What is gambling? The act of risking something of value, including money and property, on an activity that has an uncertain outcome.

What is social gambling? Social gamblers gamble for entertainment, will not risk more than they can afford, and often gamble with friends. The gamble for a limited period of time and are not preoccupied with gambling.

Teens most commonly gamble on card games, pools, lottery/scratch tickets, and sports. Over 10% of teens gamble twice a week or more often. About 4% of boys aged 14-21 have a gambling problem. Rates of gambling problems are higher in youth than adults.

Signs of gambling problems include:
- Spending more money and time than intended.
- Borrowing or taking money from others to gamble.
- Desperation to win back lost money.

What are risk factors for developing a problem with gambling?
- Gambling at a young age.
- Gambling with parents.
- Having relatives with gambling problems.
- Having relatives with drinking problems.
- Smoking cigarettes, drinking alcohol, or using drugs as a teenager.

MISSION of PGS

To provide a comprehensive network of consumer oriented problem gambling recovery services for people of Connecticut and to foster an environment throughout the State that promotes informed choices around gambling behavior.
Problems with gambling can extend to other areas:

- Feelings of guilt, stress, worry, or sadness.\(^4\)
- Loss of friendships.\(^4\)
- Low grades in school.\(^5\)
- Alcohol and other drug use.\(^5-7\)
- Legal difficulties.\(^7,8\)
- Suicidal ideation. Up to 25% of youth with gambling problems attempt suicide.\(^7\)

**WHAT CAN YOU DO IF YOU KNOW A TEEN WITH GAMBLING PROBLEMS?**

- Talk with them about it!
- Encourage them to call the gambling hotline (1-888-789-7777) or text (847-973-5684)
- Help them get into treatment ([www.ct.gov/dmhas/pgs](http://www.ct.gov/dmhas/pgs))

**Treatment for Gambling Works!**

- Over 75% of persons treated reduce their gambling substantially.\(^{12-14}\)
- Other psychosocial problems decrease markedly with gambling treatment.\(^{12,14}\)
- Youth and college students respond well to brief gambling interventions.\(^{15-16}\)
