

# WEB LETTER



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888-ADMIT IT

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## GIVE THE GIFT OF PREVENTION: KEEP KIDS AWAY FROM LOTTERY PLAY

The holiday season is an exciting time for family and friends. Many like to wind down and surround themselves with their loved ones after a year of arduous work. However, as we kick off the Holiday Lottery Responsible Gambling Campaign, it is essential to highlight the hazards of using lottery tickets as gifts for minors.

Gifting responsibly this holiday season can make a significant difference in the lives of the youth that surround you. Lottery tickets are not gifts for children. Early gambling experiences, including with lottery tickets, are a risk factor for later gambling problems. According to the National Council on Problem Gambling (NCPG), a large number of young people report their first gambling experience occurs around 9-11 years of age [1].

We've seen evidence of this in Florida through contacts to the 888-ADMIT-IT HelpLine, as data with respect to the reported age at which gambling began and when it became a problem revealed that 40% of problem gamblers this year (versus 36% in 2018-2019), started gambling before age 26 and an astounding 27% of lottery gamblers seeking help reported that they first gambled before the age of 21 [2]. As you make your holiday gift lists, remember that lottery tickets are not suitable stocking stuffers for youngsters. Legal lottery play in Florida is restricted to only those age 18 and older.

### How prevalent is gambling with youth?

- Approximately 80 percent of high-school-aged adolescents report having gambled for money during the past year.
- Two to four percent of adolescents presently have a problem with gambling.
- Ten to 14 percent of adolescents are at risk for developing a problem with gambling.
- To put it into perspective, adult gambling disorder prevalence rates are about one to two percent of the population.
- While male adolescents gamble more frequently than females, female adolescents are more actively involved in lottery play [2].

Instead of exposing the children in your life to gambling and increasing their risk for developing a problem, later on, focus on buying personal and meaningful gifts that may inspire a new hobby or passion and leave a more lasting impact. Problem gambling is an addiction that affects the brain, much like alcohol and drugs do. For this reason, it is essential to teach youth the definition of gambling, how to recognize it, and the risks involved to help prevent the development of gambling disorder.

**THE FCCG'S 24-HOUR CONFIDENTIAL AND MULTILINGUAL HELPLINE MAY BE REACHED BY CALLING 888-ADMIT-IT (888-236-4848), TEXTING (321) 978-0555, EMAILING [FCCG@GAMBLINGHELP.ORG](mailto:FCCG@GAMBLINGHELP.ORG), INITIATING A LIVE CHAT AT [GAMBLINGHELP.ORG](http://GAMBLINGHELP.ORG), OR BY REACHING OUT TO US ON SOCIAL MEDIA PLATFORMS**

# REFERENCES

[1]N. (2020). Retrieved 2020, from [https://www.ncpgambling.org/wp-content/uploads/2020/10/Youth-Gambling-Fact-Sheet\\_Holiday-Lottery-Responsible-Gambling-Campaign-\\_2020.pdf](https://www.ncpgambling.org/wp-content/uploads/2020/10/Youth-Gambling-Fact-Sheet_Holiday-Lottery-Responsible-Gambling-Campaign-_2020.pdf)

[2] 24-Hour Problem Gambling HelpLine Annual Report., 2020 ed., The Florida Council on Compulsive Gambling, Inc., 2020, 24-Hour Problem Gambling HelpLine Annual Report.