

* The National Council on Problem Gambling (NCPG) estimates that one out of every five college students who plays poker regularly will develop an addiction. Even more startling, studies are finding that gambling habits are beginning in many of America's high schools.

In the wake of glamorized celebrity poker tournaments, internet gambling, high-stakes sports betting, and the rapid legalization of casinos and lotteries, a whole generation is growing up in a society where gambling is readily available. Raffles and casino nights are often used to raise money. Many forms of gambling are legal for adults, but the message to the youth is that gambling is an appropriate way to fundraise, to celebrate an important event, or to be popular.

Like alcohol and other drugs, young people are an at-risk group for developing gambling problems.

Research demonstrates that many teenagers gamble. Between 4 and 6 percent are thought to be pathological gamblers and 10 to 15 percent are considered to have gambling problems.

It is important for parents to work toward preventing gambling-related problems by increasing children's knowledge about risks associated with gambling by helping them develop strong social and thinking skills, and by guiding their attitudes about gambling.

Forms of Gambling

Internet (e.g., online gaming, casinos & sporting events)	Poker Casino Games (e.g., blackjack, craps, roulette & slot machines)
Private bets Games of skill (e.g., golf, basketball, bowling, pool)	Raffles Cards/dice Mah Jong

* As with adults, problem gambling among adolescents is often associated with high rates of tobacco, alcohol and marijuana use, illegal activities, poor school performance, truancy, suicide, depression and deep feelings of unhappiness.

Youth Problem Gambling Prevention Tips for Adults

- Set a good example
- Spend quality time with your children
- Talk to them about the risks of gambling
- Set consistent boundaries & consequences
- Know their friends
- Encourage involvement in the arts, sports or other constructive activities
- Never host or participate in gambling parties involving young people
- Never gamble excessively

Potential Risks Involved in Gambling

- Damaged relationships
- Feelings of isolation
- Failing in school
- Suicidal thoughts
- Arrests for crimes related to their gambling

* According to the American Psychiatric Association, 10 to 15 percent of young people surveyed have significant gambling problems; 6 percent of the teens who have tried gambling have become pathological gamblers.

Reasons Adolescents Gamble

- To escape problems
- To get easy money
- To impress others
- To make friends
- To be the center of attention
- To overcome loneliness, boredom, etc.

Indicator of Problems

- Unexplained absences from school
- Sudden drop in grades
- Noticeable changes in personality (irritability, impatience, criticism, or sarcasm)
- Possession of large sums money and bragging about gambling wins
- Unusual interest in newspapers or periodicals having to do with fantasy sports, poker, etc.
- Intense interest in gambling conversations
- Exaggerated display of money or other material possessions
- Change in behavior (behavior problems, tardiness or absences at school)
- Inclusion of gambling language in their conversation ("5-timer, bookie, loan shark, point spread, underdog, favorite", etc.)
- Stealing, selling drugs, bookmaking, embezzling and family theft.

FOR HELP FREE OF CHARGE

各種幫助免費提供

If you are concerned about your own gambling, or someone you care about, you can get help or answers. 如果您關心自己或熟人的賭博問題，您可以尋求幫助或解答。

1-800-GAMBLER

California Office of Problem Gambling
www.problemgambling.ca.gov

California Council on Problem Gambling
www.calproblemgambling.org
info@calproblemgambling.org

California Lottery
Problem Gambling Helpline
賭博問題協助專線-
1-888-277-3115
www.calottery.com/playresponsibly

Gam-Anon, International Service Office
(A 12-step self-help group for family members of problem gamblers)
(為問題賭博者的家人提供的12步驟自助團體)
www.gamanon.org/gamanon/index.htm
info3@gam-anon.org

Gamblers Anonymous
(12-Step Self-Help Groups)
(12步驟的自助團體)
www.gamblersanonymous.org
isomain@gamblersanonymous.org

NICOS Chinese Health Coalition
Problem Gambling Helpline - San Francisco area only
(Mandarin and Cantonese languages)
賭博問題協助專線- 只限於舊金山地區
(普通話和廣東話)
1-888-968-7888
www.nicoschc.com/index.html
nicos@nicoschc.com



OFFICE OF
PROBLEM GAMBLING
California Department of
Alcohol & Drug Programs

1700 K Street Sacramento, CA 95814-4037