

FACT SHEET: TEENS & GAMBLING

68% of teens place a bet each year.

TEENS MOST COMMONLY GAMBLE ON:

- Card Games
- Pools
- Lottery/Scratch Tickets
- Sports
- Games of Skill
- Fantasy Sports Games

IF TEENS GAMBLE, THEY ARE...

- 3 times more likely to drink alcohol
- 4 times more likely to smoke cigarettes
- Twice as likely to use illegal drugs
- 2 times more likely to be in a fight
- 4 times more likely to get in trouble with the police

Teens who start gambling at younger ages, gamble with their parents, or have family members with gambling problems are most likely to develop an issue with problem gambling.

Up to 25% of youth with gambling problems attempt suicide.

PROBLEMS WITH GAMBLING CAN EXTEND TO OTHER AREAS:

- Feelings of guilt, stress, worry or sadness
- Loss of friendships
- Low grades in school
- Alcohol and drug use
- Legal difficulties
- Suicidal ideation

HOW CAN YOU HELP?

- Look for signs:
 - Borrowing or taking money without permission
 - Sudden or unexplained irritability
 - Desperation to win back lost money
- Talk with them about it!
- Encourage them to call the gambling helpline (1-888-789-7777) or text (847-973-5684).
- Help them get into treatment.

Treatment for Gambling Works!
Over 75% of persons treated reduce their gambling substantially.

FOR MORE INFORMATION, PLEASE VISIT
CONNECTICUT'S STATEWIDE
PROBLEM GAMBLING SERVICES
WWW.CT.GOV/DMHAS/PGS

