

Talking about Gambling with Young Adults & College Students

Over 60% of young adults (18-22) will place a wager each year regardless of age & college student status.

Learning how to gamble within their means and understand risk is important so that they do not experience gambling-related harms and/or develop an addiction to gambling (“Gambling Disorder”).

Young adults are considered a “high-risk” group due to brain development, other risk behaviors, & preferred gambling types.

**Prevention & education
is the key.**

**Make sure you talk about gambling
with younger adults.**

Their future may depend on it!

Talk about Gambling

with Young Adults & College Students

Early exposure to excessive gambling, an early “big win,” and gambling beyond their means may increase the risk of experiencing gambling-related harms among young adults. Studies indicate that young adults whose parents gamble on a regular basis gamble earlier, more frequently, and may develop an addiction to gambling at nearly 2x the rate of those whose parents do not gamble.

In the U.S. 72% of college students believe that gambling is at least a minor issue on their campus and over 30% are worried about someone else’s gambling.

Gambling is not bad, but young adults need to be informed to lower risk so they do not suffer from gambling-related harms.

Some signs a young adult or student may be experiencing issues from gambling include:

- Frequent participation in gambling activities
- Increased absences from work/school &/or a decline in work/school performance
- Borrowing money &/or unexplained need for assistance with personal expenses
- Lack of interest in non-gambling activities &/or social isolation due to time & focus spent gambling