



**THEME OF THE MONTH
OCTOBER 2021**

**ONLINE GAMBLING
AWARENESS**



ONLINE GAMBLING

Billions are spent on the online gambling industry every year. From poker to blackjack to sports bets and more, gambling sites are easy to find– for adults and kids alike.

WHAT IS ONLINE GAMBLING?

Online gambling is when a bet is placed over the internet. With current technology, this usually involves logging onto an online casino, bingo room, sports book, etc. These can be accessed via a laptop, computer, or mobile device, using a credit or debit card to place the bet.

To be classed as gambling, there must be three specific elements. This includes the stake, an element of chance, and a prize:

- The consideration or stake is the money offered by the better placing the bet
- The chance refers to the possibility that the bettor will win or lose their stake. This is more down to luck rather than skill
- The prize is what the bettor can win if the outcome of the bet is in their favour

THE RISKS OF ONLINE GAMBLING

- Too easy to access: the ability to gamble 24 hours a day
- You can gamble in your own home undetected and unnoticed
- Increased risk that children will find and use these sites
- The absorbing nature of being online can lead people to lose track of time while gambling
- Gambling online enables an accelerated speed of play; for example, casino card games have an average rate of play of around thirty hands per hour, compared to online poker, which can average sixty to eighty hands per hour
- Decreased perception of the value of cash
- Credit card or account details may be vulnerable to capture, and funds may be vulnerable to theft by computer hackers



THINGS TO CONSIDER BEFORE GAMBLING ONLINE

- You can lose your money - quickly. Online gambling operations are in business to make a profit. They take in more money than they pay out.
- You can ruin a good credit rating. Online gambling generally requires the use of a credit card.
- Online gambling can be addictive. Because Internet gambling is a solitary activity, people can gamble uninterrupted and undetected for hours at a time. Gambling in social isolation and using credit to gamble may be risk factors for developing gambling problems.

YOUNG PEOPLE AND GAMBLING DISORDERS

Around 55,000 children and young people in the UK, which is 1.7 per cent of the youth population, are experiencing gambling-related issues. This is usually around the mid-teen years when they start to take control of their finances. They may start to gamble either in a traditional way such as with slot machines or online such on an esports match or in an online casino.

The 2019 Young People & Gambling survey found that 12% of 11-16-year-olds say they have played an online gambling-style game. 47% of those who played an online gambling-style game, did so through an app.

(<https://nationalonlinesafety.com>)



SIGNS THAT YOU MAY HAVE A HARMFUL RELATIONSHIP WITH ONLINE GAMBLING

- Becoming easily agitated
- Taking out frustrations on family or friends
- Developing feelings of anxiety or shame
- Maybe withdrawn
- Getting frustrated or angry, especially if questioned about your money
- Lying to cover up spending
- Not admitting that your spending is out of control
- Seeming unusually withdrawn or silent
- Truancing school, college, or university
- Avoiding social situations often spending more time alone
- Losing interest in things that you used to like doing



SELF-HELP TIPS FOR PROBLEM GAMBLERS

DO:

- Pay important bills, such as your mortgage, on payday before you gamble
- Spend more time with family and friends who do not gamble
- Deal with your debts rather than ignoring them – visit the National Debtline for tips

DON'T:

- View gambling as a way to make money – try to see it as entertainment instead
- Bottle up your worries about your gambling – talk to someone
- Take credit cards with you when you go gambling

ARE YOU A PROBLEM GAMBLER?

Try out this questionnaire:

- Do you bet more than you can afford to lose?
- Do you need to gamble with larger amounts of money to get the same feeling?
- Have you tried to win back money you have lost (chasing losses)?
- Have you borrowed money or sold anything to get money to gamble?
- Have you wondered whether you have a problem with gambling?
- Has your gambling caused you any health problems, including feelings of stress or anxiety?
- Have other people criticised your betting or told you that you had a gambling problem (regardless of whether or not you thought it was true)?
- Has your gambling caused any financial problems for you or your household?
- Have you ever felt guilty about the way you gamble or what happens when you gamble?

Score 0 for each time you answer “never”

Score 1 for each time you answer “sometimes”

Score 2 for each time you answer “most of the time”

Score 3 for each time you answer “almost always”

If your total score is 8 or higher, you may be a problem gambler.

(<https://www.nhs.uk>)



GAMBLING IS HIGHLY ADDICTIVE

- There's no limitation on availability. At home, in pyjamas, it could hardly be more available...
- There's no limitation on time. People playing at home can play hours and hours, any time of day or night, before stopping.
- There's little limitation on money. With credit, a whole lot of money can be won—and lost—before stopping.



REAL PEOPLE, REAL STORIES

BEN

“No one ever talks about losses. So, it's really hard to even know if someone's got a problem or not, because if you haven't won for a while - you just won't say anything... Hearing other people's stories that are similar to mine kind of makes you think 'Wait a minute'...you realise you're not a million miles away from it.”

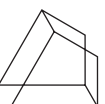
ADAM

“I never thought I had a problem. I didn't want to be seen like a gambler and addict. But they're all the things I was...I think now knowing that I can pick up the phone to someone, or I could reach out to someone and get help straight away...it might have been easier.”

JOANNE

“I never talked about anything. I wish I had, just saying stuff out loud makes such a difference... I went to group meetings and the more I spoke about my story, the more open I was. And the more I was getting asked questions and getting more involved. It was that that helped me in my recovery.”

Find out more about these 'BeGambleAware' stories and access helpful resources [here](#).



WHERE TO GET HELP

There are several free, professional services specialising in helping those who have lost control of their gambling:

- **The National Gambling Helpline** (0808 8020 133) provides free support 24 hours a day, seven days a week and is completely anonymous. The counsellors can help with everything gambling-related, from debt advice to crisis support. They also offer free face-to-face counselling sessions. The Helpline is open not only to people afflicted by gambling disorder but also to people concerned about someone else's gambling. You can also get in touch through their free live chat service.
- **The National Gambling Treatment Service** – accessible through the National Gambling Helpline – provides safe, effective treatment for gambling problems through counselling, intervention, and psychotherapy.
- Visit **Be Gamble Aware** for more information and resources related to safe gambling.
- The **CNWL NHS Foundation Trust**, which runs the Young Persons' Problem Gambling Clinic and the Gaming Disorder Service, now treats young people between the ages of 13 and 25 who are struggling with gambling or gaming.
- **Recovery4All** is a charity based in Bristol that has helped over 40,000 people with alcohol, drug, gambling, and mental health issues.

LSP'S SAFEGUARDING AND PREVENT TEAM

If you have any concerns at all, please don't hesitate to contact a member of our Safeguarding and Prevent team:

Safeguarding and Prevent Officer: Andy Hamer

Email: andy.hamer@learningskillspartnership.com

Number: 07526 168286

Deputy Safeguarding Officer: Phil Cawthra

Email: phil.cawthra@learningskillspartnership.com

Number: 07773 537452





MORE INFORMATION

www.learningskillspartnership.com
info@learningskillspartnership.com

