



Fact Sheet for Parents: Talking to Teens about Gambling

Talking to young people about gambling gives the young person a chance to understand what gambling is and help them make an informed decision about their gambling behaviour. It also highlights to the young person that the issue is important and can be a problem for some people. It can also give them guidance with regard to gambling responsibly.

Some ideas to help you start a conversation:

- Talk about what gambling is and the different types of gambling that are in our community. Don't forget to mention the less obvious types of gambling such as lotteries, scratch cards and online gambling games.
- What is house advantage? The odds of winning on any game is hardly ever in your favour. Talk about probability in the sense that it does not matter how many times you have played the same game, the chances of winning have not changed. Even in well thought out sports betting, encourage the young person to understand that they are still relying on chance.
- The gambling industry exists to make a profit. Consider the reality of the gambling industry.
- Discuss peer pressure and family influences (see other fact sheets on the myrollercoaster website www.myrollercoaster.org.au)
- Talk about the reasons people gamble, not forgetting that this can be to escape negative thoughts and feelings - to zone out.
- Discuss the differences between online gaming and gambling. It is good to send the message that some online games are considered gambling sites
- Discuss the difference between responsible gambling and problem gambling

Before you have these conversation be sure you know your stuff. If a young person asks you a question and you don't know the answer, be honest and find the answer out together. You can visit kidbet.com.au for up to date information

