

TALK WITH YOUR CHILD ABOUT GAMBLING AND GAMING

Online gambling and gaming opportunities have expanded significantly in recent years. Many young people are exposed to advertisements for internet gambling and gaming across phones, tablets, and gaming systems, often featuring themes such as winning, competition, risk-taking, and excitement. As elements like in-game purchases, loot boxes, and betting-style mechanics become more prevalent, the line between gambling and gaming may appear less distinct.

Encouraging honest, age-appropriate discussions with young people can support their understanding of potential risks and help them make more informed decisions regarding gaming and gambling.



TIPS FOR TALKING WITH YOUR CHILD

- Ask questions and listen.
- Choose a time when you can speak naturally and without interruptions.
- Pick a moment when you can talk naturally and effortlessly.
- Let them know the facts about gambling, gaming, and risk-taking in terms they can grasp.
- Explain that gambling results in losses far more often than wins.
- Tell them saving their money to buy things they want is better than possibly losing it.
- What starts as minor gambling activity can occasionally develop into bigger challenges.
- Explain that underage gambling is risky and illegal.
- Let them know their gaming can become a problem since many games have options that mimic gambling.
- Give them options instead of telling them what to do - help them figure out healthy alternatives to gambling.
- Keep an eye on spending habits and social activities, and any behavioral changes.

YOUR WORDS CAN MAKE THE DIFFERENCE.