Did you know that 68% of teens place a bet each year?1

Teens most often gamble on card games, pools/charity, lottery and scratch tickets, and sports.2 Over 10% of teens gamble twice a week or more often.1 About 4% of boys aged 14-21 have a gambling problem.1 Rates of gambling problems are higher in youth than adults.3

Signs of gambling problems include:4
- Spending more money and time than intended.
- Borrowing (or taking) money from others to gamble.
- Desperation to win back lost money.

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 are risk factors for developing a problem with gambling?
- Gambling at a young age.9
- Gambling with parents.5
- Having relatives (parents, grandparents, uncles) with gambling problems.10
- Having relatives with drinking problems.11
- Smoking cigarettes, drinking alcohol, or using other drugs as a teenager.5-7

What can you do if you know teens with gambling problems?
- Talk with them about it!
- Encourage them to call the gambling helpline (1-888-789-7777) or text (847-973-5684)
- Help them get into treatment (www.ct.gov/dmhas/pgs)

Treatment for gambling works.
- Over 75% of persons treated substantially reduce their gambling.12-14
- Other psychosocial problems decrease markedly with gambling treatment.12,14
- Youth and college students respond well to brief gambling interventions.15,16

Have the conversation!
Talk to teens about gambling.