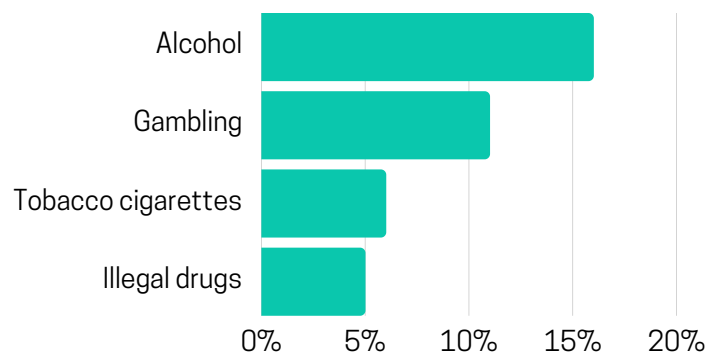


In a nutshell: Gambling and young people



Gambling is a common activity among young people. Almost half (48%) have gambled at some point in their lives.

More 11-16 year olds in Great Britain have gambled in the last week than have smoked tobacco cigarettes, or taken illegal drugs. Only drinking alcohol is more common.



In 2019, the most common gambling activities among young people were:



Young people are regularly exposed to gambling ads. Almost all (96%) have seen gambling ads in the last month.

1 in 8

11-16 year olds follow gambling companies on social media (12%).

"It being all around makes it feel like a normal everyday thing to do."

Young person, aged 20





All gambling carries a risk of harm.

Young people's own gambling can impact on their:



Resources

School performance, employment, and finances, and may lead to criminal activities.



Health

Both mental and physical health, and may lead to substance use or suicidal thoughts.



Relationships

Relationships with close family and friends, as well as the wider community. For example, through family breakdown or homelessness.

55,000

11-16 year olds in Britain are estimated to be experiencing harmful gambling. This is a pattern of gambling behaviour that damages family, personal, or recreational pursuits.

Young people are also vulnerable to harm as a result of a parent or caregiver's gambling. Children of parents or caregivers with gambling problems are more likely to experience:



Poor mental health



Family stress or instability



Family violence



Gambling problems later in life

If you are worried about your own or someone else's gambling, the first step is to ask for help.

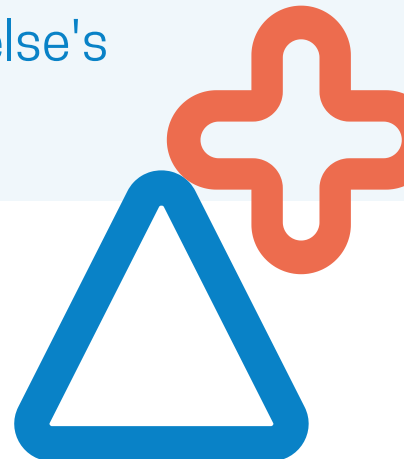
Whatever you're dealing with, support is available.



0808 8020 133



BeGambleAware.org



For more information, see our Gambling Education Toolkit: <https://gamblingeducationhub.fastforward.org.uk>