



Gaming and Gambling Harm Awareness

Safeguarding Our Digital Generation



Session aims:



Explore the influences on children and young people to game and/or gamble



Discuss the blurred lines between gaming and gambling



Identify the signs of gaming and gambling harm and signposting options



Explore how Ygam can support you and the children and young people you work with

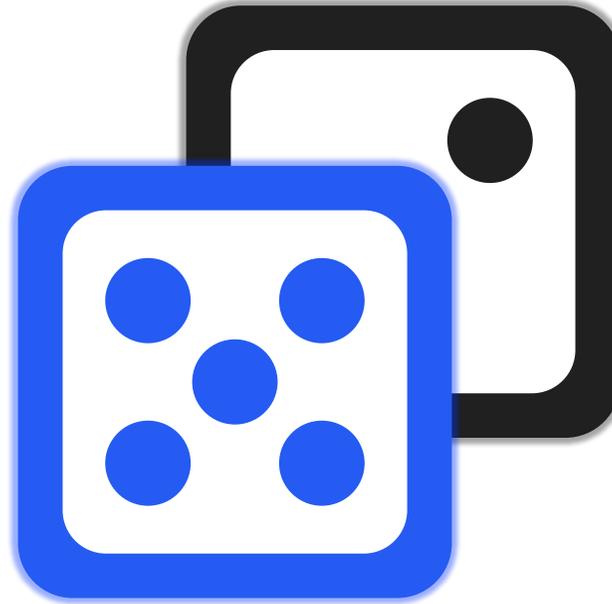


What is Gambling?

Gambling

Betting, gaming,
participating in a lottery

Source: ([Gambling Commission, 2005](#))



Gambling harm

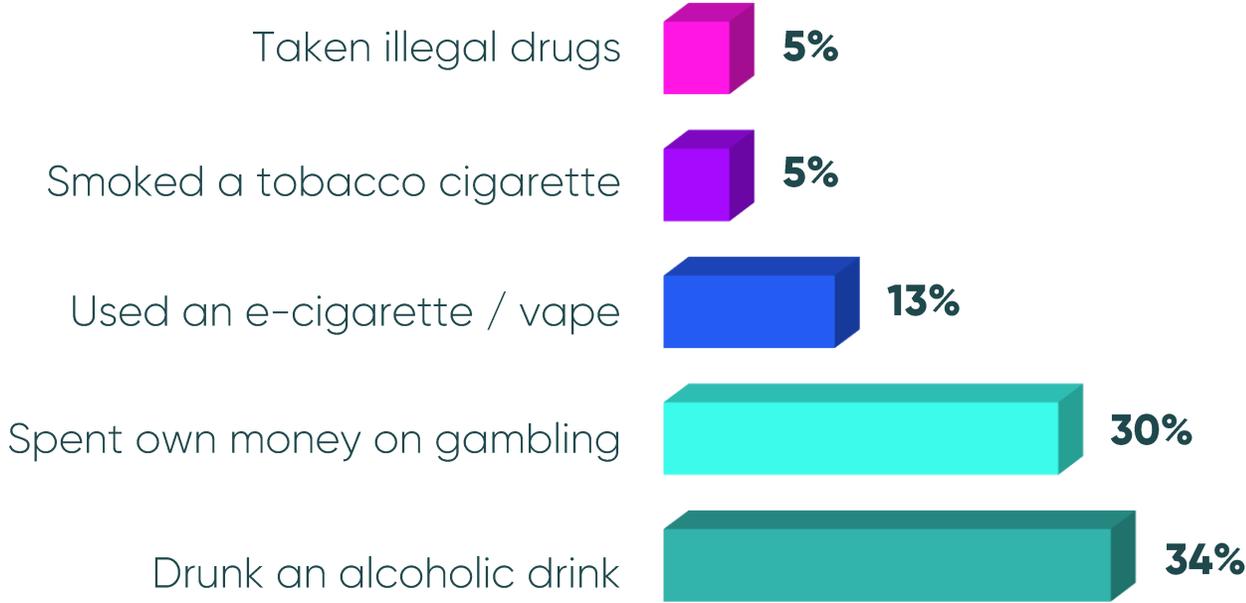
Gambling to a degree that
compromises, disrupts or
damages family, personal
or recreational pursuits

Gambling-related harms are the adverse impacts from gambling on the health and wellbeing of individuals, families, communities and society

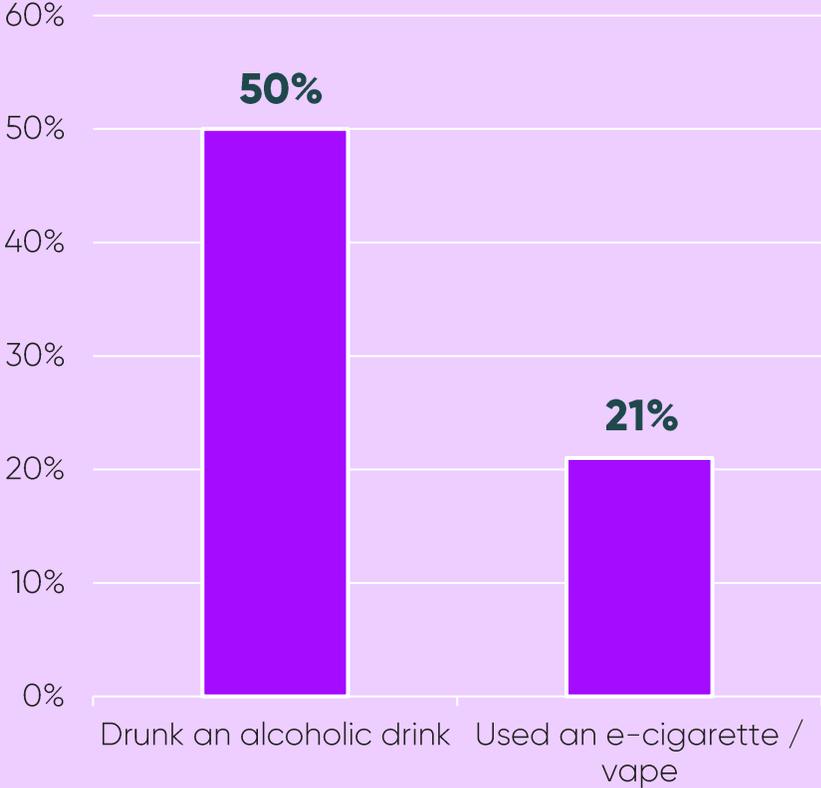
Source: ([Wardle, 2018](#))

Facts and Figures

Activity Participation in the Past 12 months

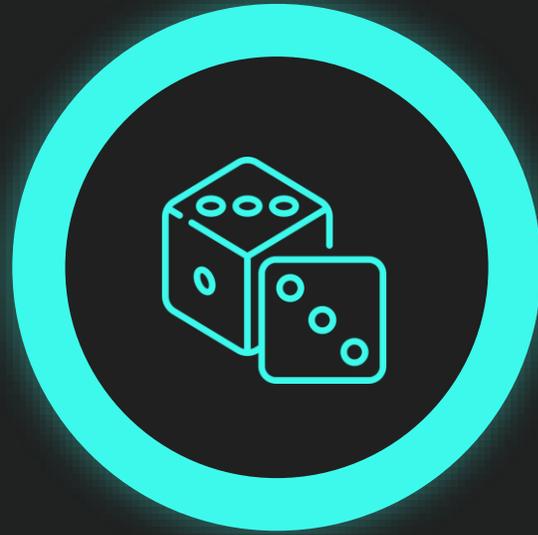


Other Risk Taking Activities



Source: ([Gambling Commission, 2025](#))

Motivation and influences:

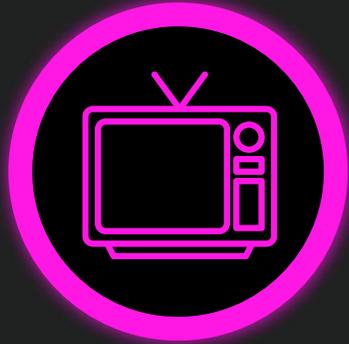


Why might children and young people gamble?



What might influence children and young people to gamble?

Influences



TV and Radio Advertising



Social Media

— “
We were in the car for ages, so I was on my phone. I saw lots of bet365 adverts and Paddy Power and when I went on the football flash score website, I saw loads more.

— ”
Male, 12 to 13 years old, Wales

— “
There are streamers online, that will play a game of FIFA, and they'll have £10K on the line...they're a wee bit older, early twenties, but their fan base are 16, 17, 18 years old.

— ”
Male, 16 to 17 years old, Scotland.

Gaming



What do you think are the positives of gaming?

What are your concerns about gaming?

Gaming

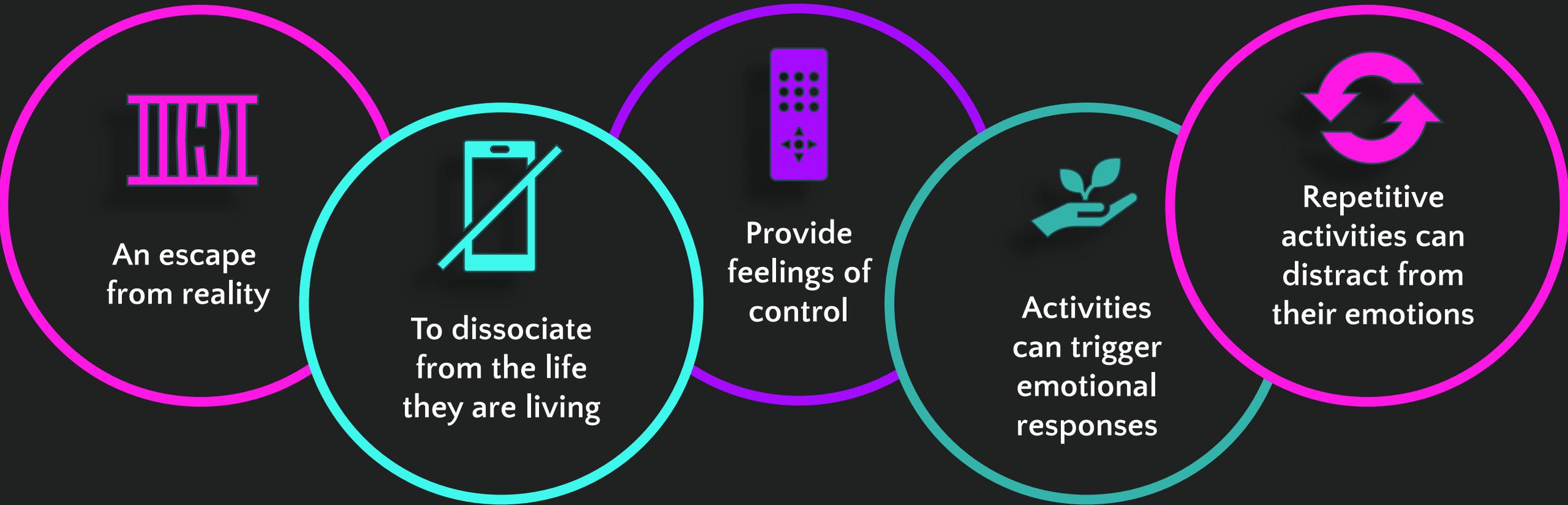


- Cognitive development
- Story telling
- Reading
- Hand eye coordination
- Leadership
- Problem solving
- Competitive skills
- Connecting with friends
- Sense of belonging



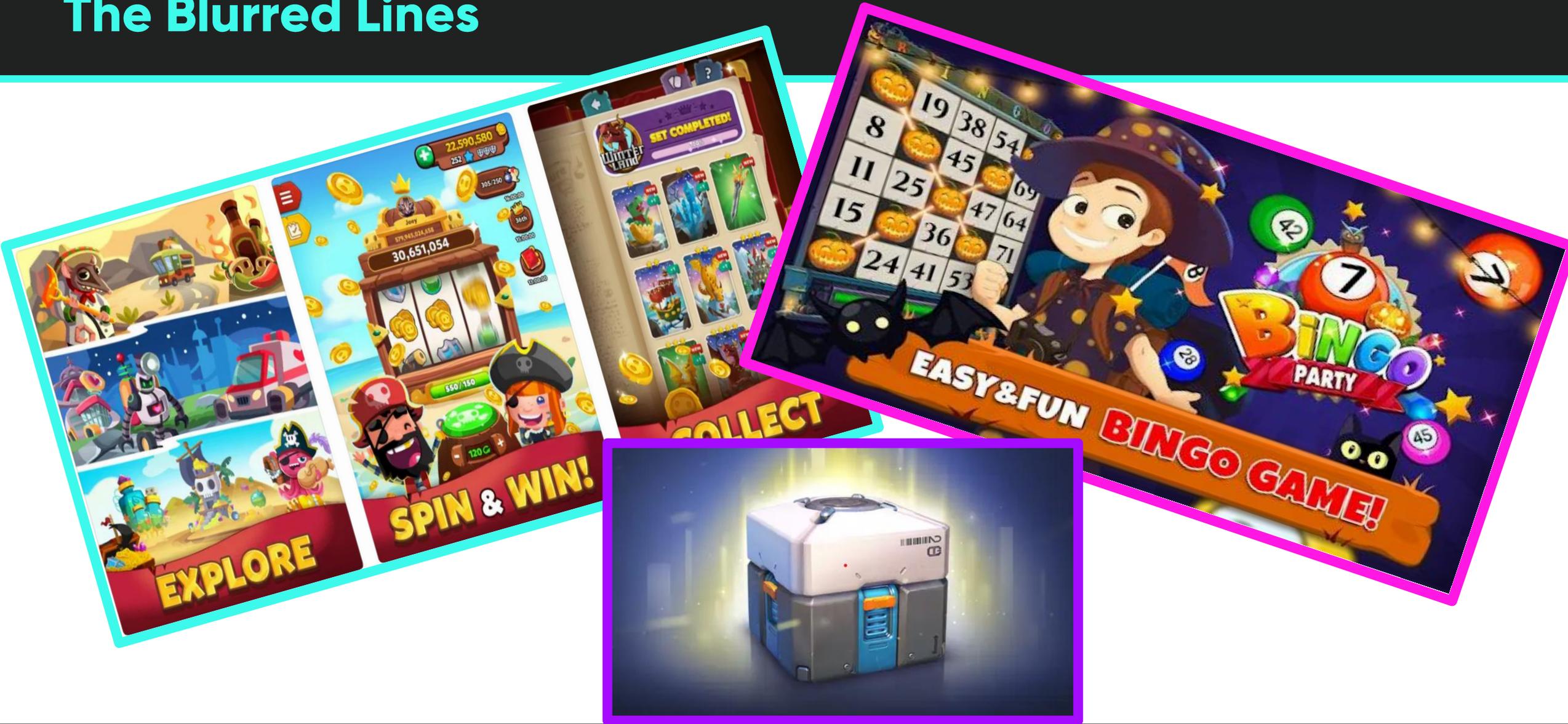
- Behaviour
- Unsuitable content
- Language, content, bullying
- Peer pressure
- Expense
- Impact on Education
- Health
- Interactions

Trauma and gaming

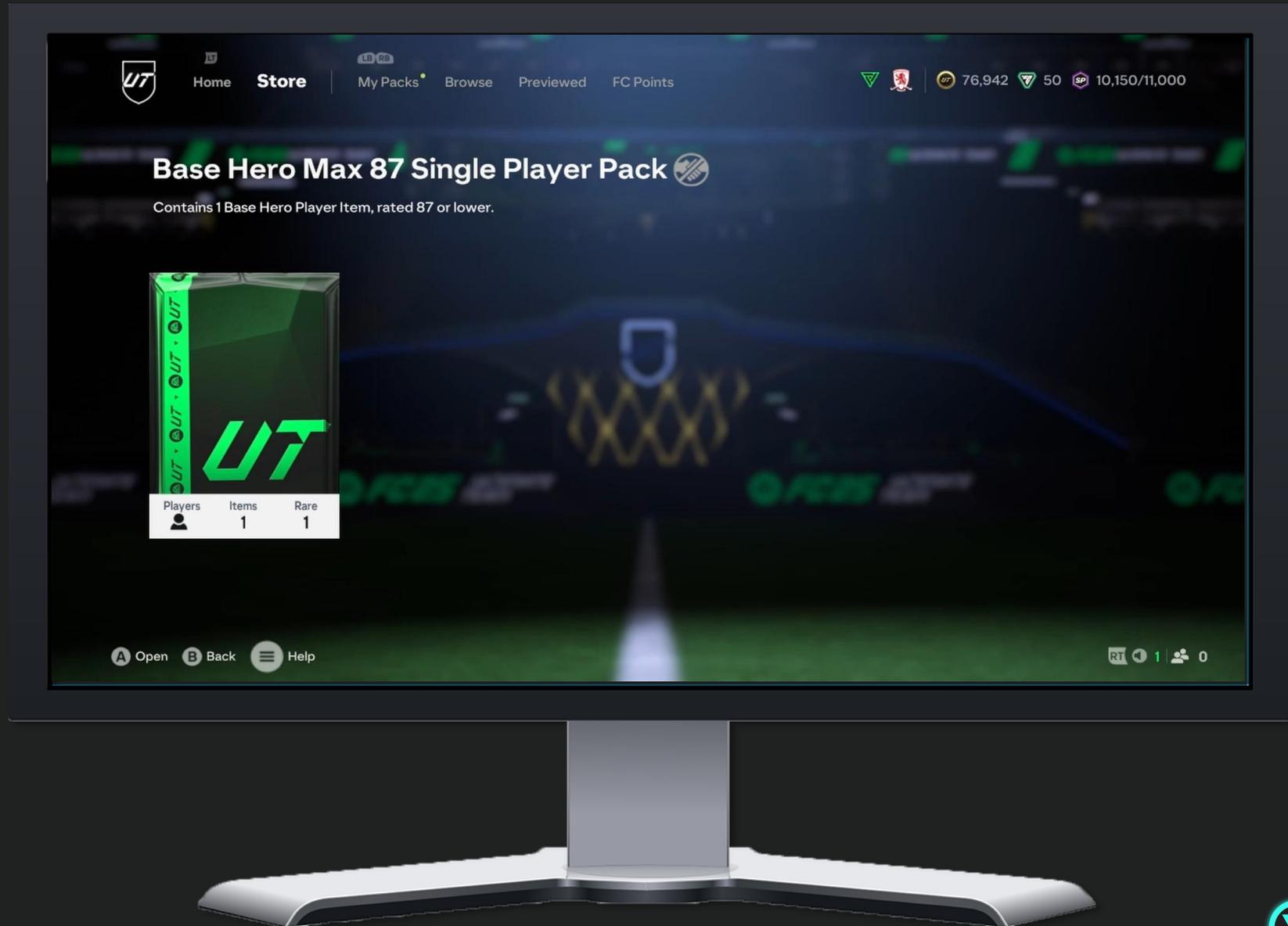


Source: ([Oskenbay et al., 2016](#))

The Blurred Lines



Loot Boxes



What does this mean to young people?

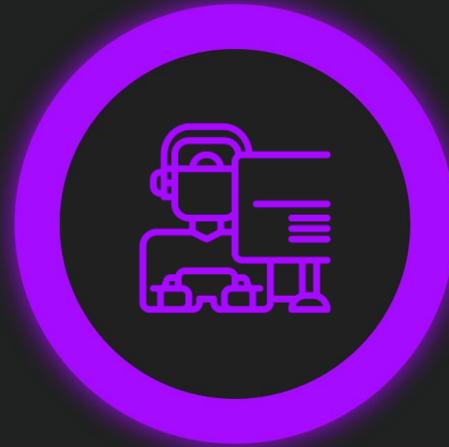
The Action

Surprise / Suspense

Desire to win rare item

Social

In-game advantage



As soon as I was getting better players, I wanted to get better and better and like, I couldn't stop. In my head I was like 'stop', my guts were saying 'stop', everything was saying 'stop', but my brain wasn't. My brain was like 'keep opening'. It was hard.'

Peer Pressure

Influencers

Unfair

Frustration

Trading / Profit

Spotting the signs of harm



Thinking about gaming and gambling harm...
What might this look like?

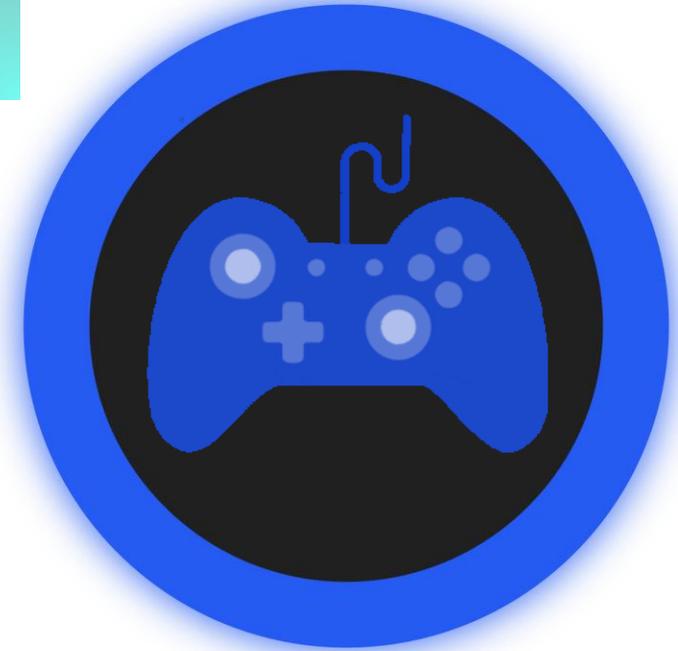
Spotting the Signs: Gaming Disorder

Emotional Signs

-  Preoccupation with gaming
-  Downplaying time gaming
-  Unable to set time limits
-  Avoiding family / friends
-  Being overly defensive

Physical Signs

-  Headaches or migraines
-  Neglecting hygiene
-  Extreme fatigue
-  Carpal tunnel syndrome



Spotting the Signs: Gambling Harm

- ⚠ Spending too much time and/or money
- ⚠ Finding it hard to manage or stop
- ⚠ Arguing with family or friends
- ⚠ Thinking or talking about it a lot
- ⚠ Chasing losses or suffering debt
- ⚠ Gambling until you have nothing left
- ⚠ Feeling anxious, worried
- ⚠ Losing interest in hobbies
- ⚠ Neglecting personal needs
- ⚠ Lying about / hiding gambling
- ⚠ Selling possessions



Sources: ([NHS, 2023](#)) and ([GambleAware, 2024](#))

Signposting

			ENGLAND	WALES	NORTHERN IRELAND	SCOTLAND
WHAT AND WHO						
 <p>National Gambling Helpline 0808 8020 133 GamCare.org.uk</p>	<p>National Gambling Helpline www.gamcare.org.uk 0808 8020 133</p>	<p>Gambling 18+ Re-direct under 18s</p>	✓	✓	✓	✓
	<p>National Gaming Clinic & Gambling Clinics 020 7381 7722</p>	<p>Gaming & Gambling 13+ London only 18+ elsewhere</p>	✓			
	<p>24/7 text service 85258</p>	<p>Mental health Anyone</p>	✓	✓	✓	✓
	<p>Help and advice pat@papyrus-uk.org 0800 068 4141</p>	<p>Thoughts of suicide Young people Affected others</p>	✓	✓	✓	✓
	<p>Info and advice 0800 1111</p>	<p>Range of issues Under 19s</p>	✓	✓	✓	✓
	<p>Kooth www.kooth.com</p>	<p>Online mental health support and counselling 11-25</p>	✓	✓	✓	✓

Ygam Offer



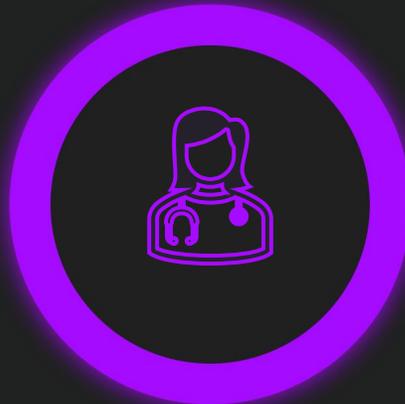
Teachers and Youth Work



University & Students



Sports Organisations



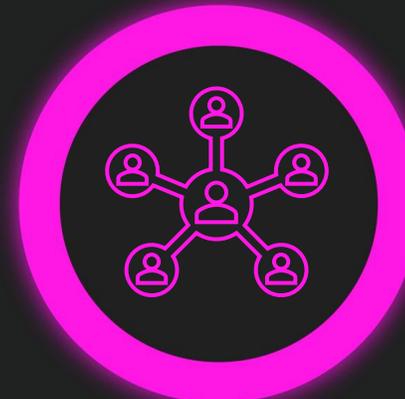
Health & Social Care



Parents & Carers



Community & Faith Leaders



Alumni

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Thank You!



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