

A young man and woman are looking at their smartphones outdoors. The man is wearing a black t-shirt and a backpack, and the woman is wearing a dark t-shirt. They are both looking down at their phones. The background is a blurred outdoor setting with trees and a building.

Preventing Gambling Harms in
Diverse Communities

The Young Gamers and Gamblers Education Trust

Providing the tools and information to build resilience, inform, educate and safeguard young people about the potential harm of gaming and gambling.

House Keeping



Preventing Gambling Harms in Diverse Communities Programme



Phase 1: External Audit



Phase 2: Clearview Research working closely with a co-creation group



Phase 3: Evaluation of the programme

Preventing Gambling Harms in Diverse Communities Programme



Workshops for Faith and Community Leaders

Workshops for CYP delivered by REDCARD and TALKGEN

Resources for use in your practise

The background of the slide is a photograph of three large icebergs floating in a blue sea under a clear sky. The image is overlaid with a semi-transparent blue filter. Two large, thin white circles are positioned on the page, one on the left and one on the right, partially overlapping the icebergs. The title 'Ice Breaker' is centered in a bold, orange, sans-serif font with a slight drop shadow.

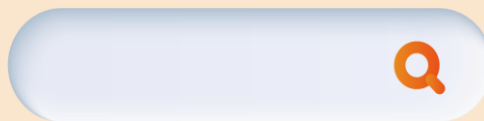
Ice Breaker



What Do You Know?



What % of 11-16 year olds spent their own money on gambling in the last 7 days?





What Do You Know?

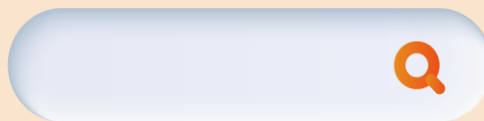


What year was the Gambling Act published?

2014

2005

1945

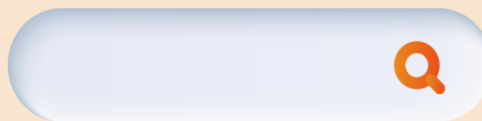




What Do You Know?



How much time per day do UK children (10-16) spend gaming?





What Do You Know?

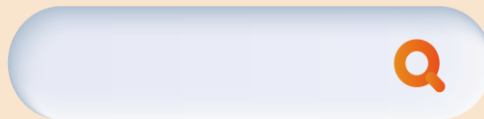


What is the ratio of Black, Asian and Minority Ethnic gamblers suffering significant harm?

1 in 4

1 in 2

1 in 6





Learning Outcomes



You will increase your knowledge and understanding of gambling and gaming and the related harm



You will understand the triggers and risk factors to gambling and gaming harm for young people in diverse communities



You will understand the role religion and culture can play in young people's views and actions in relation to gambling and gaming



You will recognise the signs of harm and understand what support can be provided



You will understand what skills and tools can be used to prevent gambling and gaming related harm



10 Second Type



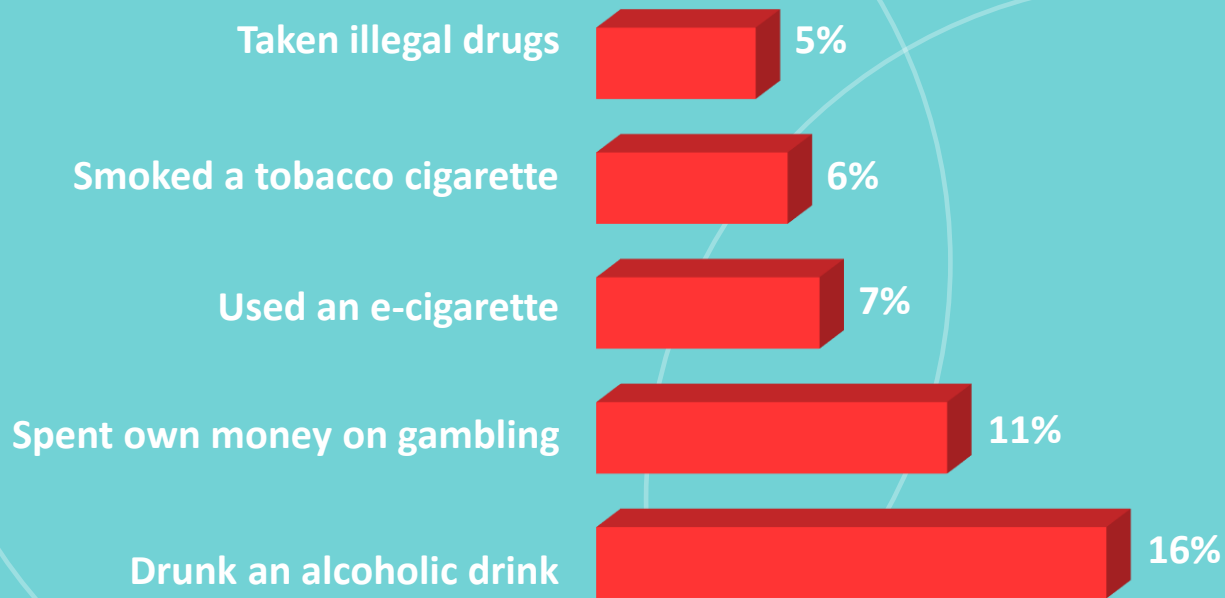
What words do you associate with gambling?



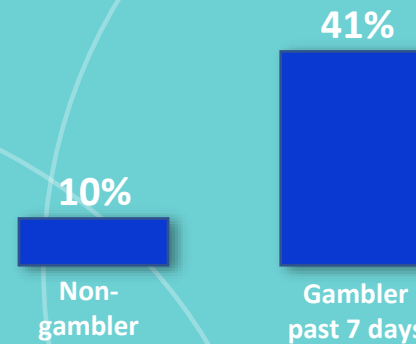


Facts and Figures

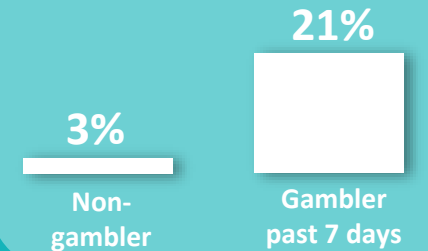
Activities Participated in Past 7 Days



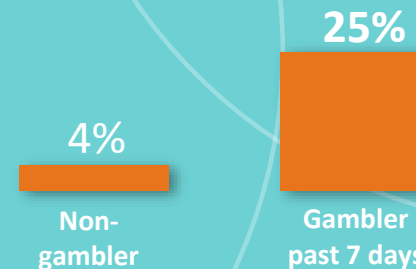
Drunk an alcoholic drink



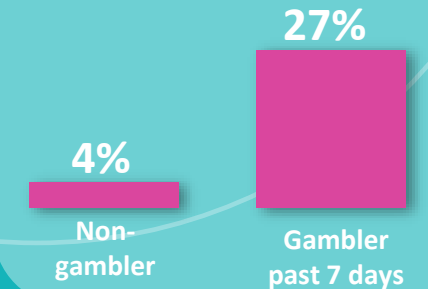
Taken illegal drugs



Smoked a tobacco cigarette



Used an e-cigarette





What do The Scriptures Say?



Islam



Sikhism



Christianity



Hinduism



Judaism



What is Gambling?

A



Casino

B



Bookmakers

C



National Lottery

D



Horse/Dog Racing

E



Scratch Cards

F



Mobile: Sports Bet

G



Bingo

H



Mobile: Casino Game

I



Fruit Machine

J



2p Machine



Comparing Gambling



Casino



Bookmakers



National Lottery



Horse/Dog Racing



Scratch Cards



Mobile: Sports Bet



Bingo



Mobile: Casino Game



Fruit Machine



What is Gambling?



What is gambling?

Betting, gaming,
participating in a
lottery

What is problem gambling?

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.



Gambling Related Harm: Now & The Future



RELATIONSHIPS

Behaviour

Family

Community



HEALTH

Emotional Wellbeing

Mental Ill Health

Physical Health



DEVELOPMENT

Social & Emotional
Functioning

Education



FINANCE

Attitudes/Concerns
About Money

Living Standards

Source: IPSOS MORI/ Gambling Commission: Measuring Gambling related Harm Amongst Children and Young People: A Framework for Action 2019



**Any Questions, Observations
or Reflections?**



Gambling in Diverse Communities

1 in 2

Black, Asian, Minority
Ethnic individuals
gamble

340 000

people are thought to
be problem gamblers in the
UK Source: Gambling
Commission 2016

1 in 4

Black, Asian, Minority
Ethnic gamblers suffer
significant harm

1 in 15

Black, Asian, Minority
Ethnic gamblers suffer
most significant harm

3%

of problem gamblers
in UK seek help

3 in 4

of all White British
ethnicity gamble in the
UK



Mental Health



Winning Stage



Losing Stage



Desperation Stage



Hopeless Stage

Recovery Stage

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 For Addiction Recovery

Problem gambler is

6x

More likely to have suicidal thoughts

Source: [Gamble Aware 2017](#)

19%

Of problem gamblers considered suicide in the past year

Source: [Lund University 2018](#)

“...especially when debts are so severe that suicide becomes part of the solution a person thinks about in that kind of crisis, with the feeling of what you have caused to your family members”.

– Professor Anders Hakansson: Lund University



Mental Health and Stigma

"Mental illness [in our communities] is seen as **weakness** and we don't handle weakness very well. Particularly in church, we don't want to be associated with weakness...so, if one is **'weak'** then there's something wrong with you, and if there's something wrong with you then somehow you are less than [deficient]. You don't have enough faith. You don't have enough belief in God. There's not enough of God in you because if there was enough of God in you, you wouldn't be here at this particular spot now"

Source: [Exploring the relationship between stigma and help-seeking for mental illness in African-descended faith communities in the UK](#)



Barriers to Engagement

STIGMA

Not recognising mental health is an issue

Stereotyping

Guilt and shame

NOT KNOWING WHERE TO GET HELP

Not knowing how to seek help

Language barriers

Lack of culturally sensitive treatment

FINANCIAL

Private counselling

Increased work shifts

FAMILY AND FRIENDS

Only trusting family and friends rather than formal support

Not feeling listened to by the health professionals which leads to lack of trust



Source: [Mental Health Foundation](#)



Barriers to Engagement

CYP Assumptions

Practitioner Assumptions

They would not be heard or listened to

That adults would not understand

They would be judged

Attitudes and beliefs (Stereotypes)

Perception of the problem

Knowledge of resources



A photograph of two young men sitting at a table outdoors at night. The man on the left has bright red hair and is wearing glasses and a blue sweater, looking down at a laptop. The man on the right is smiling and looking at the laptop. The background shows green foliage and purple flowers. The word "Influences" is overlaid in large orange text. There are white circular lines around the men.

Influences



60 Second Type: What Might Discourage Young People From Gambling?



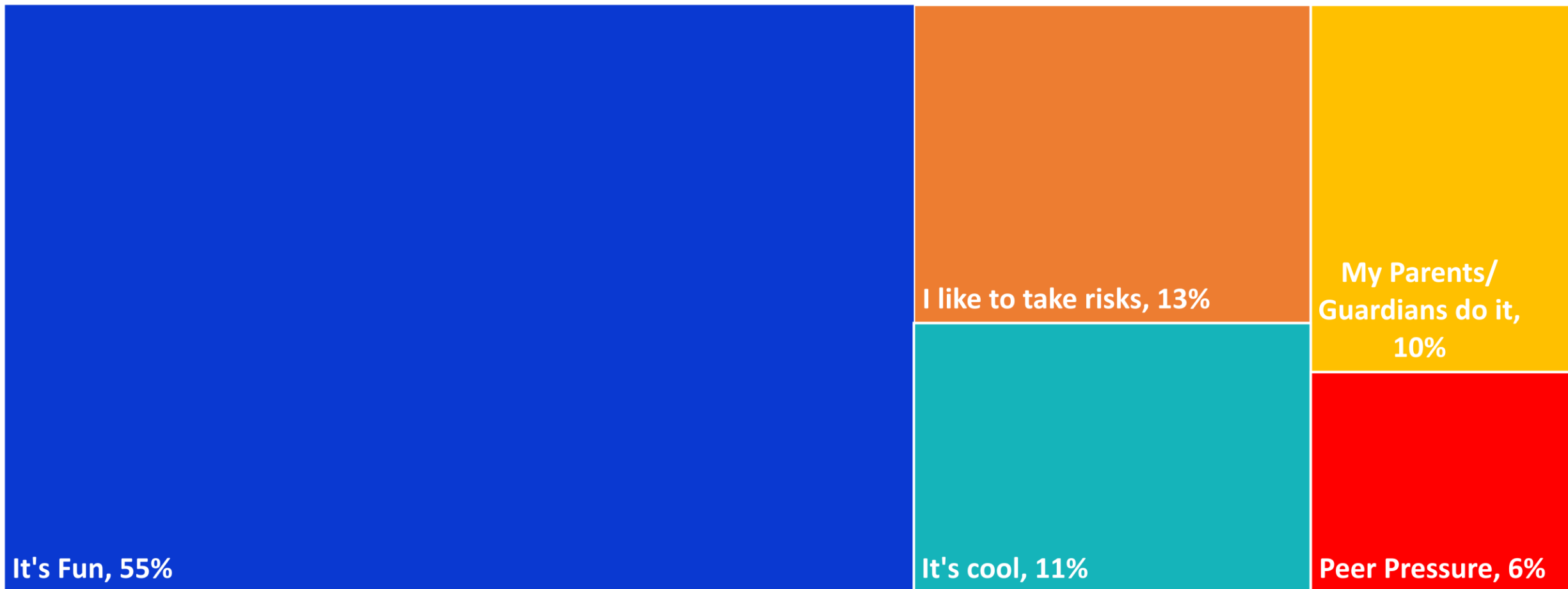


60 Second Type: What Might Influence Young People to Gamble?





Why Might Young People Gamble?





Why Might Young People Gamble?





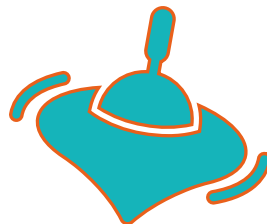
Why Might Young People Gamble?



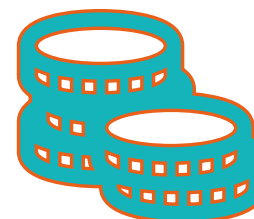
Coping



Recreation



Money





Advertising

“Betting is increasingly seen as a normal part of supporting your team or following a sport

- Professor Jim Orford, Gambling Watch UK



**90
MINUTES**

Adverts
during
World Cup

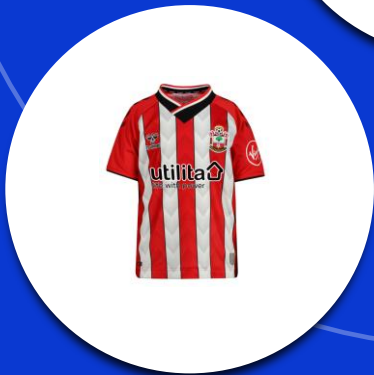
**241
TIMES**

Match
of the
Day



Advertising

“Betting is increasingly seen as a normal part of supporting your team or following a sport
- Professor Jim Orford, Gambling Watch UK





Advertising



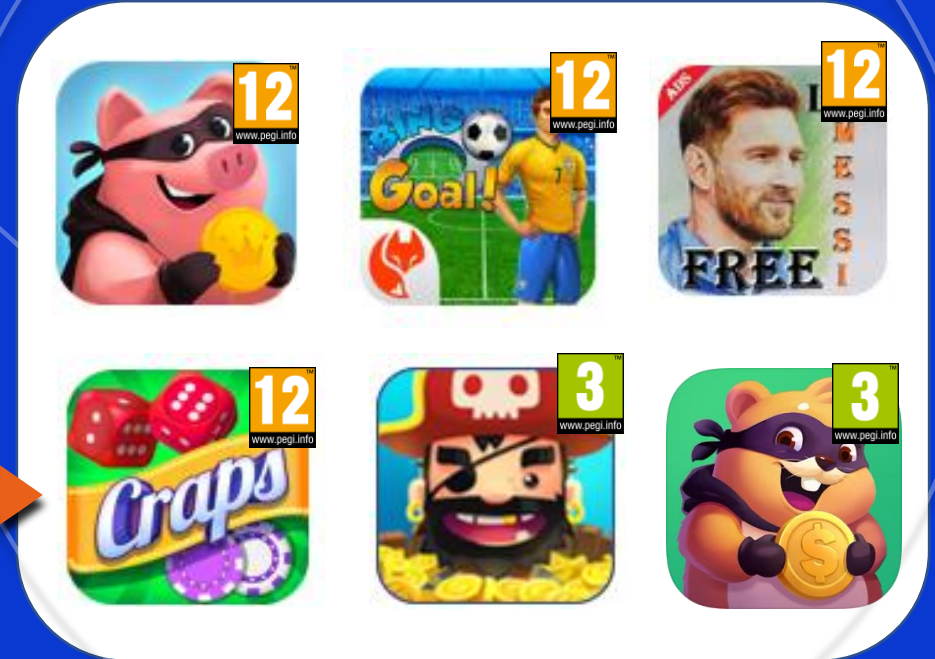


Other Sport





Current Legislation



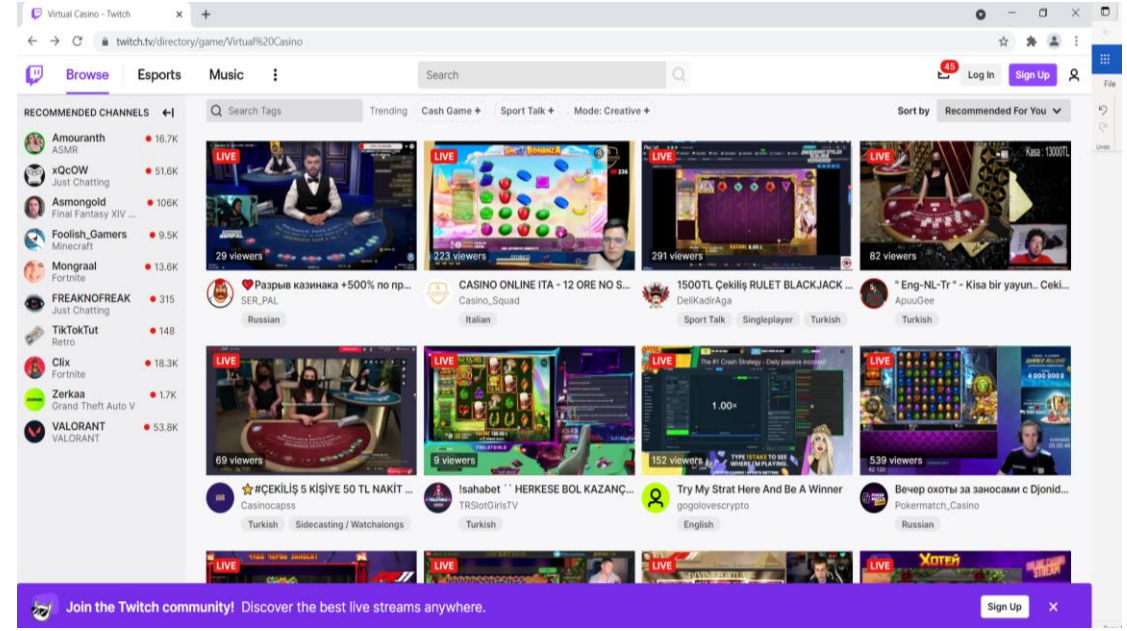
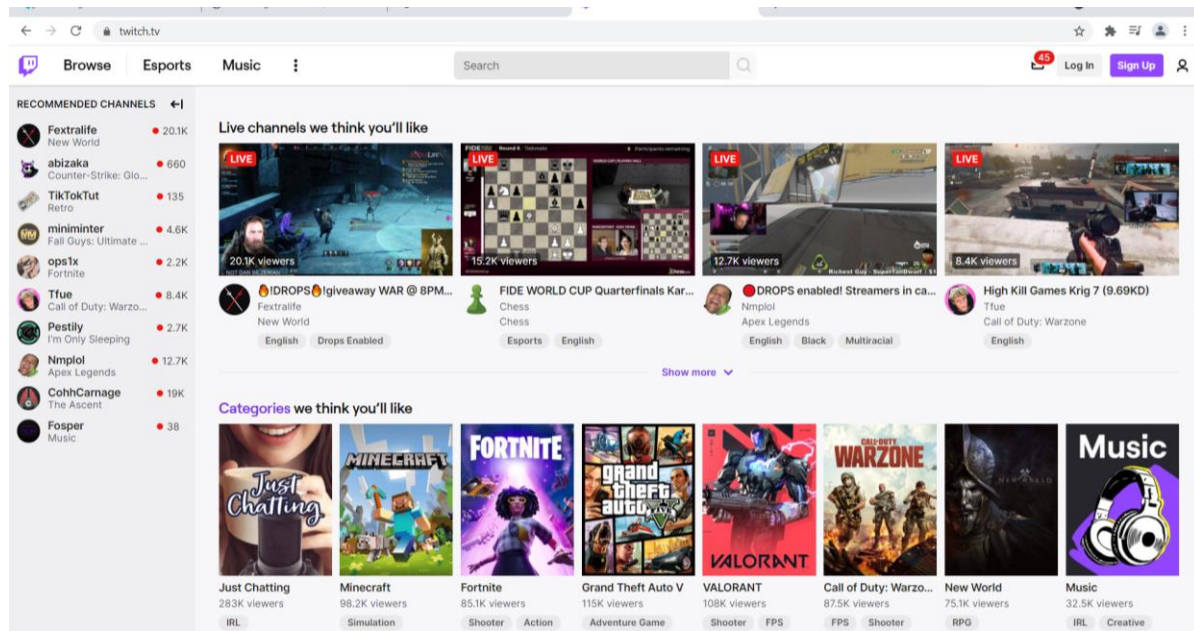


Current Legislation





Twitch



A person wearing a grey cap and glasses is focused on playing a video game in a computer lab. They are holding a controller and looking at a monitor. The background shows other people at computer workstations, all under a teal overlay. The word "Gaming" is written in large orange letters over the person.

Gaming

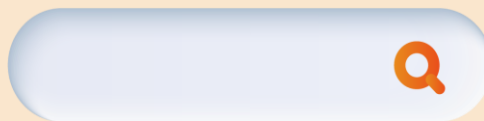
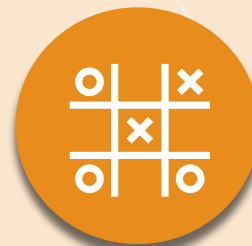
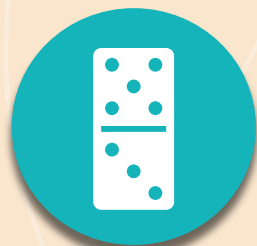
The good, the bad and the misunderstood.



10 Second Type



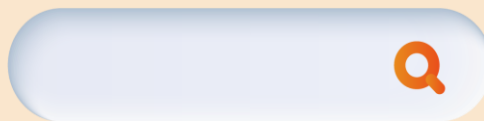
What words do you associate with gaming?





10 Second Type

What are the similarities between gaming and gambling?





What is This Item?

Quickfire: what is this item ?





Loot Boxes

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

52% children
knew what a loot
box was



[Gambling Commission
2019](#)

44% paid to open
one



[Gambling Commission
2019](#)

6% bet with
in-game items



[Gambling Commission
2019](#)

5% gamers
generate half the
revenue from
loot boxes



[GambleAware 2021](#)

12 studies find
link to problem
gambling
behaviour



[GambleAware 2021](#)

“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 on the Social and Economic Impact of the Gambling Industry 2nd July 2020](#)



Loot Boxes

“loot boxes may be considered psychologically similar to gambling slot machines or scratch-cards in that they require no skill and they deliver a randomly determined outcome (i.e., prize).”

Dr Daniel King: University of Adelaide

Source: Dr D. L. King. School Of Psychology: University of Adelaide: Online gaming and gambling in children and adolescents – Normalising gambling in cyber places



Gaming Disorder

“Gaming disorder is a mental health condition which can have a hugely debilitating effect on people’s lives, both for patients and their families who can be left feeling utterly helpless”.

Dr Henrietta Bowden-Jones

Director of The Centre for Internet and Gaming Disorders and Royal College of Psychiatrists.



Esports



Esports – what is it?





Esports



?

397.8 Million

**Global Esports
audience**

Source: [statista](#)



?

\$40 Million

**The prize pool for the
International DotA 2**

Source: [Guinness World Records](#)



?

\$7.4 Million

**Highest earning
player**

Source: [BBC 2021](#)



Advertising, Gambling and Esports



Ninjas in Pyjamas & Betway



Navi & 1XBET



Virtus Pro & Mr. Cat & Parimatch



In October 2019 UK Esports team Fnatic signed a partnership deal with Le Tou



Any Questions, Observations or Reflections?








Spotting the signs and Signposting







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



Gambling Related Harm: Spotting the Signs

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



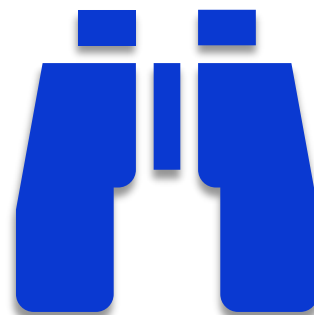
How can you help?



Increase your
knowledge



Try to take a
balanced
approach



Be mindful of your
tone/any bias



Reassure them



How can you 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





It's Good to Talk

The YGAM three-question initial screening tool is useful for determining if further assessment is appropriate.

1. Have you ever had to lie to people important to you about how much you gamble/game?
2. Have you ever felt the need to spend more and more money?
3. Have you ever tried to stop, cut down, or control your gambling/gaming?

If your answer to one or more of these questions is “yes” further assessment is advised.



Getting Help/Signposting Options



Young People Support service:
YoungPeopleService@gamcare.org.uk
T: 02030926964



National Gaming Clinic and Gambling Clinics
ncba.cnwl@nhs.net 02073817722



Getting Help

shout

for support in a crisis

24-7 Text crisis service. Text **SHOUT** to **85258** and you will be connected with crisis volunteer who will support you.



Support for CYP and their families if a YP is experiencing suicidal thoughts.

childline

ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

Support from a counsellor on a wide range of issues.



Any Questions, Observations or Reflections?



Now Time to Look at the Resources



Preventing Gambling Harms in
Diverse Communities

resources



YGAM Diverse Communities Resources



Age-appropriate resources



Variety of options for delivery



Data sheets and resources



Print and go



Delivery

How might you deliver the resources?



Activities

Campaign

1:1s





Let's Recap



You will increase your knowledge and understanding of gambling and gaming and the related harm



You will understand the triggers and risk factors to gambling and gaming harm for young people in diverse communities



You will understand the role religion and culture can play in young people's views and actions in relation to gambling and gaming



You will recognise the signs of harm and understand what support can be provided



You will understand what skills and tools can be used to prevent gambling and gaming related harm



Opt in?



To receive support from your Education Manager



To receive updates on our training and resources



To receive information about delivery for CYP?



Preventing Gambling Harms in
Diverse Communities



/YGAMuk



@YGAMuk



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Thank you,
Any final questions,
observations or
comments?
www.ygam.org

