

Gambling can be many things and done in many ways. In our sessions with young people many expressed stereotypical views on what a gambler looks like but the truth is anyone can and does participate in gambling.

Most gambling activities require you to be 18 years of age but some do not. Here we explore the laws around gambling to make it clear:

- Tombola

- Raffle

- Category D machines - such as pushers, claw machines and some fruit machines

No Age

- National lottery

- Scratch cards

- Football pools

16+

- Casinos

- Arcades

- Slot Machines

- Poker

- Bingo

- Sports Betting

- Horse Racing

18+

As you can see your child can participate in some activities in an amusement arcade. This is seen as a holiday pleasure with most seaside resorts having amusement arcades on the seafronts, even providing stools so younger children can reach or provide a range of prizes dependant on how many tickets you can win and collect. Shopping centres and fairs are other places where these machines are most common and as your child becomes independent are places they can go to with friends and hang out. There are other gambling activities many people participate in yet do not always associate with gambling; raffles, tombola's, hook a prize, they are games of luck involving monies being placed in exchange to win something bigger and are common at local events such as fetes.



Children are exposed and participate in gambling at a young age; Many families will gather together and choose a horse in the Grand National or be asked their favourite number for the lottery and of course happily engage in activities at fetes and amusement arcades. These activities are fun and when a child wins a prize, whether it is a cuddly toy, money or sweets they are happy and will experience the same rewards in the brain system as adults do.

Children gambling at young ages does not mean they will turn into problematic gamblers, however there are steps you can take to ensure that when they do gamble they can establish a healthy attitude and balance.

