

Addiction & Mental Health

Up to 10 hours (approx.)

Overview: 5.10

Discuss potential reasons for starting gambling when you have never gambled before. How can you decide if you are addicted to gambling? Research in detail and collect source material, data and other evidence to help you participate in a whole class discussion.

Learning Objectives: To understand the motivations for gambling

- To understand why individuals begin gambling.
- To look at both the positive and negative reasons why individuals continue engaging in gambling behaviours.
- To contribute appropriate comments to a discussion on why people gamble.
- To draw conclusions around motivations for gambling.

Learning Outcomes

1. I can prepare for a series of discussions about motivations for gambling.
2. I can offer comments, suggestions and questions appropriately.
3. I can respond positively and appropriately to comments made by other members of the group.
4. I can discuss reasons for people gambling in an appropriate way.

Resources

1. Power-point presentation on 'Addiction & Mental Health'.
2. Infographic on 'Addiction & Mental Health'.
3. Downloadable information sheets with facts and figures.
4. 'Gambling Addiction' guidance notes and downloadable support materials.

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Starter

(30 minutes)

Why do people begin gambling?

Explain that the basis for a discussion about why people gamble and associated themes lies within strong research. This may have been completed in challenge 5.9 and this challenge can follow on.

Main Activity

(up to 9 hours)

Regular discussions on why people gamble

'Why People Start To Gamble' is a complex subject and both background reading and discussions could take place over a number of weeks with a different focus. Once students feel ready to discuss some of the issues, complete a safe learning environment to ensure students can talk in an appropriate way, individually.

It may be useful for another student to take notes or to record the discussion. It may also be useful to use a reporting framework if the conversation meets the needs of other subject areas.

Findings from the discussion should be recorded in an appropriate format and shared. Students can use the skills sheet for 'Preparation and Discussion' as appropriate. Students should use the appropriate skills sheet and complete the preparation and review sections to support this activity fully.

Plenary

(30 minutes)

What have we learned?

This is a very straightforward summary of the discussion for the particular session which can then be recorded in an appropriate manner in the centre for future use.

Extension Task

Ask parents, teachers, tutors to complete the same discussion topics as part of a 'Problem Gambling and Mental Health' forum.