



## WHAT YOU NEED TO KNOW ABOUT YOUTH GAMBLING

# Gambling Fact Sheet for Youth



### What is Gambling?

Any act that involves risking money or valuables on the outcome of a game or contest that is mostly determined by chance.



### Activities That May Put You At Risk

- Card Games
- Lottery Tickets
- Truth or Dare
- Internet Challenges
- Fantasy Sports
- Trading Card Games
- Role Play Strategy Games
- Bets on School Sports
- Family Fun Center Arcades
- Video Games & Apps



### Video Games & Gambling

If you spend hours on end playing video games on computers and mobile devices, you should know that many of those games actually replicate real-life gambling behaviors.

- Games offering opportunities for login rewards with instant upgrades create the habit of gaming every day.
- Loot boxes and spin-to-win rewards replicate real-life gambling opportunities by building competition among online friends and allowing players to earn fake money or other prizes.
- Innocent-looking games with shiny, little rewards may seem harmless. But they could lead to lifelong issues for the young people exposed to them.

## TEENS WHO GAMBLE ARE MORE LIKELY TO...

- Have depression & anxiety issues
- Have damaged relationships
- Drink & use illegal drugs
- Get into fights or criminal activity
- Have low self-esteem
- Think about suicide



The shift from gaming habit to gambling problem is subtle. But the risks aren't. Learn how to lower your risks at [ChangeTheGameOhio.org](http://ChangeTheGameOhio.org)

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