

## THE TRUTH ABOUT GAMBLING

It is true someone has to win, but most gamblers have to lose. The chances of developing a problem with regular gambling are probably much better than the chances of having a big win.

### Your chance of becoming addicted:



## VIDEO GAME GAMBLING AN EASY ADDICTION!

At their heart, social games are deceptively simple and fun but can be highly rewarding.

People cannot become addicted to something unless they are being constantly rewarded for engaging in the activity.

Like gambling and video game playing more generally, the playing of social games provides constant rewards (i.e., behavioural and psychological reinforcement) that in a small number of instances could result in a person becoming 'addicted' to the game they are playing.

Among children who gamble this typically takes the form of fruit machine play in a family arcade, placing a private bet or playing cards for money with friends.

## 2015 STUDY SOME OF THE RESULTS



Overall, 17% of children spent their own money on a gambling activity in the week prior to taking part in the 2015 study.

### The most popular forms of gambling activity continue to be:

6% playing on fruit machines.

6% Placing a private bet with friends.

5% Playing cards for money with friends.

5% of 11-15 year olds have spent their own money on a draw-based game (i.e. The National Lottery) or scratch cards in the past seven days.

Amongst children who say they play the National Lottery, tickets or scratch cards are typically bought in the company of a parent/guardian who hands the money over at the point of purchase, from a corner shop or newsagent at the weekend.

The proportion of children classified as 'problem' gamblers is 0.6%.

Only 2% of young people aged between 12 and 15 develop gambling problems, but for those that do it can be very harmful. If you think about it, 2% is actually more than you think - for every fifty friends you have on Facebook, one of them might have a gambling problem.

"Darren" (Ashley Taylor Dawson) from Hollyoaks:

**If you could give a young person who is now, or has a friend who is struggling with gambling - what advice would you give them?**

"I'd say knowledge is key... gambling..can start at a very young age, even when you're at school. You're having bets with you're mates betting your pocket money or your dinner money..Gambling can be fun, but if you take it too far it can be your worst enemy...if you have a problem with it try and seek help. Help is there, and it's confidential so you don't have to worry about your parents, teachers, friends or anything. It's someone you can speak to and you can feel at ease that no one is going to find out. Give them a fake name if you want to, it doesn't matter."

