Gaming and Gambling Awareness and Harm Prevention Workshop

YGAM for Parents

House Keeping

©YGAM 2021: All rights reserved

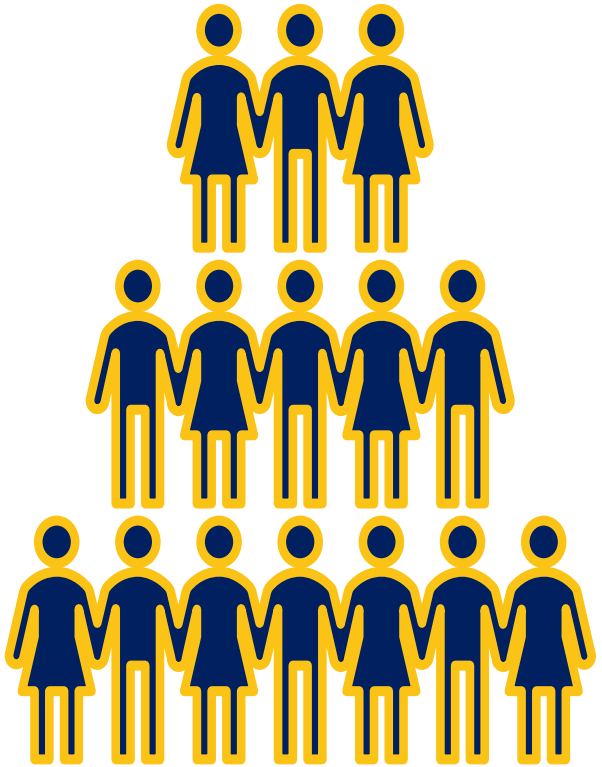
Young People's Gambling Harm Prevention Programme

Aspiration 1: Young People's Awareness

Aspiration 2: The Youth Professional Workforce

Aspiration 3: Parents and Families

Aspiration 4: Age Appropriate Treatment



YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

Aims and Outcomes

Learning Outcomes:

You will understand why children and young people might game and/or gamble

You will understand what is meant by gaming and gambling harm and the additional vulnerabilities faced by children who have experienced early life/childhood trauma

You will recognise the signs of gaming and gambling harm

You will know where to go for help and support

You will have increased confidence in talking to your child/children about gaming and gambling

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Icebreaker

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Gambling: Word Association

What words do you associate with gambling?

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

Gambling: What is it?

What is gambling?

Betting, gaming, participating in a lottery

What is problem gambling?

Gambling to a degree that compromises, disrupts or damages family, personal or recreational pursuits

Gambling Related Harms are the adverse impacts from gambling on the health and wellbeing of individuals, families, communities and society.

Source: UK Gambling Commission

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Gambling Activities

A

Casino

B

Bookmakers

C

National Lottery

D

Horse/Dog Racing

E

Scratch Cards

F

Mobile: Sports Bet

G

Bingo

H

Mobile: Casino Game

I

Fruit Machine

J

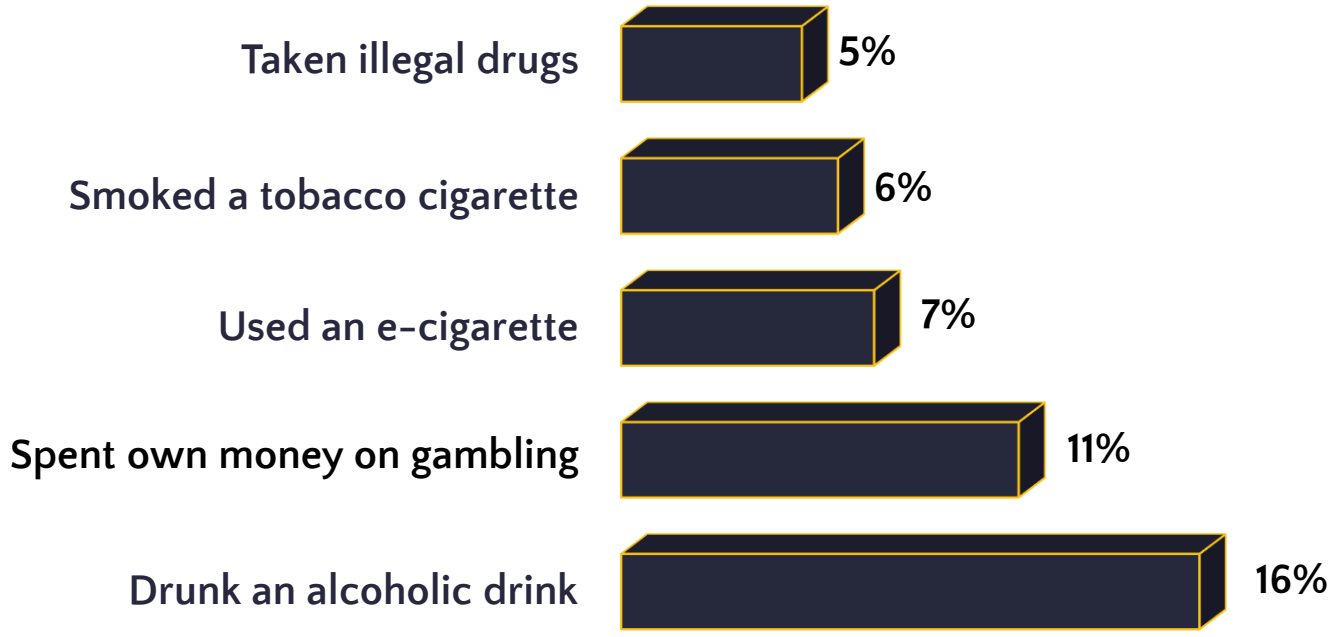
2p Machine

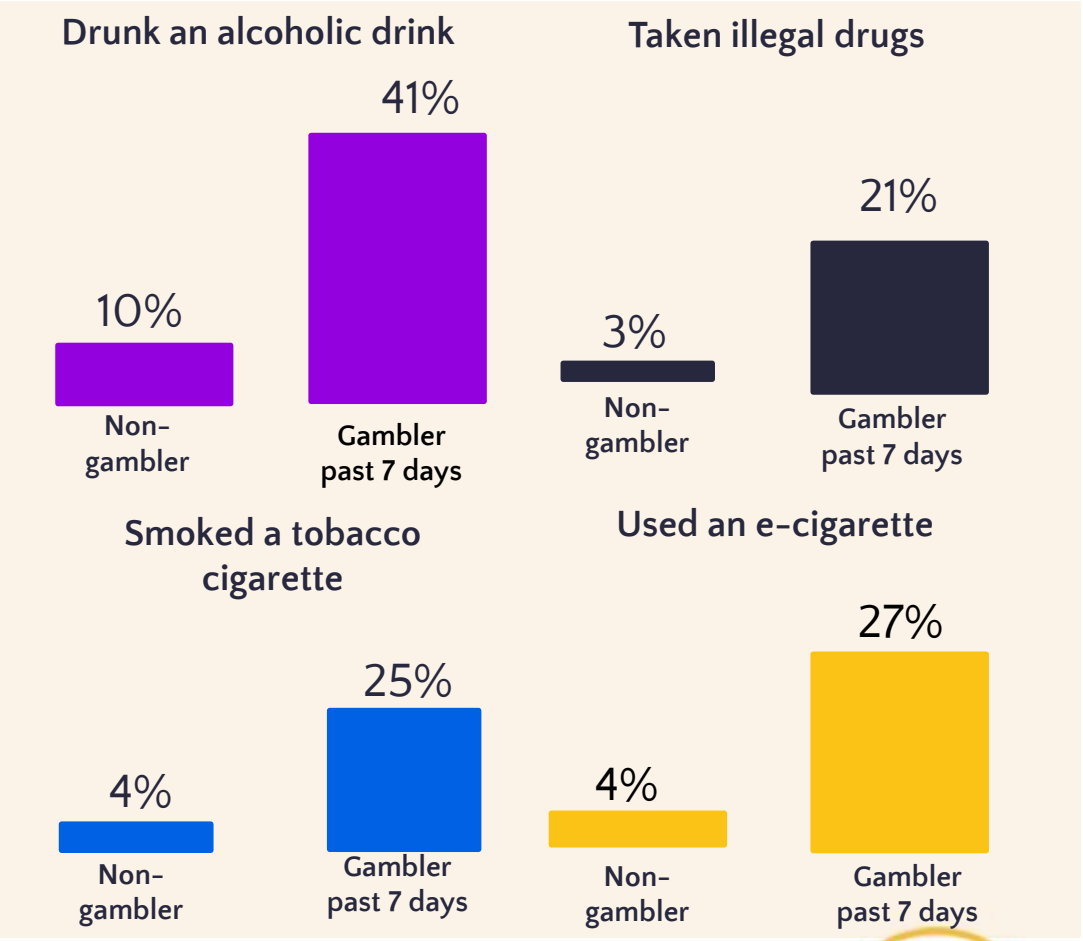
YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

Facts and Figures





Source: Gambling Commission 2019

©YGAM 2021: All rights reserved

Why Do Young People Gamble?

Why might children/young people gamble?

What might influence children and young people?

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

Why Do Young People Gamble?

13%
I like to take risks

10%
Parents/Guardians

55%
It's Fun

11%
It's cool

6%
Peer Pressure

Source: Gambling Commission 2019

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Influences

- TV Advertising
- Social Media/Internet
- Radio
- Socio-cultural
- Family
- Friends

Source: Ipsos Mori & Stirling University 2020
Gambling Commission 2019

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Gambling & Advertising

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Gambling and Advertising

241 TIMES
Match of the Day

90 MINUTES
Adverts during World Cup

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

Legislation

TikTok

Source: Childwise 2020

©YGAM 2021: All rights reserved

Legislation

Pirate Kings

Island King

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

Children's Views

" I watch the ads as I get more spins/coins"

"If you log in daily (to apps) you get gifts"

"There are always push notifications which prompt me to play again"

Source: YGAM Children in Care Focus Group May 2020

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Gaming

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Gaming

What do you think are the positives of gaming?
What are your concerns around gaming?

©YGAM 2021: All rights reserved

Gaming

- Cognitive development
- Story telling
- Reading
- Hand eye coordination
- Leadership
- Problem solving
- Competitive skills
- Connecting with friends
- Sense of belonging

- Behaviour
- Unsuitable content
- Language, content, bullying
- Peer pressure
- Expense
- Impact on Education
- Health
- Interactions

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

Children's Views

"It's not a waste of time or money"

"It's relaxing"

"Feels like I can make my own choices"

"It's immersive, like reading a book"

Can maintain relationships with friends

Provides a sense of achievement – something they can be good at

Provides an escape

Source: YGAM Children in Care Focus Group May 2020

©YGAM 2021: All rights reserved

Microtransactions

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

What are Microtransactions?

Microtransactions are in-game purchases that unlock specific features or give the user special abilities, characters or content.

In Game-currency

Random chance purchases

In game items

Expiration

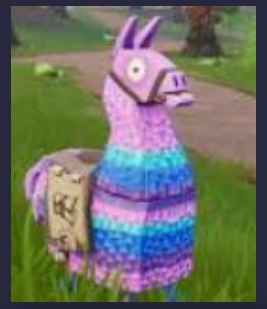
YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

Source: The Intelligent Economist

YGAM for Parents

© YGAM 2021. All Rights Reserved

Microtransactions and Loot Boxes



YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

© YGAM 2021. All Rights Reserved

YGAM for Parents

Loot Boxes

How does it make you feel?

What do you notice about the colours and the sounds?

What would you compare it to?

Does it make you want to open another one?

How might they entice/attract children or young people to buy them?

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

FIFA FUT Packs

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

What Does This Mean To Young People?

- The Action
- Surprise/Suspense
- Desire to win rare item
- Social
- In-game advantage

Newcastle University

As soon as I was getting better players, I wanted to get better and better and like, I couldn't stop. In my head I was like 'stop', my guts were saying 'stop', everything was saying 'stop', but my brain wasn't. My brain was like 'keep opening'. It was hard.'

- Peer Pressure
- Influencers
- Unfair
- Frustration
- Trading/Profit

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

Loot Boxes

52% Children knew what a loot box was

Gambling commission 2019

44% paid to open one

Gambling commission 2019

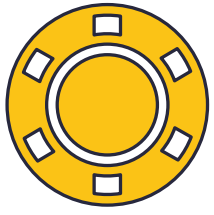
6% bet with in-game items

Gambling commission 2019

5% gamers generate half the revenue from loot boxes

GambleAware 2021

12 studies find link to problem gambling behaviour



GambleAware 2021

"If a product looks like gambling and feels like gambling, it should be regulated as gambling… The government must act immediately to bring loot boxes within the remit of gambling legislation and regulation."

Source: The House of Lords Select Committee on the Social and Economic Impact of the Gambling Industry 2nd July 2020

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Esports

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Esports

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Esports

474 Million

Global Esports audience

Source: Statista

$40 Million

The prize pool for the International DotA 2

Source: Guinness World Records

$7.4 Million

Highest earning player

Source: BBC 2021

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Esports & Gambling

Ninjas in Pyjamas & Betway

Godsent & Betsafe

Virtuis Pro & Mr. Cat & Parimatch

In the UK GGY from Esports leaped by 124% between April & May 2020

Source: Gambling Commission July 2020

Almost 1/3 of replies & retweets on Esports gambling Twitter posts are from under 16's

Source: Gamble Aware and Bristol University 2019

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME

Education | Training | Support

GamCare | YGAM

YGAM for Parents

The Brain

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

The Brain

Dopamine

Oxytocin

Serotonin

Endorphins

Adrenaline

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

Source: How Brain Chemicals Influence Mood and Health / How Does Dopamine Affect the Body?/ Endorphins: Exercise and Depression

©YGAM 2021: All rights reserved

YGAM for Parents

Dr William Glasser: Choice Theory

Belonging
Feeling loved
Feeling needed
Feeling respected
Friendships
Co-operation
Sharing

Survival
Safety
Clothing
Food
Warmth
Health
Relaxation
Rest

Power
Recognition
Success
Importance
Achievement
Sense of control
Skills

Fun
Enjoyment
Excitement
Laughter
Learning
Being challenged
Change

Freedom
Freedom of choice
Independence

Source: https://wglasser.com/quickstart-guide-to-choice-theory/#basic-needs

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Adverse Childhood Experiences

Childhood trauma greatly affects the risks of addiction in later life

Men with problem gambling addiction are more likely to have suffered childhood traumas

Addictive behaviours help someone avoid memories of childhood trauma as activities can reduce emotional distress connected to the trauma.

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

Source: Dennis Relojo-Howell. September 2020 What are the real risk of child gambling addiction

©YGAM 2021: All rights reserved

YGAM for Parents

Trauma and the Brain

Resource: Video courtesy of Anna Freud Centre – https://www.youtube.com/watch?v=xYBUY1kZpf8

©YGAM 2021: All rights reserved

Trauma and Gaming

An escape from reality

To dissociate from the life they are living

Provide feelings of control

Activities can trigger emotional responses

Repetitive activities can distract from their emotions

Source: Oskenbay et al 2016

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Risks and Potential for Harm

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Gambling: Affected Others: Impact on the Child

Emotional:

- Depression
- Hopelessness
- Anxiety
- Confusion
- Guilt

Physical:

- Asthma
- Allergies
- Chronic headaches

Behavioural:

- Running away
- Alcohol/tobacco abuse
- Over-eating
- Low academic performance
- Low employment performance
- Illegal acts

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

Source: Australian Gambling Research Centre

YGAM for Parents

©YGAM 2021: All rights reserved

Affected Others

One of my earliest memories, (possibly aged 3) was hiding behind the sofa when there was a knock at the door. We were hiding from the bailiffs. Looking back there wasn't much left to take (everything had been sold). A TV in the corner of the room and a beaten up sofa. A knock at the door would literally terrify me about what 'might' happen.

Anon: Affected other (2nd Eldest)

I rarely attended school. It wasn't until we went in to care that I realised you were supposed to go five days a week.

Anon: Affected other (Eldest sibling)

A neighbour reported that she had seen us eating out of bins. The police and Social Services came to our school. I was 9.

One I was 5. I knew he drank and smoked but at that age we didn't know much about gambling. We read it in our case files later. My sister said, there was always bookie pens and betting slips in our house.

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

Gambling: Harm- Now And In The Future

RELATIONSHIPS	HEALTH	DEVELOPMENT	FINANCIAL
Behaviour	Emotional Wellbeing	Social & Emotional Functioning	Attitudes/Concerns About Money
Family	Mental Ill Health	Education	Living Standards
Community	Physical Health		

Source: IPSOS MORI/ Gambling Commission: Measuring Gambling related Harm Amongst Children and Young People: A Framework for Action 2019

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Gaming: Potential Issues and Risk

Peer Pressure

The need to belong can impact decisions on

- Spending money
- Attitude to others
- Send/receive images

Bullying & Toxicity

- Threats
- Harassment
- Abuse
- Either receiving or distributing

Safeguarding

In-game chat functions can invite

- Grooming
- Exploitation
- Trafficking

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

Gaming: Safeguarding Tips

Have conversations about risk.

- Sexual imagery and references
- Peer Pressure/toxicity
- Finances
- Boundaries

Ensure they know how to report any concerns

Monitor.

- Can you monitor what is being said?
- Who are they playing with?
- Activate Parental Controls.
- Discuss positive behaviour
- Get involved. You can play too!

Explain.

- Take time to explain
- Agree permissions
- Check in regularly
- Encourage openness

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

Spotting the Signs of Harm

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Gaming Disorder

Excessive:

Playing for long periods of time. May prioritise gaming over other hobbies

Gaming Disorder:

"Mental Health condition which can have a hugely debilitating effect on people's lives, both for patients and their families." (period of 12 months or more)

Dr Henrietta Bowden Jones.
Director of the Centre of Internet and Gaming disorder and Royal College Psychiatrists

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

Gaming Disorder

Emotional Signs

- Preoccupation with gaming
- Downplaying time spent gaming
- Unable to set time limits
- Avoiding family and friends
- Being overly defensive

Physical Signs

- Headaches or migraines
- Neglecting hygiene
- Extreme fatigue
- Carpel tunnel syndrome

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

Source: NHS England/ World Health Organisation

©YGAM 2021: All rights reserved

YGAM for Parents

Gambling Related Harm

- Spending too much time or money
- Finding it hard to manage or stop
- Arguing with Family or friends
- Thinking about it all the time
- Chasing losses or suffering debt issues

- Gambling until you have nothing left
- Feeling anxious and or worried
- Losing interest in hobbies
- Neglecting personal needs
- Lying about it
- Selling possessions

Source: Gambling Related Harm as a Public Health Issue. Gambling Commission 2018

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Signposting

GamCare

Young People Support service:
YoungPeopleService@gamcare.org.uk
T: 02030926964

GamCare

www.gamcare.org.uk
T: 0808 8020 133

NHS

National Gaming Clinic and Gambling Clinics
ncba.cnwl@nhs.net 02073817722

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

How Can You Help?

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

Behind the Behaviour

- Sensory Overload
- Poor Social Skills
- Feeling out of control

- Transitions
- Being bullied
- Learned behaviour

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

C-I-D Technique

Challenge

Challenge their behaviour and remind them of the rules

Ignore

Ignore their behaviour and pick your battles

Divert

Divert their attention rather than fight it

Source: Psych-Logical Lou Willis-Keeler - https://psych-logical.co.uk/

©YGAM 2021: All rights reserved

Gaming: Setting Boundaries

- Play time v Game time
- Visual reminders or prompts
- Suitability of the Game
- Online chat features
- Best time to play
- Being involved in the decision making

Source: YGAM Parents

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

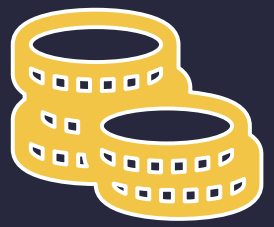
Gaming: Setting Controls

Password Protection

Are all devices password protected?

Parental Controls

Do you have controls for each child and device?



Spend Limits

Can your child spend money without your permission?

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

https://parents.ygam.org/gaming-advice/safety-controls-checklist/ https://parents.ygam.org/gaming-advice/pegi-ratings/

©YGAM 2021: All rights reserved

YGAM for Parents

Healthy Gaming

Take Regular screen breaks

Hydrated and Fed

Encourage exercise

Respect everyone

Creating a balance

Source: YGAM Parents

©YGAM 2021: All rights reserved

Opening Up A Conversation

What You Say v What I Hear			
I didn't think you did stuff like that.	I feel judged.	Stigma	I've noticed this is important to you.
Don't worry; it's not that bad.	I'm weak!	Shame	What do you enjoy about it/ what do you want to do differently?
Why don't you just stop?	I'm useless!	Guilt	Is there anything that worries you/that you want to change?
Should you be doing that?	I can't do anything right!	Shame	What does it give you that other activities don't?

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

How Can You Help?

Name the emotion.

This helps the child/young person feel understood.

Parent Kind: Helping Children Develop Emotional Literacy.

Discuss feelings.

Helps develop self regulation, boosts emotional and social well being

Behaviour Matters: Helping Children to Self Regulate.

Acknowledge feelings.

Verbalising their feelings helps them to feel validated.

Meri Wallace- Family Therapist. Psychology today

Introduce the concept of reflection and support.

Think about other ways to express ourselves. What might we do differently? What support do we need?

BASW- Gambling Addiction in YP an issue for Social Work

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

Any Questions or Comments?

Reflection

You will understand why children and young people might game and/or gamble

You will understand what is meant by gaming and gambling harm and the additional vulnerabilities faced by children who have experienced early life/ childhood trauma

You will recognise the signs of gaming and gambling harm

You will know where to go for help and support

You will have increased confidence in talking to your child/children about gaming and gambling

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

YGAM for Parents

©YGAM 2021: All rights reserved

What Happens Next?

Complete our survey to provide feedback on the workshop

Visit the YGAM Parent Hub for information

City & Guilds Certificate and Digital Credential

Refer someone you know?
Teachers/Youth Workers
Parents and Carers
Social Care
University

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

Opt In?

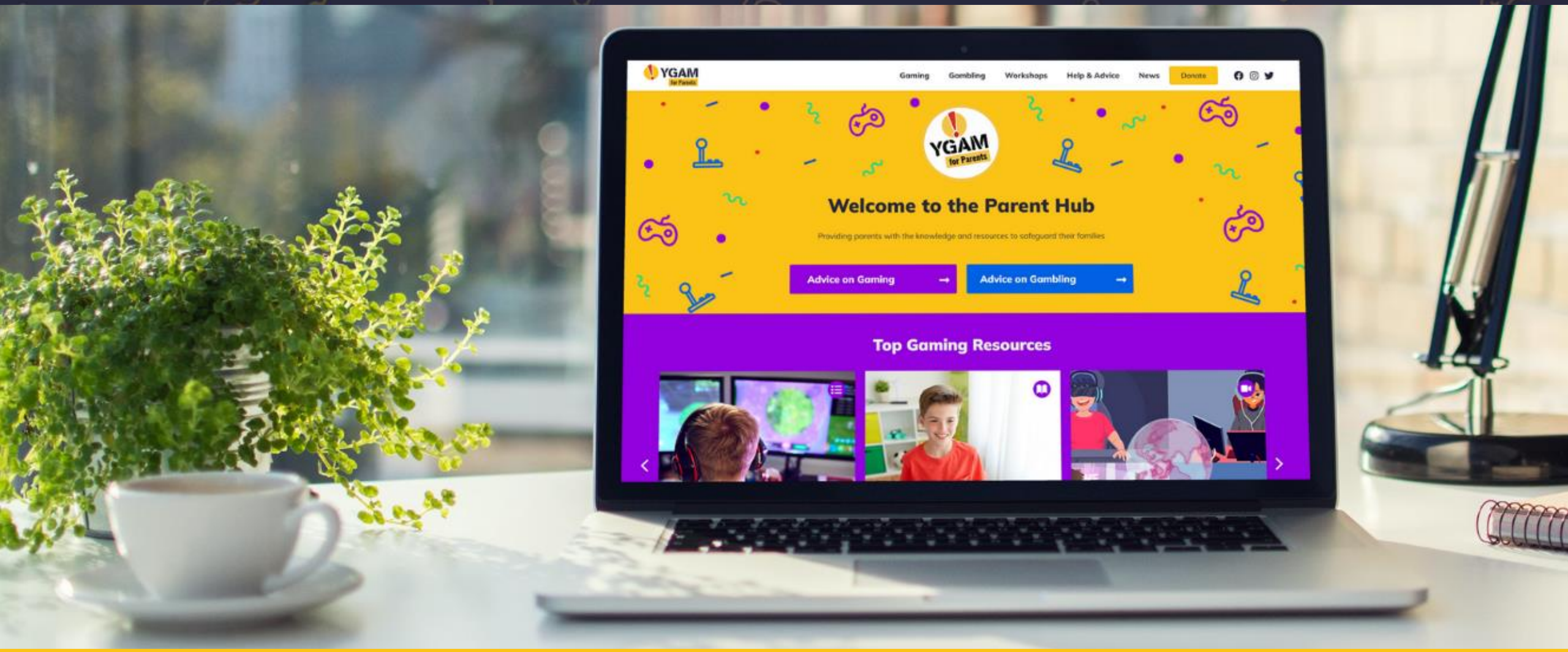
- To receive support from YGAM Parents
- To receive updates on our training and resources

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare YGAM

©YGAM 2021: All rights reserved

YGAM for Parents

Thank you!



/YGAMuk

@YGAMuk

@YGAMuk

parents.ygam.org