



**Professionals Supporting Children and Families**

**Safeguarding Our Digital Generation**

# Housekeeping



# Welcome

Aspiration 1 : Young People's Awareness

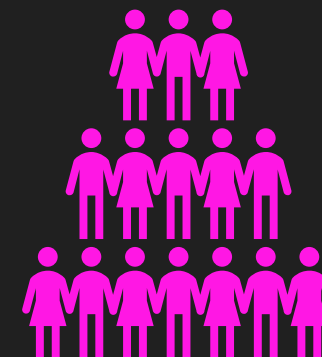
Aspiration 2 : The Youth Professional Workforce

Aspiration 3 : Parents and Families

Aspiration 4 : Age-Appropriate Treatment

**YOUNG PEOPLE'S  
GAMBLING  
HARM PREVENTION  
PROGRAMME**

Education | Training | Support



This programme is funded by Playtech and Merkur. The content is written by qualified teachers and experienced content developers alongside individuals with lived experience of gambling harms.

# Learning Outcomes



You will understand why children/young people might game/gamble



You will recognise the potential risks of gaming and gambling and the associated harms



You will recognise the signs of gaming and gambling harm



You will know how/where to get further support for children and families



You will have increased confidence when talking to young people about gambling and gaming





# 10 Second Type



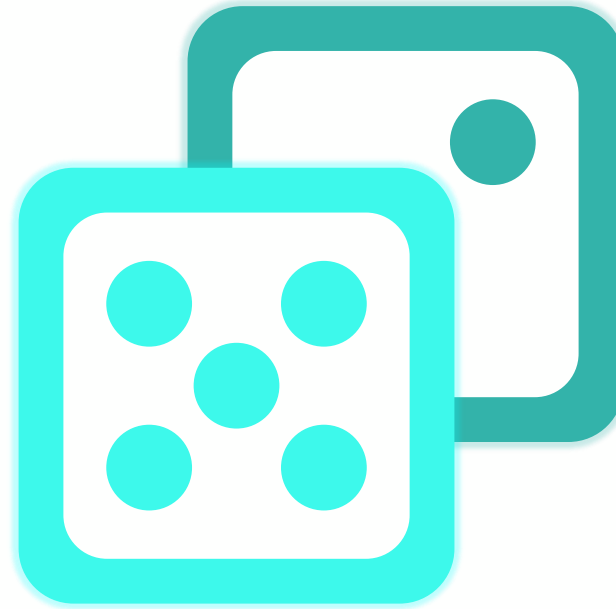
What words do you associate  
with gambling?



# What is gambling?

## What is gambling?

Betting, gaming,  
participating in a lottery



## Gambling harm

Gambling to a degree that  
compromises, disrupts or  
damages family, personal  
or recreational pursuits

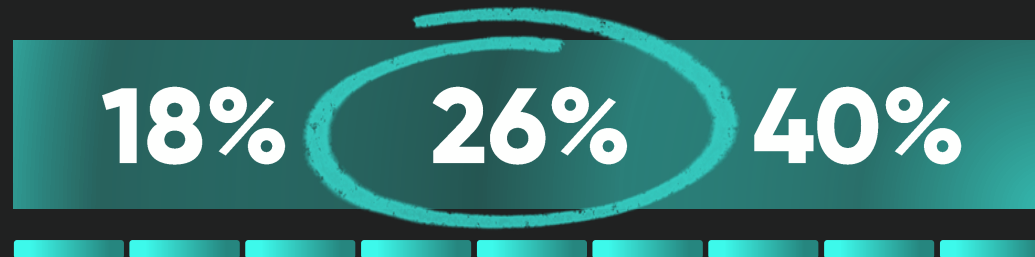
**Gambling-Related Harms are the adverse impacts from gambling on the health and wellbeing of individuals, families, communities and society**

[Source: Gambling Commission](#)

# Quiz Time!

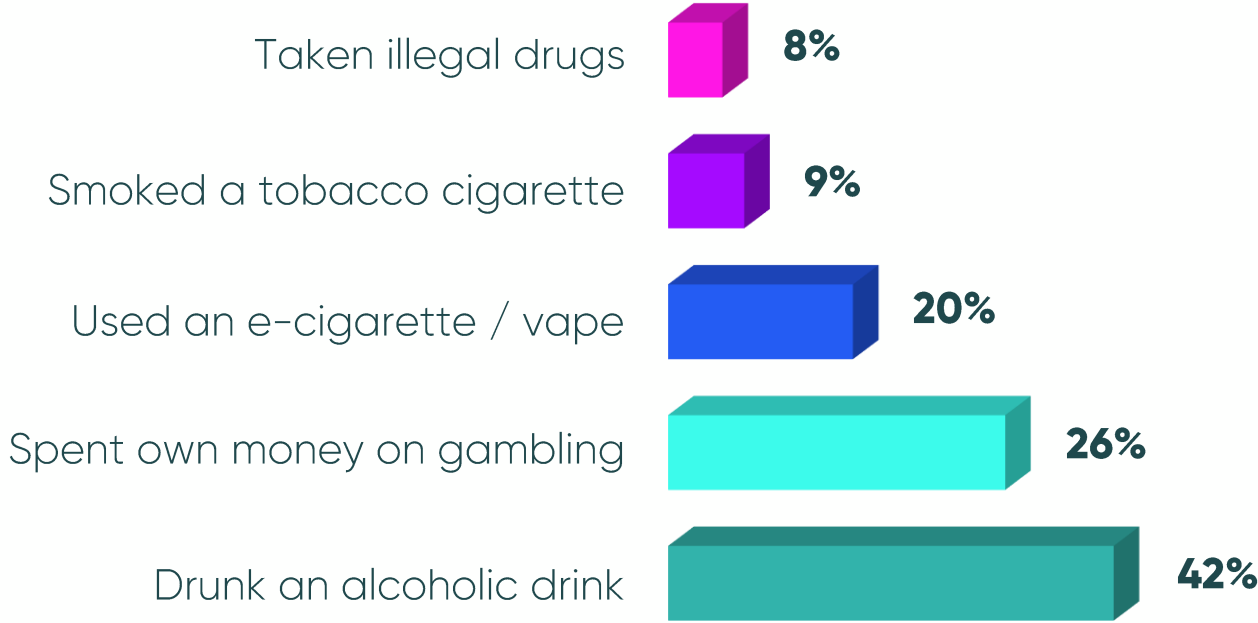


What % of 11-17 year olds spent their own money on gambling in the last 12 months?

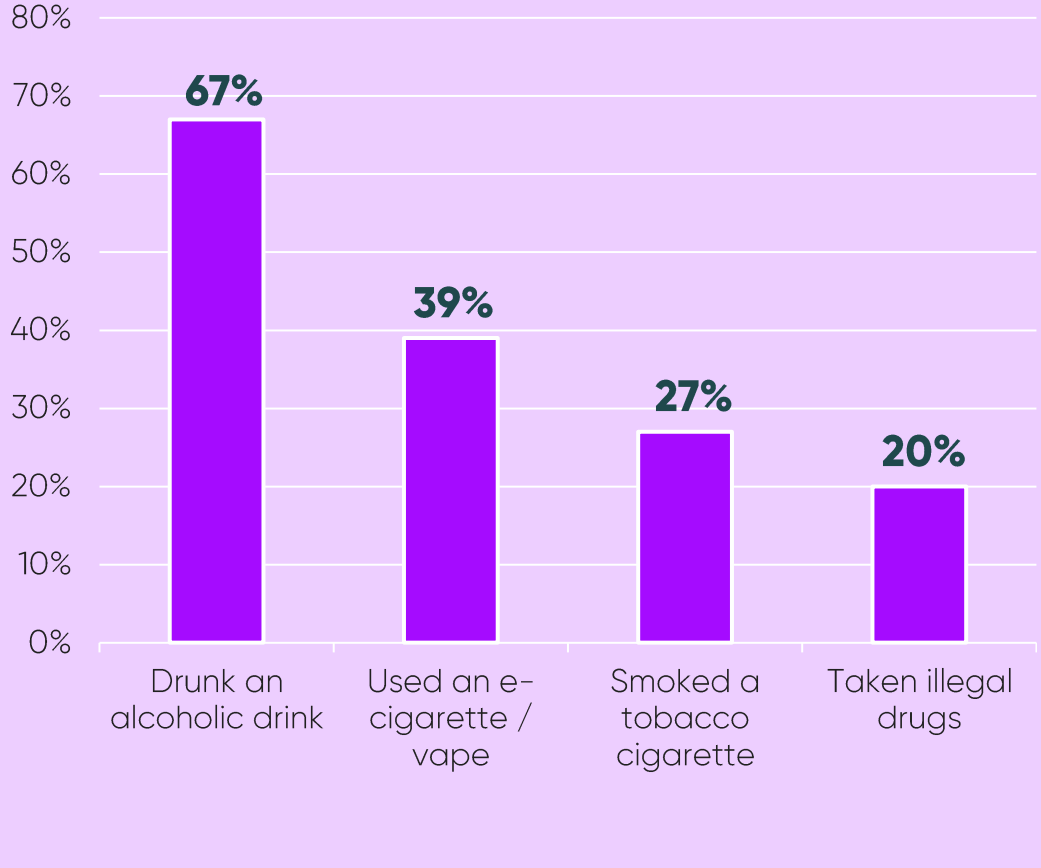


# Facts and Figures

## Activity Participation in the Past 12 months



## Other Risk Taking Activities





# Why do young people gamble?

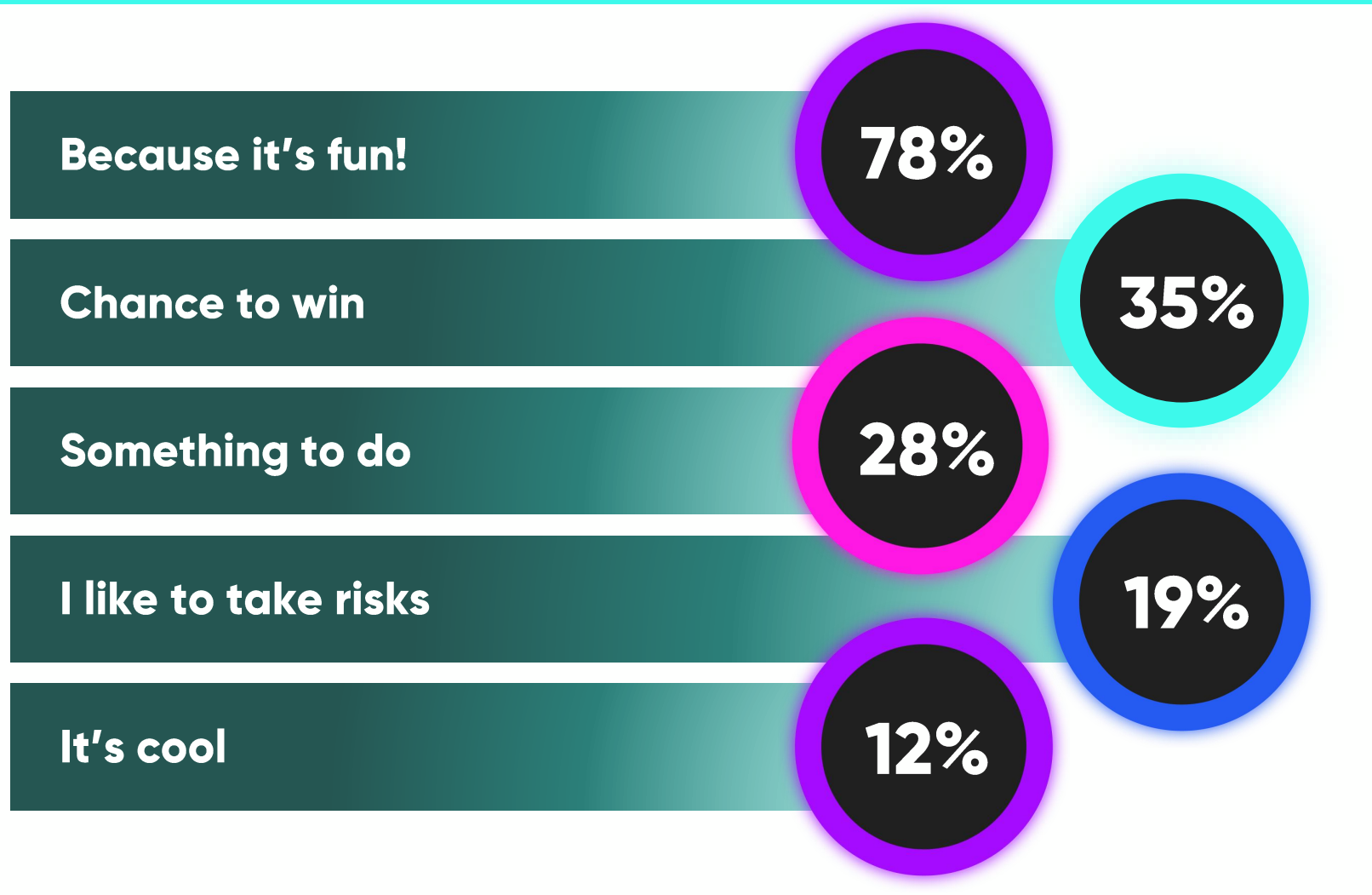


Why might children  
/ young people  
gamble?



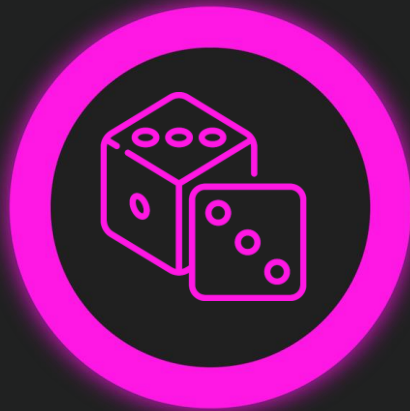
What might  
influence children  
and young people?

# Why might young people gamble?



# Why do young people gamble?

90%



Felt guilty about gambling

Ygam/Redbrick 2019

2:3



Say they kept issues and problems to themselves

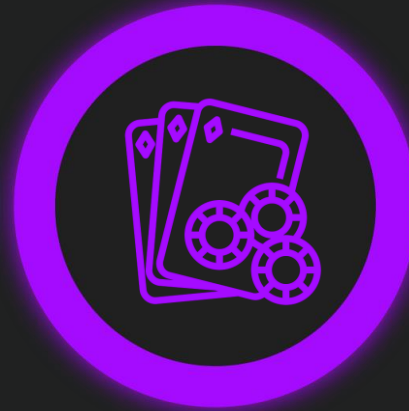
48%



Gambled to supplement their income

The Gambling Commission and NUS 2019

1:10



Used some of all of their student loan to gamble

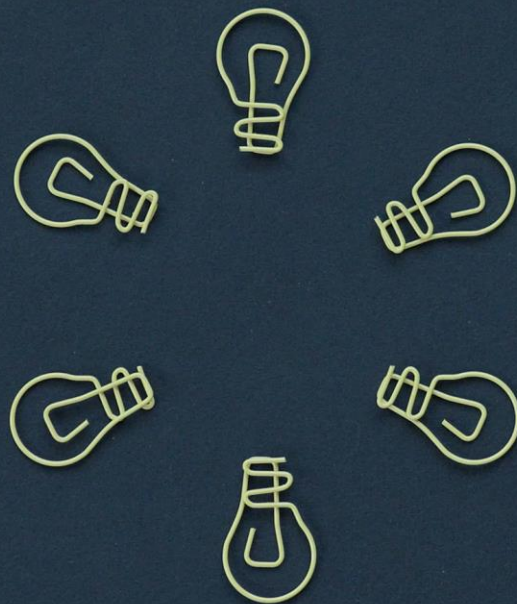
£1000



Debt with some owing £5000



# Influences

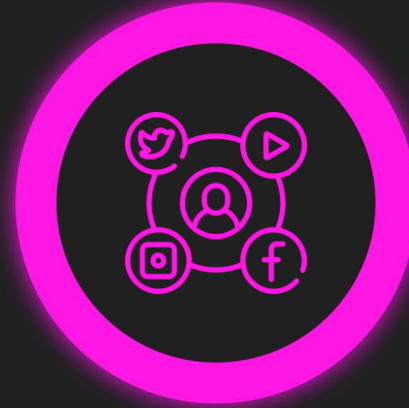




# Influences



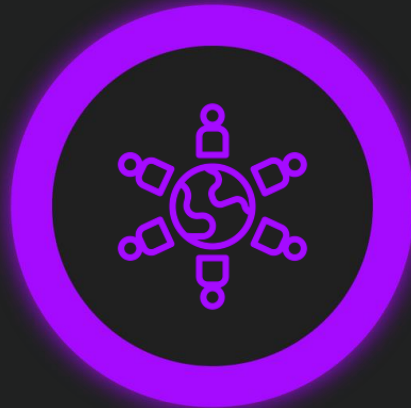
**TV Advertising**



**Social Media /  
Internet**



**Radio**



**Socio-cultural**



**Family**



**Friends**

# Advertising

“Betting is increasingly seen as a normal part of supporting your team or following a sport.”  
PROFESSOR JIM ORFORD, GAMBLING WATCH UK



Match of  
the day



Gambling logos in PL  
matches

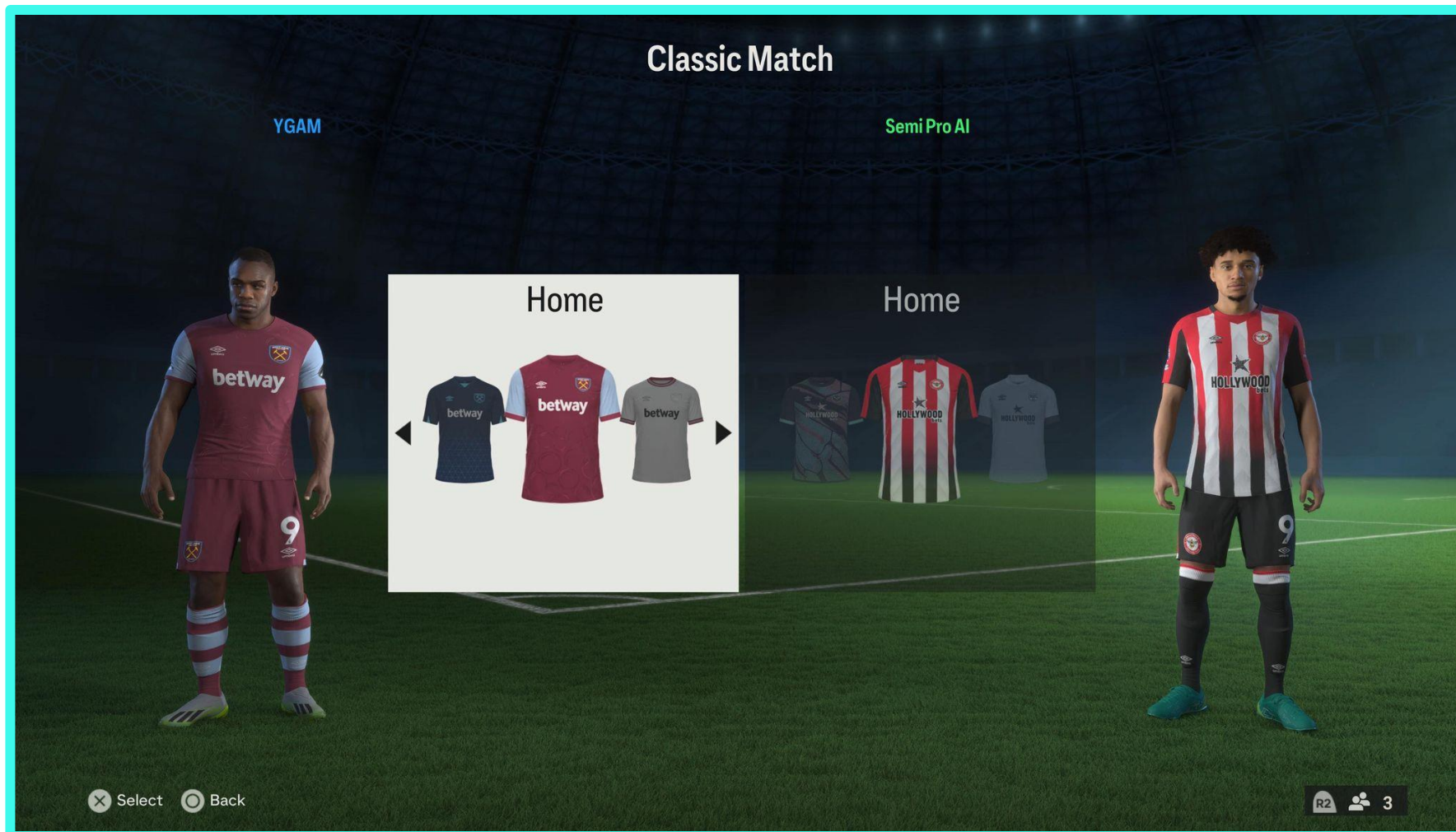


# Advertising

“Betting is increasingly seen as a normal part of supporting your team or following a sport.”  
PROFESSOR JIM ORFORD, GAMBLING WATCH UK



# Advertising





# Current Legislation



Source: Ofcom 2022

# Current Legislation



# Gaming

The good, the bad and the misunderstood



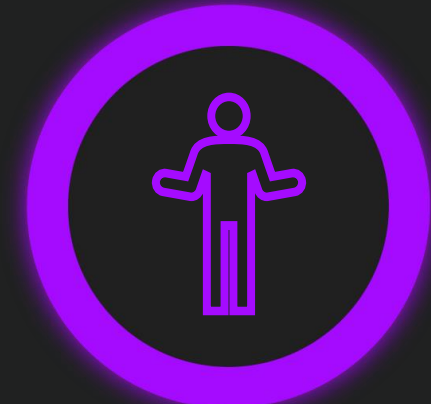
# Gaming



- Cognitive development
- Story telling
- Reading
- Hand eye coordination
- Leadership
- Problem solving
- Competitive skills
- Connecting with friends
- Sense of belonging



- Behaviour
- Unsuitable content
- Language, content, bullying
- Peer pressure
- Expense
- Impact on Education
- Health
- Interactions



- The appeal
- Jargon
- Microtransactions
- Terminology
- Can support learning
- Can be social
- What's a healthy amount?
- Age ratings

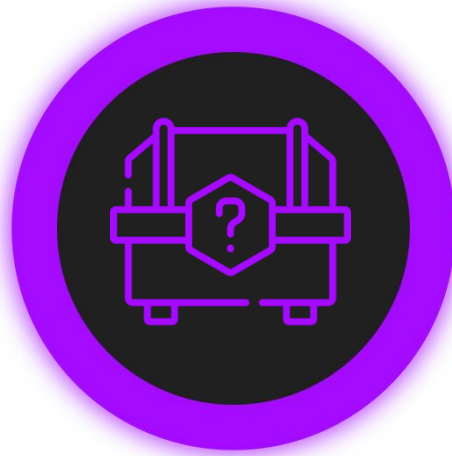


# Microtransactions

Microtransactions are in-game purchases that unlock specific features or give the user special abilities, characters or content



In-Game  
Currency



Random Chance  
Purchases

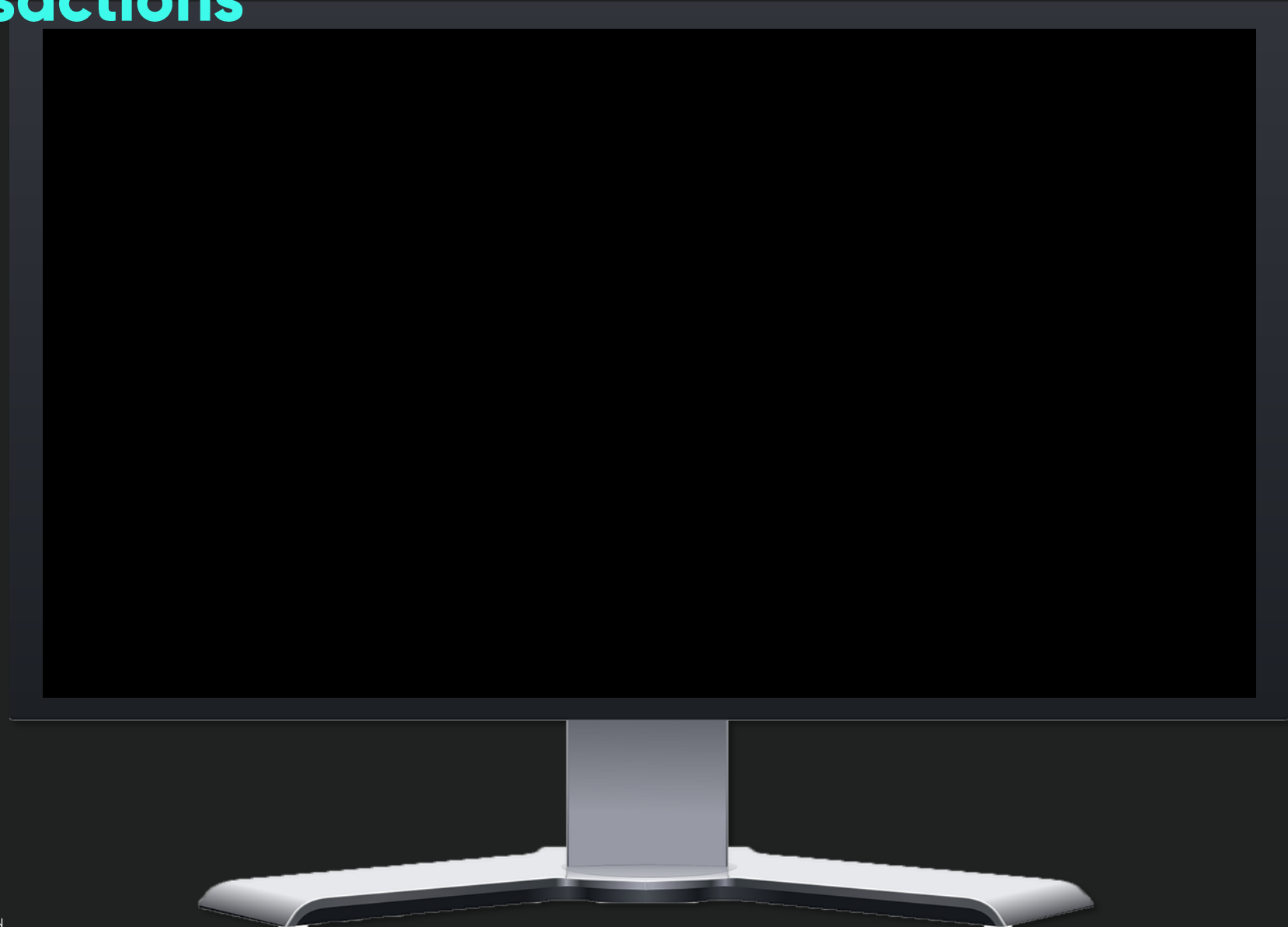


In-Game  
Items



Expiration

# Microtransactions



# Loot Box Opening

**How does it make you feel?**

**What do you notice about the colours and the sounds**

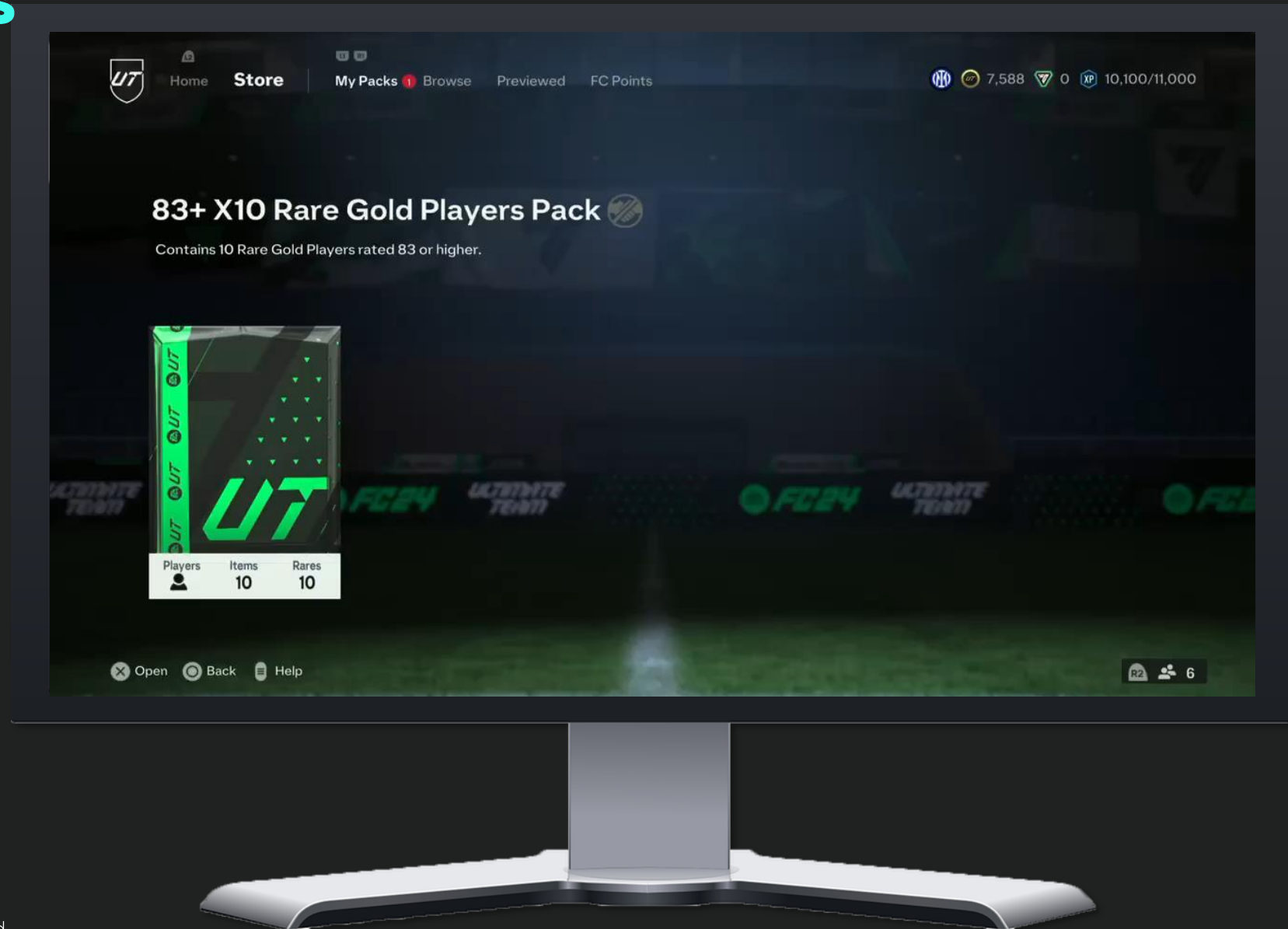
**What would you compare it to?**

**Does it make you want to open another one?**

**How might they entice/attract children or young people to buy them?**



# Loot Boxes



# What does this mean to young people?

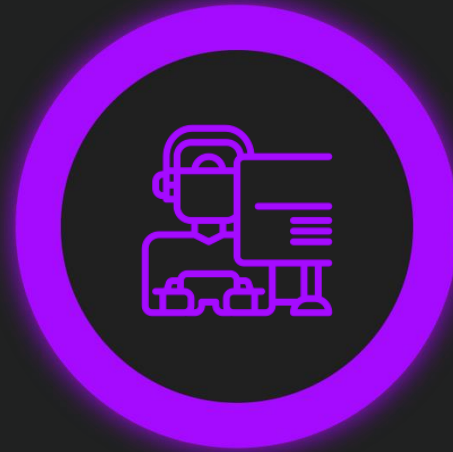
**The Action**

**Surprise / Suspense**

**Desire to win rare item**

**Social**

**In-game advantage**



As soon as I was getting better players, I wanted to get better and better and like, I couldn't stop. In my head I was like 'stop', my guts were saying 'stop', everything was saying 'stop', but my brain wasn't. My brain was like 'keep opening'. It was hard.'

**Peer Pressure**

**Influencers**

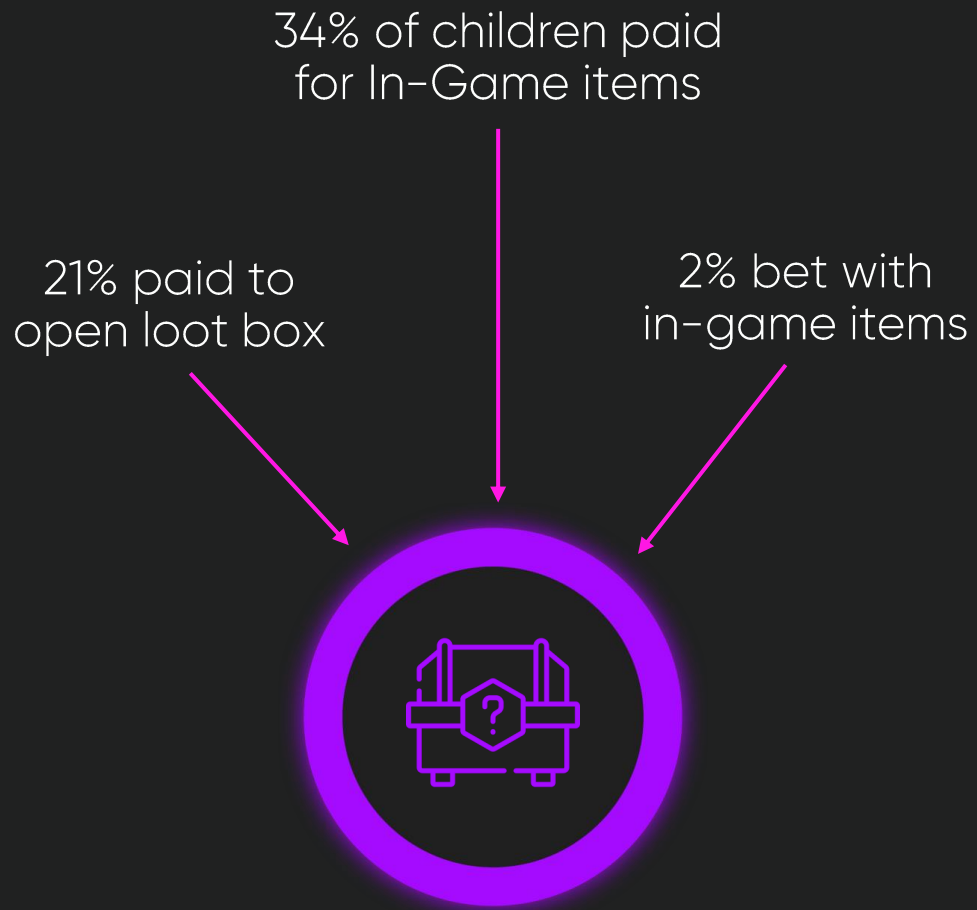
**Unfair**

**Frustration**

**Trading / Profit**



# Loot Boxes



**July  
2020**

"If a product looks like gambling and feels like gambling, it should be regulated as gambling... The government must act immediately to bring loot boxes within the remit of gambling legislation and regulation."

The House of Lords Select Committee, 2<sup>nd</sup> July 2020

**Sept  
2020**

Call for evidence unveiled a link between loot boxes and gambling harms, as well as wider mental health, financial and problem-gaming harms.

**July  
2022**

Games companies are asked to improve protections for children as well as players of all ages from the risk of harm.

Government Response on Loot Boxes

**Esports**

**ESPORTS**

# Esports – What is it?



# Esports



**532 Million**

Global Esports  
audience

Source: [statista](#)



**\$18 Million**

Prize pool for the  
2022 International  
DotA 2

Source: [Esports Earnings](#)



**\$7.2 Million**

Highest earning  
player

Source: [Guinness World  
Records](#)

# Advertising, Gambling and Esports



ENCE – Jing Ji Bao



Godsent – CoolBet



Team Secret – Stake



Monte – FavBet

**In the UK GGY from Esports leaped by 124% between April & May 2020**

Source: Gambling Commission July 2020

**Almost 1/3 of replies & retweets on Esports gambling Twitter posts are from under 16's**

Source: Gamble Aware and Bristol University 2019



# Recap



**Why might CYP  
Gamble or Game?**

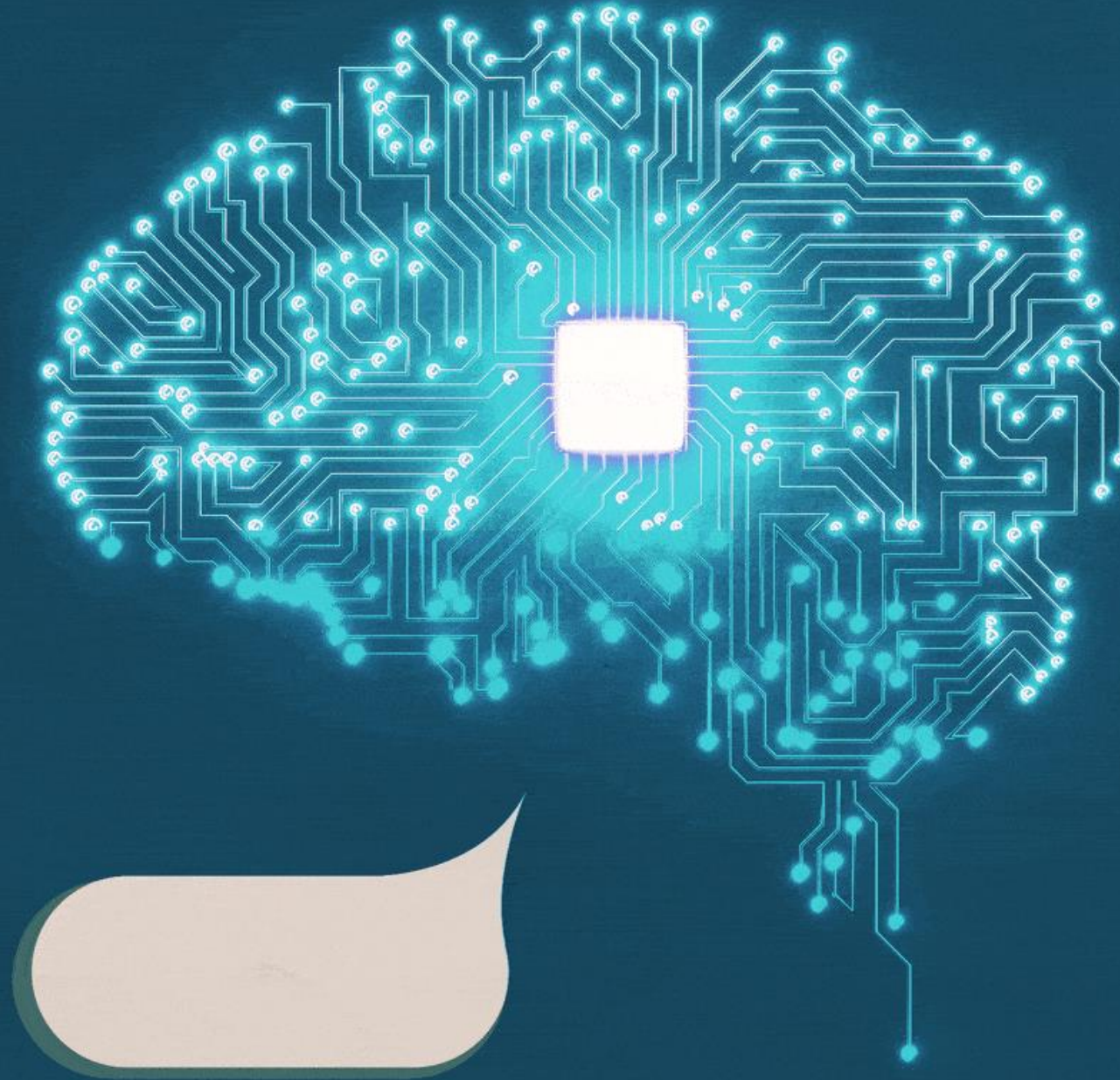


**What things may  
influence a CYP**



**Any questions?**

# The Brain



# The Gambling Brain



2 key areas are associated with gambling

- Ventral striatum – reward hub
- Medial Prefrontal Cortex – decision making hub

Dopamine causes a high in the reward hub when we gamble. When done regularly this behaviour can move to the dorsal striatum- the habit hub.

Once a habit is formed, we need to do more of the activity to get the same dopamine high we crave, which is associated with the behaviour.

The reward hub and the decision-making areas are less active in an individual experiencing harm as a result of gambling. The brain doesn't say stop and the behaviour moves from one of wanting to gamble to one of needing.

Source:

Koehler, S., Hasselmann, E., Wüstenberg, T. *et al.* Higher volume of ventral striatum and right prefrontal cortex in pathological gambling. *Brain Struct Funct* 220, 469–477 (2015). <https://doi.org/10.1007/s00429-013-0668-6>

Damien Brevers & Xavier Noël (2013) Pathological gambling and the loss of willpower: a neurocognitive perspective, *Socioaffective Neuroscience & Psychology*, 3:1, DOI: [10.3402/snnp.v3i0.21592](https://doi.org/10.3402/snnp.v3i0.21592)



# What happens inside the gaming brain?

**Dopamine**

**Oxytocin**

**Serotonin**

**Endorphins**

**Adrenaline**





# Motivation to Game

Dr David McClelland's Human Motivation Theory identified that; we seek 3 key needs:

Autonomy – The power of self-determination,

Belonging – A feeling of fitting in

Competence – We want to feel that we are good at what we are doing

Source: [mindtools](#)

**Autonomy**

**They get to pick and lead their own adventures**

**Belonging**

**They can play online with friends and build a community**

**Competence**

**Levelling system with the chance to unlock skills**

# Risks and Potential for Harm



# Gambling and Mental Health



## RECOVERY

During this stage, gambling addicts realise through the help of their counsellors, therapists that they can rebuild their lives and regain what they have lost.

ILLINOIS INSTITUTE OF ADDICTION

19%

Problem gamblers considered suicide in the last year.

Source: [Gamble Aware 2017](#)

6x

Problem gambler more likely to have suicidal thoughts.

Source: [Lund University 2018](#)

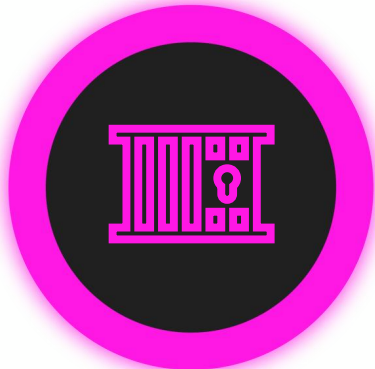
"... Especially when debts are so severe that suicide becomes part of the solution a person thinks about in a crisis, with the feelings of what you have caused to your family members."

-PROFESSOR ANDRES HAKANSSON: LUND UNIVERSITY

# Potential Impact



Housing/ Homeless Applications:  
**£10-60 Million**



Incarcerations:  
**£40-90 Million**



Health:  
**£180-760 Million**



JSA Claimants:  
**£40-160 Million**

Source: Institute for Public Policy Research supported by GambleAware | Gambling Commission 2018. Gambling Related Harm as a Public Health Issue.



# Affected Others: Impact on the child



## EMOTIONAL

- Depression
- Hopelessness
- Anxiety
- Confusion
- Guilt



## PHYSICAL

- Asthma
- Allergies
- Chronic headaches



## BEHAVIOURAL

- Running away
- Alcohol/tobacco abuse
- Over-eating
- Low academic performance
- Low employment performance
- Illegal acts

# Gambling Harm: Now & The Future



**Behaviour**

**Family**

**Friendships / Community**

**RELATIONSHIPS**

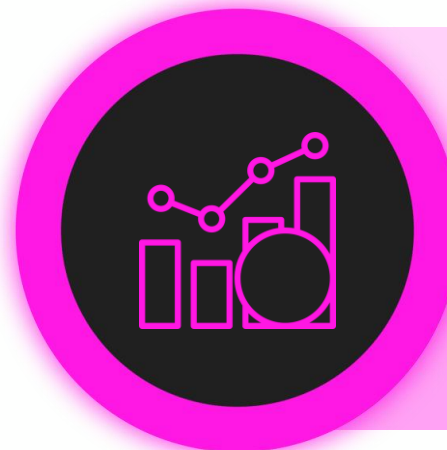


**Emotional Wellbeing**

**Mental Ill Health**

**Physical Health**

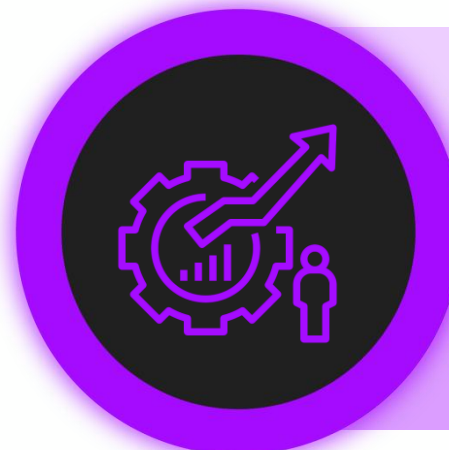
**HEALTH**



**Attitudes/Concerns  
About Money**

**Living Standards**

**FINANCIAL**



**Social & Emotional  
Functioning**

**Education**

**DEVELOPMENT**

# Gaming Harm



# Gaming Disorder





# Gaming Disorder

## Excessive:

Playing for long periods of time. May prioritise gaming over other hobbies



## Gaming Disorder:

“Mental Health condition which can have a hugely debilitating effect on people’s lives, both for patients and their families.”  
(period of 12 months or more)

Dr Henrietta Bowden Jones,  
Director of the Centre of Internet and Gaming disorder and Royal College Psychiatrists

# Recap



**What are the  
potential risks?**








**Any questions?**





# Spotting the Signs of Harm

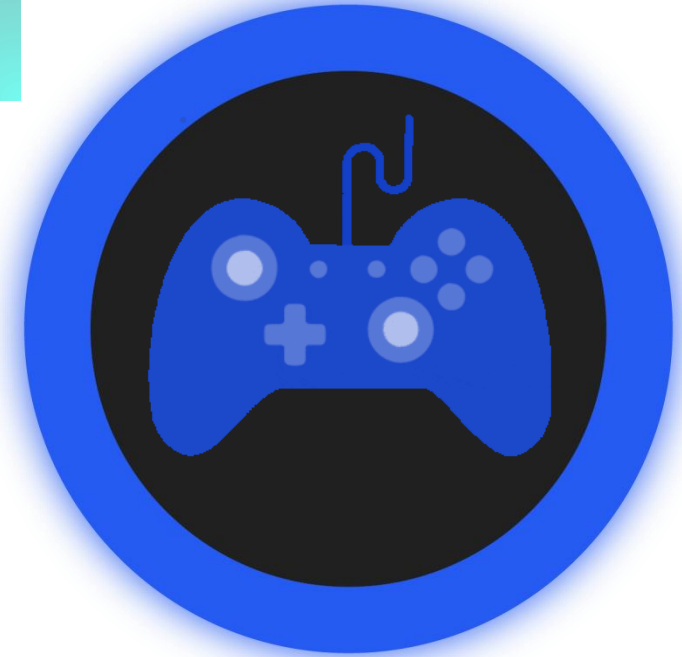
# Spotting the Signs: Gaming Disorder

## Emotional Signs

-  Preoccupation with gaming
-  Downplaying time gaming
-  Unable to set time limits
-  Avoiding family / friends
-  Being overly defensive

## Physical Signs

-  Headaches or migraines
-  Neglecting hygiene
-  Extreme fatigue
-  Carpal tunnel syndrome



# Spotting the Signs: Gambling Harm

- ⚠ Spending too much time and/or money
- ⚠ Finding it hard to manage or stop
- ⚠ Arguing with family or friends
- ⚠ Thinking or talking about it a lot
- ⚠ Chasing losses or suffering debt
- ⚠ Gambling until you have nothing left
- ⚠ Feeling anxious, worried
- ⚠ Losing interest in hobbies
- ⚠ Neglecting personal needs
- ⚠ Lying about / hiding gambling
- ⚠ Selling possessions





# Gambling Harm

**Gambling disorder is a repeated pattern of gambling behaviour where someone; feels they have lost control, but continues to gamble despite negative consequences and sees gambling as more important than any other interest or activity.**

- Royal College of Psychiatrists

# Founder Patron: Anne Evans. My son Alan



# Lived Experience of Gambling Harms



# Affected Others

One of my earliest memories, (possibly aged 3) was hiding behind the sofa when there was a knock at the door. We were hiding from the bailiffs. Looking back there wasn't much left to take (everything had been sold). A TV in the corner of the room and a beaten up sofa. A knock at the door would literally terrify me about what 'might' happen.

Anon: Affected other (2<sup>nd</sup> Eldest)

I rarely attended school. It wasn't until we went in to care that I realised you were supposed to go five days a week.

Anon: Affected other (Eldest sibling)

A neighbour reported that she had seen us eating out of bins. The police and Social Services came to our school. I was 9.

I was 5. I knew he drank and smoked but at that age we didn't know much about gambling. We read it in our case files later. My sister said, there was always bookie pens and betting slips in our house.

# How you can help



# How you can help



**Increase your  
knowledge**



**Try to take  
a balanced  
approach**



**Be mindful  
of your  
tone/any bias**



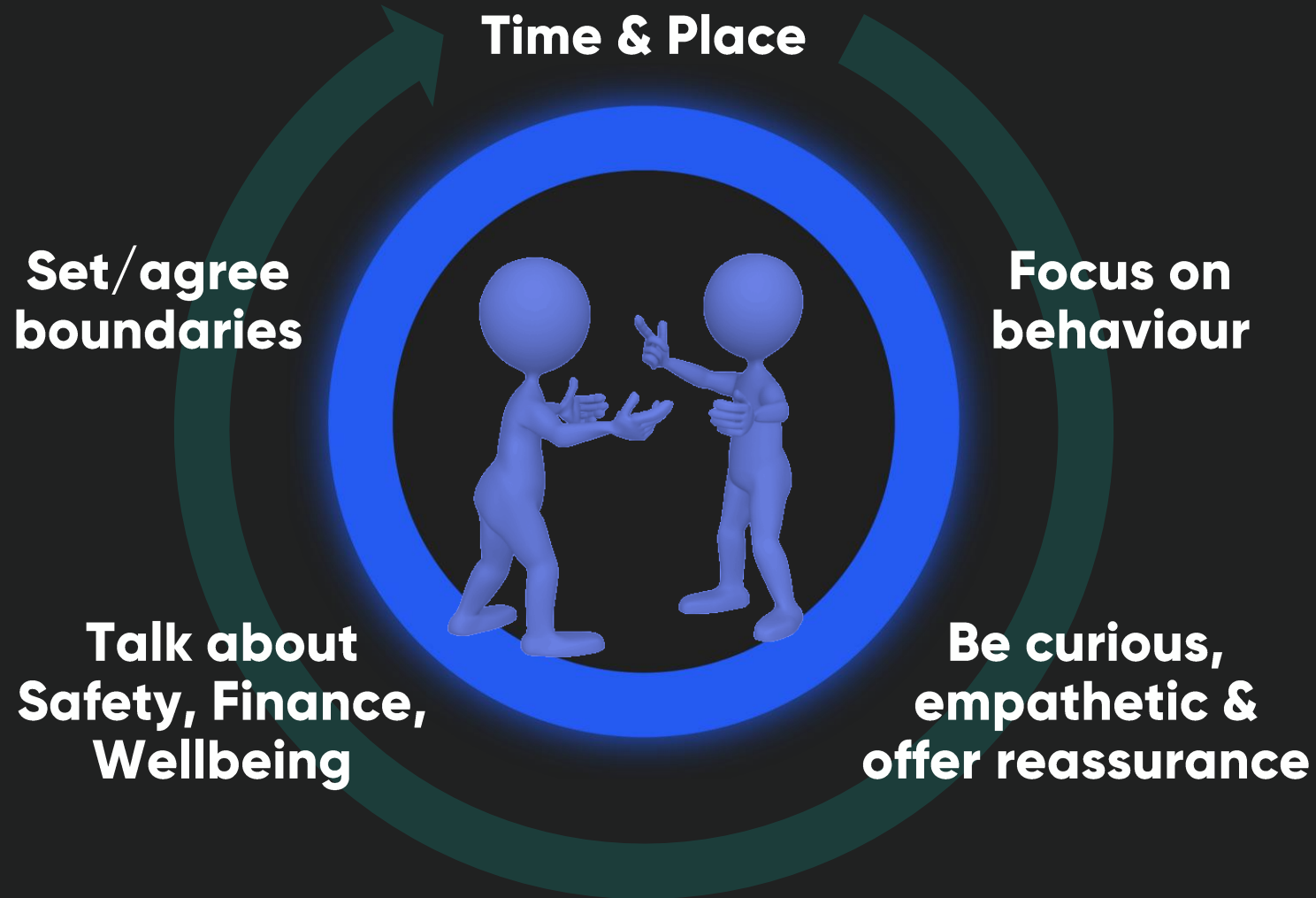
**Reassure  
them**

# How You Can Help

## What You Say Vs What I Hear

I didn't think you did stuff like that.	I feel judged.	Stigma	I've noticed this is important to you.
Don't worry – it isn't that bad.	I'm weak!	Shame	What do you enjoy about it/ what do you want to do differently?
Why don't you just stop?	I'm useless!	Guilt	Is there anything that worries you/that you want to change?
Should you be doing that?	I can't do anything right!	Shame	What does it give you that other activities don't?

# It's good to talk

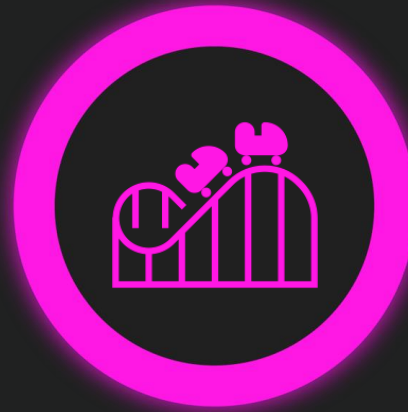


# How you can help



Name the emotion.

This helps the CYP feel understood.



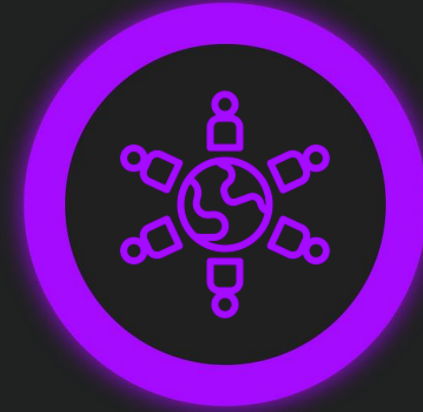
Discuss feelings.

Helps develop self regulation, boosts emotional and social well being



Acknowledge feelings.

Verbalising their feelings helps them to feel validated.



Introduce the concept of reflection and support.

Think about other ways to express ourselves. What might we do differently? What support do we need?

# Gaming: Setting boundaries

## Tips for parents and carers

Consider & agree a game limit rather than play/time limit

Visual and/or auditory reminder

Game suitability: Check the PEGI/age rating

Chat functionality: Set controls and agree behaviour code

Provide time to wind down

Introduce a bed time routine

More information on our Parent Hub [www.parents.ygam.org](http://www.parents.ygam.org)



# Tips for Parents and Carers

## Talk about:

- Online Safety
- Peer Pressure
- FOMO
- Blurred Lines
- Wellbeing

## Monitor:

- Who
- What
- Set controls
- Review
- Explain

## Agree:

- Behaviour
- Report/Act
- Check-in
- Spending limits

## Balance:

- Hobbies
- Homework
- Exercise
- Chores
- Model behaviour

## Consider:

- Screen Free Day
- Reset monthly
- Family agreement
- Child's needs

## Empower:

- Know how to get help
- Attach feelings and emotion to behaviour
- Listen
- Agree a way forward

# Signposting Options



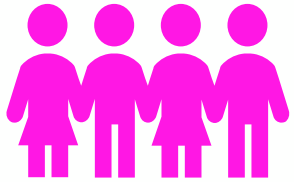
Young People Support service:  
[YoungPeopleService@gamcare.org.uk](mailto:YoungPeopleService@gamcare.org.uk)



National Gaming Clinic and Gambling Clinics  
[ncba.cnwl@nhs.net](mailto:ncba.cnwl@nhs.net) 02073817722

# Ygam Resources

**Home to over 1000 resources  
Let's explore our Ygam Resource Hub!**



Age-  
Appropriate  
resources



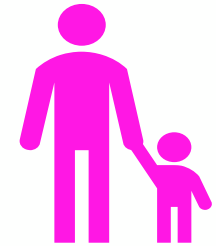
Variety of  
options for  
delivery



Data sheets  
and  
resources



Print and go



Dedicated  
Parent Hub

# Reflection



L.O 1: You will understand why children and young people might game/gamble



L.O 2: You will recognise the potential risks of gaming and gambling and the associated harms



L.O 3: You will recognise the signs of gaming and gambling harm



L.O 4: You will know how/where to get further support for children and families



L.O 5: You will have increased confidence when talking to young people about gambling and gaming

**Any questions,  
observations or  
reflections?**



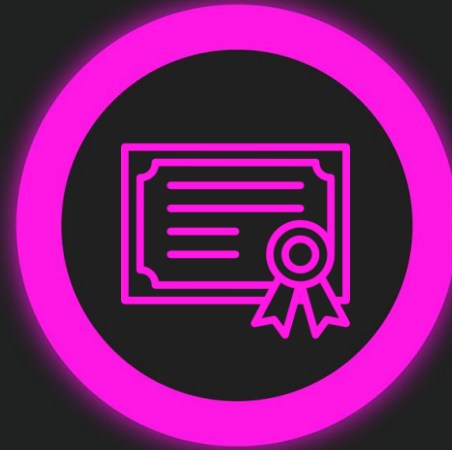


# What happens next?



Details of how to  
access our  
resources and  
slides

A feedback survey

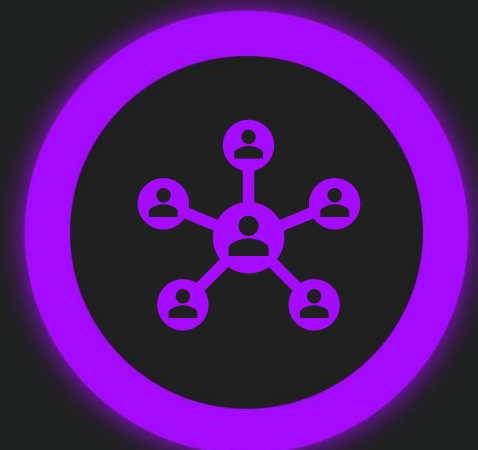


City & Guilds  
certificate and  
digital  
credential



Spread the Ygam word!  
Teachers/Youth Workers

Parents and Carers  
Health and Social Care  
University Staff



Access to  
continued CPD  
via our vast  
range of Ygam  
Alumni sessions

# Opt In



To receive our Alumni Newsletter featuring updates, links to research articles and opportunities to access additional Alumni sessions (e.g. Crypto, lived experience and LGBTQ)



To avoid duplication, please use the same email address



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**#SafeguardingOurDigitalGeneration**