

When does gambling become a problem?

Young people develop gambling problems just as adults do.

GAMBLING IS A PROBLEM WHEN YOU:

- ★ Often find yourself thinking about gambling
- ★ Miss school or work in order to gamble
- ★ Spend more and more money on gambling activities
- ★ Become restless or irritable when trying to cut down or stop gambling
- ★ Gamble to escape or forget your problems
- ★ Gambling more to win back what you have already lost in gambling
- ★ Spend your lunch money or bus fare on gambling
- ★ Take money from someone you live with, without their knowing, in order to gambling
- ★ Steal money from outside the family or shoplift in order to gamble
- ★ Experience problems, arguments, fights, etc. with your family, close friends, peers because of your gambling.



TEXT US:
1-800-426-2537

We can help.

To learn more about this program, please get in touch with:
Carl Robertson, MRE, M.Div.
Smart Choices Manager
The Center of Excellence on Problem Gambling
croberts@psych.umaryland.edu
667-214-2120

WEB LINKS AND RESOURCES:



BALTIMOREDICEZOMBIES.ORG
(a resource for teens)



ABOVEALLODDS.ORG
(a resource for college students and young adults)



HELPLINE IS FREE & CONFIDENTIAL 24/7

1-800-GAMBLER

HelpMyGamblingProblem.org

The Maryland Center of Excellence on Problem Gambling
Waterloo Crossing
5900 Waterloo Road / Suite 200
Columbia, MD 21045-2630
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mdproblemgambling.com



SMART CHOICES

Youth Problem Gambling Prevention Program

SPONSORED BY:



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

The Maryland Center of Excellence
on Problem Gambling

Center for School Mental Health

FUNDED BY:

Maryland Department of Health and Mental Hygiene / Behavioral Health Administration

MD-SMART CHOICES

The Maryland Center of Excellence on Problem Gambling and the Center for School Mental Health, part of the University of Maryland School of Medicine, offers a program in Maryland schools and communities to help identify gambling behaviors and prevent them from becoming problem gambling.

SMART CHOICES OBJECTIVES INCLUDE:

- ★ Dispelling myths and erroneous beliefs
- ★ Knowledge based data on youth gambling issues
- ★ Warning signs
- ★ Reducing the prevalence of youth gambling problems.

Building awareness about the dangers of gambling problems and the important “Do’s and Don’ts” is the core of the MD-Smart Choices program. Schools and community groups like the PTO, mentors, alumni, scouts, faith-based youth groups, recreation leagues and others are all welcome to participate.

By the ages of 10 or 11:

Many youth have gambled for money. A significant number of these youth then go on to develop serious problems with their gambling, betting or wagering.

Programs Offered to Maryland Schools

- ★ More of today’s youth are gambling as much as smoking, drinking or using drugs.
- ★ Gambling is a high risk behavior that should be treated with prevention programs similar to smoking, drinking and drug prevention programs.
- ★ National data indicates that from 4% to 6% of youth (ages 12-17 yrs.) have serious gambling problems.
- ★ Parents, teachers, youth advocates, coaches and the community will be offered the tools with which to prepare youth to cope with and make smart choices about gambling opportunities and avoid developing gambling problems.

Two Models to Fit the Setting

THREE CLASSROOM OR COMMUNITY LESSONS CAN BE STRUCTURED TO MEET THE AUDIENCE INTEREST:

1. Content can be presented using a didactic format using internationally recognized content from McGill University: youth gambling awareness workshops Level 1 and Level 2 or
2. Content customized that can be presented using a very interactive group and individual student participation developed specifically for Maryland schools and communities.

Today’s Youth Are Surrounded by Advertising for:

- ★ Lottery and scratch off games
- ★ Casino games and practice sites
- ★ Poker/Texas Hold’em card games
- ★ Internet gambling opportunities
- ★ Fantasy leagues and pools
- ★ Dice games
- ★ Bingo
- ★ Racetracks, horseracing, dog fighting
- ★ Car and dirt bike racing
- ★ Sports betting including: football, baseball, lacrosse, soccer, March Madness tournaments, Super Bowl, World Series, NASCAR

Warning Signs of Gambling Problems:

- ★ A drop in grades
- ★ Missing classes, dropping extra-curricular activities
- ★ Getting into trouble for fighting
- ★ Lying to friends and family about money and time spent gambling
- ★ Stealing money and personal property from family and friends in order to gamble, bet or make wagers

 **HelpMyGamblingProblem.org**



CHAT WITH US:
HELPMYGAMBLINGPROBLEM.ORG

We can help.