviour which requires responsibility, and let the young person know that you are happy to talk to them in a non-judgemental way.
-  A good time to bring up gambling might be when talking about drugs/alcohol, around discussions on chance and probability, or when gambling is advertised to them in the media.
-  Young people are exposed to gambling from young ages, so use your judgement to see when a young person is ready to have the conversation.

### KNOW THE FACTS



**All gambling is illegal for under 18 years olds in the UK apart from certain gaming machines found in arcades, which are accessible to any age.**

**The law is put in place to protect young people from the risks of gambling having a serious impact in their lives.**

This conversation shouldn't be a one-off. Keep bringing the topic up so that the young person understands it's OK to openly discuss gambling and any harm they may be experiencing.





## CONVERSATION STARTERS

If you intend to have a conversation about safer gambling, it might be helpful to use the prompts below:

You're watching sport together and see lots of betting ads:

Have you noticed all these betting ads? Does it make it seem harmless or easy to win?

Discussing gambling apps or social gaming: Is this gambling or gaming? What is the difference? Why does it matter?

At times when betting is heavily promoted like football finals season:

Do you think people feel they have to gamble to enjoy the races or football?

## IF YOU CONSIDER THE PERSON TO BE AT RISK

Ask them:

Are you worried about your gambling or the gambling of someone close to you?

If the answer is yes, encourage them to seek support.

## INFORMATION, TOOLS AND TIPS

### Top tips to remember:

- ⚡ Young people's attitudes about betting are shaped by advertising, their friends, adults around them, easy access and games that look like gambling.
- ⚡ You can help them develop a balanced, informed and healthy understanding of how gambling works, and the risks involved.
- ⚡ Talk to them about gambling harm – you don't need to be an expert on the topic to start a conversation. There is plenty of information available, for instance at places such as: [www.gamcare.org.uk](http://www.gamcare.org.uk).
- ⚡ Talk sooner rather than later – even though they're underage, young people are five times more likely than adults to develop an issue with gambling.
- ⚡ You can reduce exposure to pro-gambling messages. Encourage them to think critically about the gambling promotion they see, so they understand that behind these promotions is a business seeking to make a profit.

WHERE TO FIND SUPPORT

[www.BigDeal.org.uk](http://www.BigDeal.org.uk)

National Gambling Helpline:  
**Freephone 0808 8020 133**  
[www.gamcare.org.uk](http://www.gamcare.org.uk)

