

YNOT Gambling Fact Sheet for Young People

Fast facts about gambling

- Over half of young people have participated in some form of gambling by the time they are 15 years old.¹
- Gambling is, and is often considered, a fun social activity among young people.
- Gambling is illegal for anyone under the age of 18 years.
- There is little gambling support for young people under 18 years.

How are young people exposed to gambling?



Gambling often occurs casually or with support of friends and family. Parents might buy a 'scratchie', a lotto ticket or place a bet for you.² Gambling can also be a social activity that occurs with a group of friends, through card games or private bets.



Young people are exposed to more gambling advertising than previous generations. Sports gambling adverts and digital betting marketing are higher than ever before. There is an average of 374 gambling advertisements per day on free-TV alone, in Australia.³



The lines between gaming and gambling have become blurred. In-game features like loot boxes, that are purchased with real world money, come with built-in odds of getting cosmetic or in-game perks. These are designed to make you want to keep buying them. 71 percent of games on the platform Steam now have loot boxes – an increase of only 5 per cent from 10 years ago.⁴



Games that simulate gambling, such as slot games, card games and casino games are legal for people under 18. These games are designed with higher odds to give you more wins and often give participants a false sense of skill or experience. Many of these games involve transactions where you can spend real money on virtual coins that allow you to keep playing the game or display achievements, but do they not pay out any winnings.⁵



Gambling is more accessible than it ever has been before. Mobile apps and online websites allow young people to participate in gambling like sports betting and online casinos anytime, anywhere⁶. These apps typically have low levels of security to confirm a participant's age, which can be easily bypassed by young people under 18 years.

So what's the problem with gambling?

Not all gambling is problematic. But it is important to understand that gambling can lead to some negative and harmful outcomes for the participant and those around them.

Harmful gambling can result in:⁷

- Problems with money and finances
- Poor mental health and wellbeing
- Disrupted relationships or breakdown with family and friends
- Difficulties at school and work
- Feelings like guilt, shame, embarrassment or denial
- Developing problem gambling habits later in life

Why does your opinion matter?

The Youth Network of Tasmania (YNOT) wants to hear from young people aged 12-18 years about their thoughts and opinions on gambling. Feedback will be used to produce resources that are created by and for young people to reduce harm from gambling.

All feedback will be anonymous. Participants can also enter the draw for some great prizes up to the total value of \$2,500!

Visit the [YNOT website](https://www.ynot.org.au) for more information, or contact YNOT at project@ynot.org.au or call 0488 235 511.

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References:

¹ Victorian Responsible Gambling Foundation, 2021 [Gen bet: a plain English summary of research into gambling and young people \(responsiblegambling.vic.gov.au\)](https://www.responsiblegambling.vic.gov.au)

² J Power, 2021 'Children start gambling as young as 11, often with the help of their parents', <https://www.smh.com.au/national/nsw/kids-start-gambling-as-young-as-11-often-with-the-help-of-their-parents-20210130-p56y1r.html>

³ Victorian Responsible Gambling Foundation, 2021 [Gen bet: a plain English summary of research into gambling and young people \(responsiblegambling.vic.gov.au\)](https://www.responsiblegambling.vic.gov.au)

⁴ *Ibid*

⁵ R Rasker, 2022 'What are Social Casino Games and how do they become addicted', <https://www.abc.net.au/everyday/social-casino-games-and-why-people-become-addicted/100861446>

⁶ D Warren and M Yu, 2019 'Gambling Activity among teenagers and their parents' <https://growingupinaustralia.gov.au/research-findings/annual-statistical-reports-2018/gambling-activity-among-teenagers-and-their-parents>

⁷ Tasmanian Government, 2019 'Gambling Support Program: Strategic Framework' [Gambling Support Program Strategic Framework \(communities.tas.gov.au\)](https://www.communities.tas.gov.au)