



NOVA SCOTIA

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Adolescent Gambling*



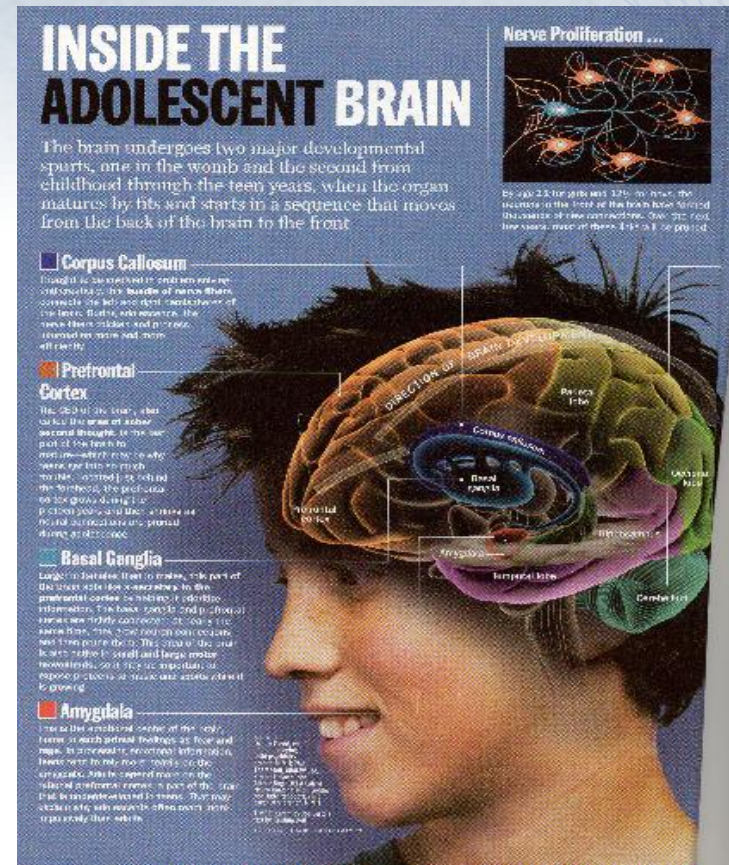
•Unless otherwise indicated, all information on adolescent gambling is from the University of Minnesota's Department of Psychiatry.

Adolescent Gambling

- Despite not being of legal age to gamble, adolescents are at risk for developing gambling problems.
- Young adults 19-24 have the **HIGHEST** risk of developing gambling problems of any population in Nova Scotia.*

The Adolescent Brain

- Adolescence is a period of profound brain maturation.
- It was originally thought that brain development was complete by adolescence.
- We now know that maturation is not complete until **about age 24!**



An Immature Brain = Fewer Brakes on the “Go” System



Judgment

- By age 18:
 - an adolescent's judgment for structured challenges is roughly equal to that of adults.
- But:
 - judgment that involves resisting impulses or delaying gratification is still under construction during late adolescence and early adulthood.

Common “Formal” Forms of Adolescent Gambling*

- ❑ Charity or 50/50 draws (48%)
- ❑ Spending money on arcade games in order to win big prizes (40%).
- ❑ Betting on the outcome of professional sports either through commercial forms of gambling such as ALC’s Sport Select or informally with friends or family (11%) .
- ❑ Gambling with fake money or points on the internet (21%).

Common “Formal” Forms of Adolescent Gambling*

- Playing bingo in bingo halls (14%)
- Purchasing instant lottery tickets such as break opens and scratch tickets (12%)
- Purchasing lottery draw tickets (7%)
- Placing bets at racetracks (5%)

Common “Informal” Forms of Adolescent Gambling

- Skills-based, non-commercial forms of gambling activities:
 - Playing card games for money (35%)
 - Playing video games with friends for pooled cash prizes (14%)

- Other forms of informal gambling:
 - one-on-one skill games like quarters or bloody knuckles (24%)
 - coin-pitching games (12%)
 - dice (6%)
 - Betting on the outcome of schoolyard fights or competitions (2%).

Problem Gambling Behavior

- **20% of youth reported at least one of the following problematic gambling behaviours, with 10% reporting more than one:**
 - *“I sometimes gamble in order to win back the money I have lost.”*
 - *“If I win, I would like to gamble with my winnings rather than quit.”*
 - *“I often spend more time gambling than I intend to.”*
 - *“I sometimes exceed the amount of money I intended to spend in order to win back money I have lost.”*
 - *“I often have trouble stopping/quitting when I am ahead.”*
 - *“I often gamble for longer periods than I intended.”*
 - *“I have cheated at gambling in order to win.”*
 - *“I often spend more money gambling than I intended.”*
 - *“I have gambled in places where I must lie about my age or use a fake ID.”*

Problem Gambling*

Negative consequences commonly associated with problem gambling include:

- Financial problems
- Strained or failed relationships
- Poor performance at school or work
- Criminal behaviour
- Preoccupation with gambling
- Depression
- Anxiety
- Overall lack of progress towards goals.