

Health Alert: Gambling

What Is Gambling?

- Gambling is risking something of value (usually money, but not always) on an event with an uncertain outcome
- Gambling is based primarily on chance where you wager or bet in the hopes of winning something greater

What Are Some Examples Of Gambling?

- Card games like poker or blackjack
- Online apps like *BetMGM* or *Caesars*
- Fantasy sports leagues like *Fan Duel* or *Draft Kings*
- Buying “loot boxes” in video games
- Prediction markets like *Polymarket* or *Kalshi*
- Friendly wagers like ‘will the teacher walk in before the bell rings’ ‘who will be class valedictorian’ ‘will X beat Y in the yeshiva league hockey game tonight’



Fantasy sports and loot boxes are the “gateway drugs” to serious gambling issues



Sports betting apps draw you in, using algorithms to keep you hooked

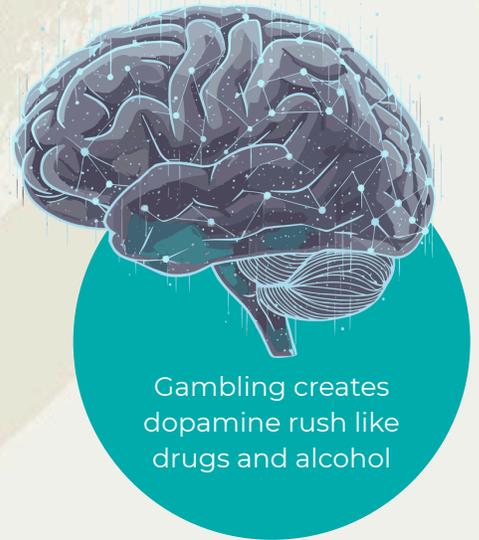
How Do Gambling Apps Work?

- Apps track individual users and use proprietary algorithms to “hook” people
- Promotions like “free bets” or profit boosts are used to entice people to bet more
- Companies create profiles even before you place your first bet, knowing whether you will be an aggressive player or more risk-averse and will use every means at their disposal to draw you in
- The odds are always in favor of “the house” and are designed to make the bettor lose

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Current Trends

- CCSA's data shows, out of thousands of students surveyed in our Jewish middle and high schools, **18%** of middle and **24%** of high school students reported gambling over the past year
- Our focus groups indicate that gambling is prevalent and socially acceptable, mostly amongst boys
- Teens describe using other valuables (clothing, electronics) to place bets or pay back debts



What Is The Harm?

- Gambling is an addictive behavior that causes dopamine rushes to the brain in the same way that drugs and alcohol do
- Teens are particularly at risk as their brains are still developing until their mid-20s and they are highly sensitive to these dopamine rushes
- The rush of dopamine combined with the underdeveloped ability to assess risk and harm puts our children at risk of developing an addiction
- Gambling addiction has one of the highest rates of suicide among all mental health issues
- States where gambling has been legalized have seen overall decreases in credit scores and increases in bankruptcies and delinquencies

What Can We Do?

- Spending (bank accounts, credit cards, debit cards) habits should be monitored whenever possible
- Check the apps that your child has installed on their phone
- While online companies require a minimum age of 21 (18 for prediction markets), accounts are either opened by adults for children or they use their parents' information to do so - be aware!
- We always encourage open dialogue - talk to your child about these issues and risks

Resources

National Problem Gambling Helpline

1-800-522-4700

National Suicide Prevention Line

1-800-273-8255

Gamblers Anonymous

www.gamblersanonymous.org

Council on Compulsive Gambling NJ

www.800gambler.org