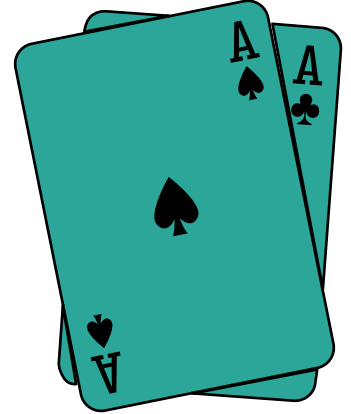


4% of young people in Britain are already problem gamblers, or deemed to be at risk. Recognition from adults of the risk factors and warning signs of problematic gambling are important.

## Risk Factors

Some young people are statistically more at risk than others. It is particularly important to be vigilant in these groups, and have conversations about responsible gambling. Groups to be aware of include:

- Young people with a history of gambling in the family
- Young men (as opposed to women)
- Other, co-morbid mental health issues (e.g. low self-esteem, anxiety)
- Those with a history of risk-taking behaviours (e.g. substance misuse, truants)



**Problem gambling: You can't smell it, you can't see it and in many cases, you can't observe it.**

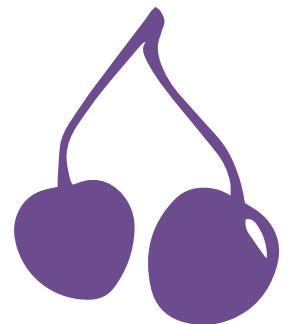
## Warning Signs

It is unlikely that it will be easy to tell if a young person is dealing with problematic gambling. As you will see from the signs below, their symptoms may be in line with other co-morbid issues:

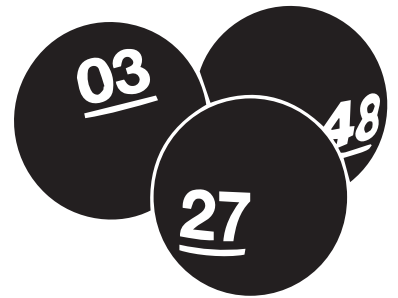
- Large debts (which may be explained away)
- Low or inconsistent moods, anxiety, depression
- Trouble at school, college or work about non-attendance
- Unexplained borrowing from friends family, or people less likely to ask questions
- Unwillingness to repay borrowed money
- Alienation from family and friends

Signs that are specific to gambling include:

- Preoccupation with gambling and spending money on gambling
- Lying about the extent of their gambling to family and friends
- Raising the subject of gambling or gambling debt in conversation



If you recognise any of the symptoms above, regardless of whether you think that may be related to gambling, we would recommend having a constructive conversation about gambling with that young person. Please see our other resources for advice on beginning these conversations.



## Additional information:

- [www.bigdeal.org.uk](http://www.bigdeal.org.uk)
- [www.gamcare.org.uk](http://www.gamcare.org.uk)
- [www.knowtheodds.org](http://www.knowtheodds.org)
- [www.preventionlane.org](http://www.preventionlane.org)

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