

# A Parent's Guide to preventing Problem Gambling

01.

## EXAMPLES OF YOUTH GAMBLING

- Betting on Games
- Sports Betting
- Online Casinos
- Trading Card Games
- Video Games & Apps
- Dares & Challenges
- Blind Box Toys



## SIGNS TO WATCH FOR

- Constant Talk about betting or “winning big”
- Unexplained Spending
- Mood Changes
- Secret Screens
- Dishonesty About Time or Money
- Drop in School Performance
- Emotional Withdrawal

02.

## WHY IT MATTERS

- Academic Struggles
- Emotional struggles
- Substance Misuse
- Increased Risk of Addiction
- Relationship Issues
- Behavioral Problems
- Financial Problems



03.

## TALKING IT OUT TOGETHER

- Keep the Conversation Casual
- Ask Open-ended Questions
- Be Curious, Not Judgmental
- Explain the Risks
- Set Clear Boundaries
- Model Healthy Habits

04.

