

# Talking about Gambling with TEENS

Learning to set limits is an important part of growing up. However, for some teens, an attraction to gambling can easily spiral out of control.

They may start to gamble more often than they planned and lose more money than they can afford, yet find it very hard to stop. These are all warning signs of a gambling problem.

Young people are considered a high-risk group for problem gambling. Most adults who develop a serious problem usually started gambling before the age of eighteen. That is why prevention is key.

The topic of gambling deserves the same frank, direct approach used when talking to a teen about safe driving and other risky behaviors. A young person's future may depend on it.



Council on  
Compulsive Gambling  
of Pennsylvania, Inc.

Help is available  
1-800-GAMBLER®  
1-800-848-1880

## **Gambling Disorder & Teens**

Teens can be affected by gambling related issues in several ways. Exposure to excessive and problematic gambling behaviors by friends and family members often increases the risk of developing potential problems. Recent studies indicate that teens whose parents gamble regularly develop problems at nearly twice the rate of those whose parents do not gamble.

### **Some signs of an issue may include:**

- Frequent participation in gambling activities
- Increased absences/tardiness from school
- Borrowing/stealing of money
- Decline in school performance
- Lack of interest in non-gambling activities

### **What Help Is Available?**

There are others who have had this problem and there are people who you can talk to.

If you think you, or someone you know, may have an issue related to gambling, please call the 24/7 toll-free Pennsylvania Problem Gambling Helpline at 1-800-GAMBLER® or 1-800-848-1880.

**Help is just a phone call away.  
Call 1-800-GAMBLER® or 1-800-848-1880**

Recognizing early signs of a teen gambling problem can make a significant difference in a young person's life. For more information about warning signs, ways to talk with teens about gambling, and additional resources for help, please visit [www.pacouncil.com](http://www.pacouncil.com)

**Council on Compulsive Gambling of Pennsylvania**

12 E. Butler Ave. • Suite #220 • Ambler, PA 19002

**[www.pacouncil.com](http://www.pacouncil.com)**

---

*Published with support from the Pennsylvania Lottery*