

TALK TO THEM

Here are some tips for raising the issue with your son or daughter:

Look for a time to bring up the topic naturally, for example, after seeing a commercial for a casino or finding out that a friend has won or lost money gambling.

Ask questions first. Explore your child's own ideas and feelings about gambling before giving information or offering your own opinions.

Be specific when you talk about gambling and about your own values. Gambling is a topic full of contradictions for youth.

Be patient. It may take several discussions before your child understands the ideas that you want to convey.

Over one-third of young New Yorkers think that a friend of theirs may have a gambling problem.

-NYCPG, 2006

24-Hour Hopeline 1-877-8HOPE-NY



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The New York Council on Problem Gambling is a non-profit organization under contract with the NYS OASAS, dedicated to increasing public awareness about problem and compulsive gambling and advocating for support services and treatment for persons adversely affected by gambling.

The New York Council on Problem Gambling maintains a neutral stance on gambling, is governed by a Board of Directors, and is an affiliate of the National Council on Problem Gambling.



Talking to Your College Student

About GAMBLING

New York Council on Problem Gambling, Inc.
www.nyproblemgambling.org

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WHY IT'S IMPORTANT

“Students who were identified as problem gamblers, compared with other students, were significantly more likely to be heavy drinkers, report negative consequences of alcohol consumption, and be regular tobacco and marijuana users.”

-Engwall, D., Hunter, R.
and Steinber, M. (2004)

10% of 18-24 year olds in New York gambled one or more times per week in the last year

25% of male students were at moderate to high risk of developing a problem with gambling

15% have already experienced one or more negative consequences related to their gambling

THE CONSEQUENCES

Missed classes
Got poor grades
Told lies
Stole something
Got into arguments
Missed work
Felt depressed
Had money problems

(Reported by Students)



PROTECT THEM

Youth who understand that gambling has risks are less likely to develop a gambling problem.

Parents can help protect their kids by talking with them about those risks.

Parents who have never raised the topic with their youth may not realize that they are already communicating some sort of message about gambling through their own behavior:

- parents may buy lottery tickets, play bingo, or visit casinos and seem to enjoy the experience
- they may not gamble at all, either out of moral conviction or because they just aren't interested
- they may spend too much money gambling and regret it afterwards

As a parent, it is important to realize the impact your own attitudes and behavior have on your children.

Talking with your college student about gambling is a way to make sure that you are communicating exactly what you want to get across.