



**Gambling-related harms:  
How problem gambling affects young people and families**

Warren Hughes and Dr Christina Dineen, *Fast Forward*

Ray Micallef, *Gambling Commission*

# Group Activity



In the past week,  
what percentage of children aged 11-16 have:

- a) Taken illegal drugs*
- b) Smoked a cigarette*
- c) Drank alcohol*
- d) Spent money on gambling*

# Youth Gambling Research



## Among 11-16 year olds...

- 14% spent their own money on gambling in the past week
- 39% spent their own money on gambling in the last year
- Most common forms of gambling:
  - private bets
  - National Lottery scratchcards
  - fruit/slot machines
  - playing cards for money with friends

(Gambling Commission, 2018)

## Among Scottish S3 students...

- 41.4% report having gambled in the last year

(Fast Forward, 2019)

# Youth Gambling Research



*“Gambling early on has been linked to problem gambling later in life, and young people are being socially conditioned to view gambling as a legitimate social activity freely available to them.”*

(McBride & Derevensky, 2016)

# Youth Gambling Research



1.7% of 11-16s are classified as 'problem gamblers'

2.2% of 11-16s are classified as 'at risk'

(Gambling Commission, 2018)

## Risk factors for problem adolescent gambling:

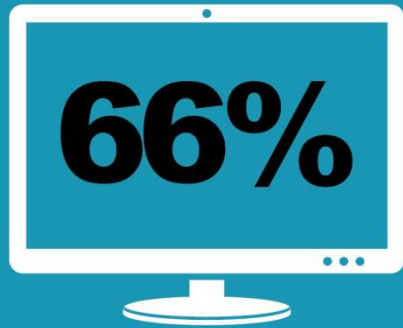
1. Greater accessibility in the community
2. Involvement in gambling at a young age
3. Experiencing a large win early on
4. Gambling when depressed or socially isolated
5. Peer approval/peer pressure
6. Parental transmission of gambling attitudes/behaviours
7. Social acceptability of gambling

(King et al., 2010)

# Youth Gambling Research

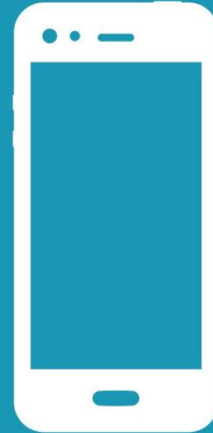


Places where 11-16 year olds have seen gambling advertising



on TV

GAMBLING  
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**59%**  
on social  
media



**53%**  
on other  
websites

# Youth Gambling Research



## Perceptions of gambling among young people:

- It's an everyday, normal activity
- Nuanced understanding of what constitutes gambling
- Online platforms make for-money gambling feel “less real”

## Motivations for gambling:

- Social importance of the activity – gambling to “fit in”
- Gambling as a resource that brings prestige and pride
- Hope of winning

(Wardle, 2019)

# Youth Gambling Research



## NHS to open first gambling clinic for children

About 55,000 children classed as having an addiction, with online gaming sites blamed



▲ "This action shows just how seriously the NHS tal said Simon Stevens, NHS England chief executive. P

The first NHS gambling clinic for cl that the rise of online gaming sites among young people.

### 'My son spent £3,160 in one game'

By Zoe Kleinman  
Technology reporter, BBC News

15 July 2019



GETTY IMAGES

Last week we told the story of the family whose children emptied their parents' bank account buying players in the video game Fifa.

It generated a big debate about whether parental controls are sufficient, how much responsibility lies with mum and dad - and the ethics of encouraging young players to spend money within games and apps.

## Comedian John Robins says gambling online while battling his addiction would have lead to his death

Nola Ojomu Saturday 3 Aug 2019 4:11 pm



Comedian John Robins has opened up about his experience with gambling addiction (Picture: Gr

Comedian John Robins has said he would have probably killed if he had access to online gambling at the height of his addicti

## Number of child gamblers quadruples in just two years

21 November 2018



The number of children classed as having a gambling problem has quadrupled to more than 50,000 in just two years, a report has claimed.

The Gambling Commission study suggests that 450,000 children aged 11 to 16 bet regularly, more than those who have taken drugs, smoked or drunk alcohol.



# Youth Gambling Research

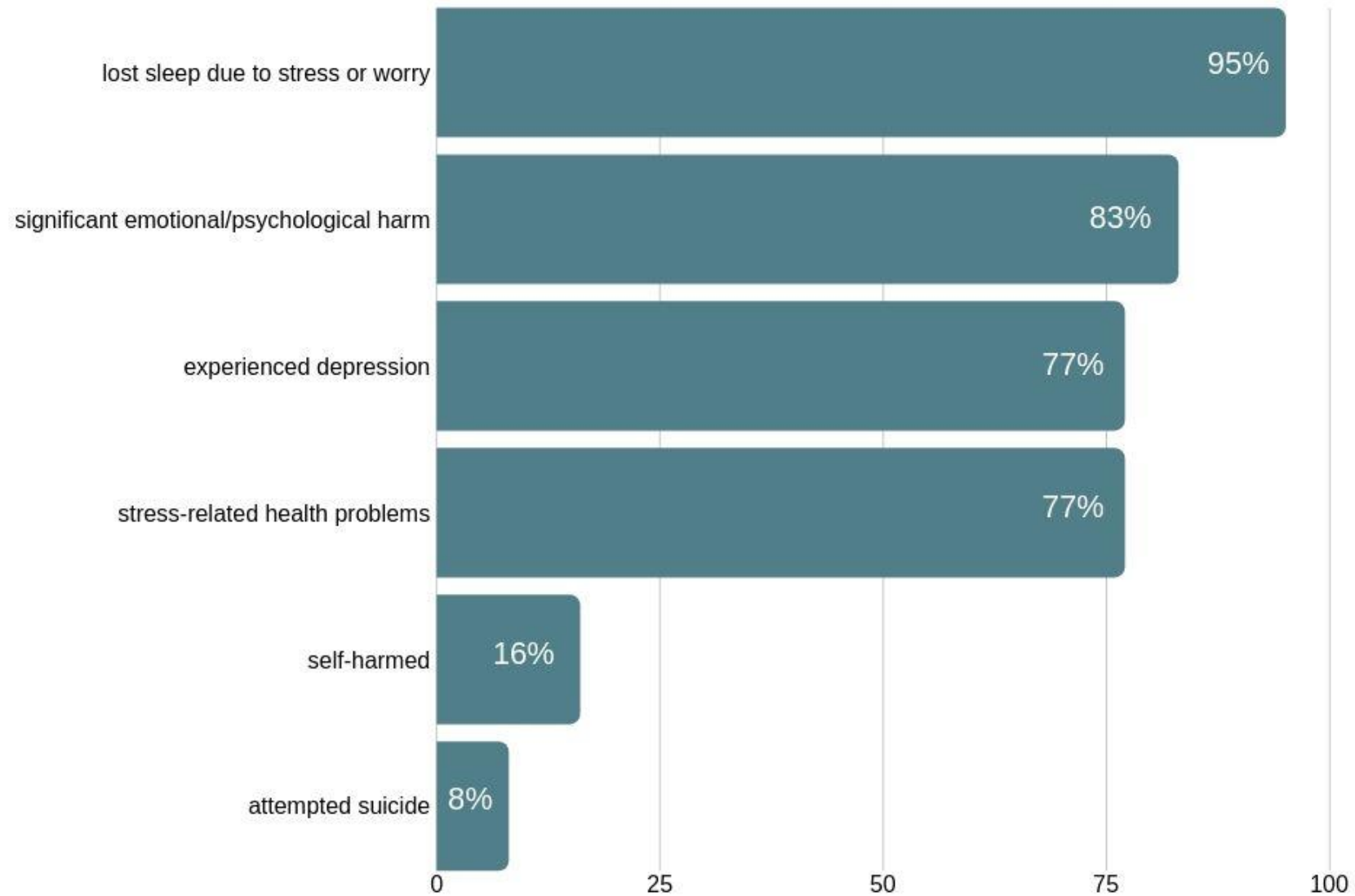


It is estimated that for every problem gambler, at least 10 other family members, friends, or colleagues are directly affected.

(Nash et al., 2018)

The negative impact that gambling has on wider society is only just beginning to be recognised.

## Gambling-related harms experienced by family members - Banks et al. 2018



# Group Activity



*Individual*

*Friends, family,  
workplace, groups*

*Community & Society*

# Gambling Education Toolkit



fast forward

WHO WE ARE WHAT WE DO OUR PROJECTS RESOURCES NEWS & EVENTS CONTACT US

SPEN



## INTRODUCTION TO THIS TOOLKIT

The Youth Problem Gambling Initiative (YPGI) is a project developed by Fast Forward starting in April 2018.



## GAMBLING: AN OVERVIEW

This chapter provides some key information and facts regarding gambling and problem gambling.



## SUPPORT AVAILABLE

This toolkit provides key facts and information about gambling and problem gambling, as well as a list of support services available.

<https://gamblingtoolkit.fastforward.org.uk>

# References



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# Gambling Commission's National Strategy to Reduce Gambling Harms

Ray Micallef

Compliance Manager

# Our background

- The Commissions head office is based in Birmingham and sitting in the not-for-profit sector we are an independent non-departmental public body (NDPB) sponsored by the Department for Digital, Culture, Media and Sport (DCMS)
- Our work is funded by fees set by DCMS and paid by the organisations and individuals that we license, and, in respect of National Lottery functions, funded by the National Lottery Distribution Fund
- Our remit is wide-ranging and our position as a credible, authoritative regulator that places consumers at the heart of all we do, is full of fresh challenges and opportunities for us to make our mark on the gambling industry, both at home and abroad

# Our purpose

- **Our objectives**
- We permit gambling, in so far as we think it is reasonably consistent with the **licensing objectives**:
  1. Preventing gambling from being a source of crime or disorder, being associated with crime or disorder, or being used to support crime
  2. Ensuring that gambling is conducted in a fair and open way
  3. Protecting children and other vulnerable persons from being harmed or exploited by gambling



- We regulate the gambling industry to ensure it is crime-free, fair and open, with attention to protecting children and vulnerable adults
- We ensure that National Lottery returns are maximised for good causes
- We provide a regulatory framework for the gambling industry which puts the consumer first
- We support the research and treatment of problem gambling through the [Advisory Board for Safer Gambling](#) National Strategy to Reduce Gambling Harms

# Responsible Gambling



# Headline findings of Scottish health survey 2017

- **63%** of respondents in Scotland who have spent money on at least one gambling activity in 2017
- **46%** of respondents in Scotland (excluding those who had only played National Lottery draws) who have spent money on at least one gambling activity in the past 12 months (49% in 2016)
- **0.8%** of respondents in Scotland identified as problem gamblers (40,000 pop of 5M)

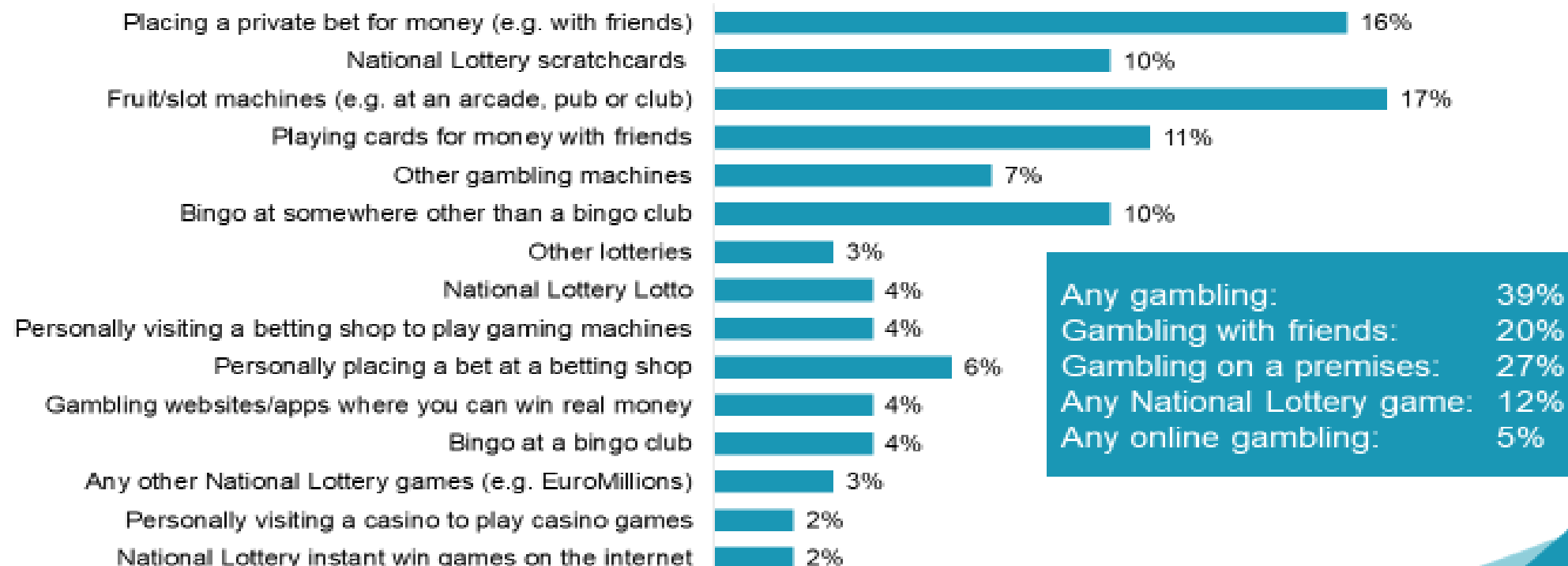
# Gambling statistics UK – 16+

- 46% of population have gambled in the past four weeks
- 32m gamblers – 0.8% problem gamblers
- 29% National Lottery only
- 71% play other things
- 18% of population gamble online
- 29% of online gamblers gamble via mobile
- 2m at risk - are either problem gamblers or at risk of addiction - 1.9% Women & 6% Men at risk

# Young People and Gambling - All 11-16 year olds in Scotland: Ipsos MORI Young People Omnibus 2018

## Gambling participation: past 12 months

Have you spent any of your money on any of the following activities in the past 12 months?



# The new national strategy

- Overall aim is to reduce gambling harms
- Through a public health approach
- Requires collaboration across a range of stakeholders
- The Commission is taking a lead role to drive progress
- Three-year plan



National Strategy to  
Reduce Gambling Harms

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# Prevention and Education

- There is a clear need for a framework for gambling harm prevention and education
- At one end of the spectrum this means information and education campaigns that raise awareness of the harm that can result from gambling. At the other end of the spectrum it means imposing regulatory restrictions, on a precautionary basis when necessary, upon those products and gambling environments that pose the greatest risk of harm

# Strategic priority: Treatment and support

- ***Significant progress towards truly national treatment and support options that meet the needs of current and future service users***
- Making treatment more accessible and relevant
- Improving commissioning and oversight arrangements and pathways into treatment and support
- Current services are limited –numbers, funding, coverage
- Low numbers of people accessing formal treatment or support
- Need to know more about those not seeking treatment



# Next steps

- Many stakeholders are developing further responses to reducing gambling harms and that these plans will be made public over time
- We will invite all bodies with an interest in reducing gambling harms to share their own priority actions that support the aims of the strategy
- Undertaking research to develop guidance and produce resources to improve delivery of gambling education through the Personal, Social, Health and Economic (PSHE) curriculum, with the aim of supporting schools and teachers to deliver high quality, evidence-based education and improve the consistency of delivery

# Next steps

- Establishment of the FastForward Scottish gambling education hub
- Gambling components to be included in the Personal, Social, Health and Economic (PSHE) education curriculum
- Education and training for the healthcare workforce, particularly primary care practitioners on gambling harms, building on early steps
- Workforce education across gambling businesses, service providers, charities and local healthcare providers to better understand and identify the sign of gambling harms and provide better signposting to the range of treatment and support options
- Longer-term options to prioritise and co-ordinate evaluation (planned for year 2 and 3).



making gambling  
fairer and safer

[www.gamblingcommission.gov.uk](http://www.gamblingcommission.gov.uk)



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