

Do Now

What risks are associated with gambling & chance games?

Kelsey, 13, found her mom's phone lying around. Meaning to play some games, she stumbled upon a bright and appealing looking app. The games were easy, made loads of fun noises and were quick and exciting. After she'd finished playing, a notice popped up – 'You have won £10'.
Wow, thought Kelsey. This game is just the best!

Discuss: What has Kelsey just done, without realising? Has this caused any actual harm?

Wahey!



What do we mean exactly when we talk about gambling or 'chance-based games'?

I think the definition of gambling and chance-based gaming would be



Learning outcomes:

Describe the risks associated with gambling and recognise that chance-based transactions can carry similar risks.

Describe the impact gambling has on people's lives.

Gambling – the betting or staking of something of value (usually money), whilst being aware of a risk and in hope of a gain (usually more money).

Games of chance - Games that depend more on luck than skill. E.g. snakes and ladders is a game of chance (as are most card games), Pictionary is a game of skill. Not all games of chance involve gambling.

What risks are associated with gambling & chance games?



Why are we focusing on gambling today anyway? Well, there are many good reasons for this. Read the statements below and vote to see if you think they are true or false as a class. **We'll reveal the answers on the next slide.**

People between the ages of 18-24 are at a high risk of developing gambling problems. At this age, the brain is still developing and emotion and logic aren't fully formed. This means that decision-making ability hasn't yet matured, making young adults more likely to take risks or act impulsively.

31 percent of 11- to 16-year-olds spent their own money on a gambling activity in 2022.

Three in ten (28 percent) young people have seen family members they live with gamble.

Most (78 percent) young people who spent their own money gambling in the last 12 months, did so because they regard it as a fun thing to do.

2.4% of young people are 'at-risk' gamblers

What risks are associated with gambling & chance games?



ALL OF THE STATEMENTS ARE TRUE You may think of gambling as an issue that affects older people, yet year on year there is a significant increase of young people taking up the habit, most likely due to increased accessibility.

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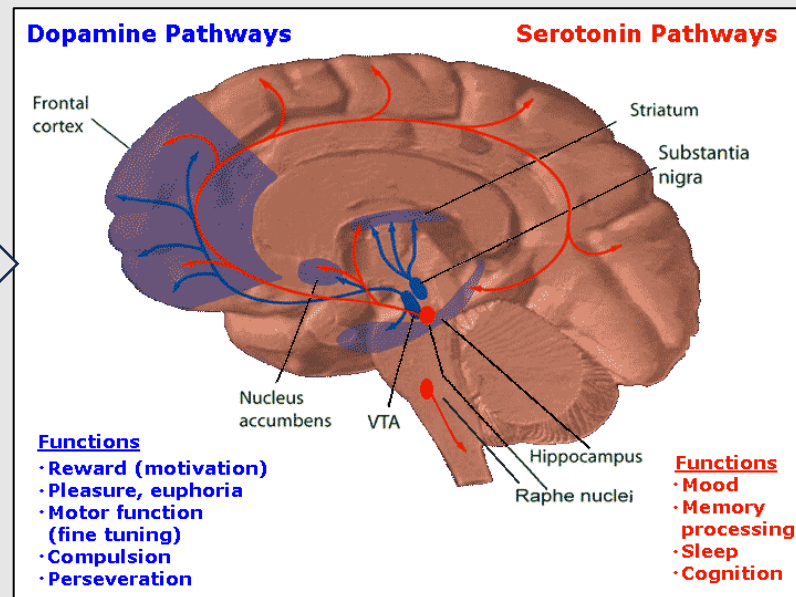
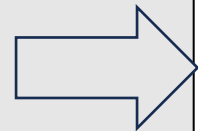
Why do people get 'hooked' on gambling?

When gamblers take part in gambling, dopamine and serotonin, our 'feel good chemicals' are released. They are also released by normal things like food and good conversation, but dopamine, which has the biggest pull, is released in huge quantities by gambling, drugs, alcohol, porn and other things unnatural to the brain.

This can be very damaging in the long term, as the huge pull makes you go back for more. It actually rewires your brain. This is how addiction occurs.



Whether on your phone, or inside a casino, the bright lights and 'ker-ching' noises are intended to make your brain release dopamine.



Watch the clip carefully and answer the questions in the boxes. We'll go through the correct answers together afterwards.

<https://www.youtube.com/watch?v=IHYaGAQogaw>



How and why do young people gamble in 2023?

How can gambling take over a person's life?

How long did it take Matthew to blow a whole month's wages on gambling?

How did Matthew get into gambling?

How does gambling affect Matthew financially even today?

How do does Matthew say you should stop it escalating

How long did it take Matthew to blow a whole month's wages on gambling?
45 minutes.

How and why do young people gamble in 2023?
Through gambling apps, usually on their phones. Online, it doesn't feel like real money. It's so, so easy to get into and you can win easily first time (that's how they drag you in).

How does gambling affect Matthew financially even today?
His credit rating is so poor he can't even get out a mobile phone on contract, no bank will lend to him, he can't get normal lending contracts for items such as cars, mortgages etc.

How can gambling take over a person's life?

How did Matthew get into gambling?
He started at 12, using his pocket money, then at 15 he used gambling groups, then gambling credit online. He took out credit cards, loans and lost thousands over the years. He lied to family and friends to get the money.

How does Matthew say you should stop it escalating?
He says you need to be open about your habit with the people around you – and reach out for help as there are people who have been there before who can support you, as well as charities.

What risks are associated with gambling & chance games?

Over recent years, the government has stipulated that gambling advertisements must contain warnings about the risks of the habit.

One famous slogan used for a while was '*stop when the fun stops*'.

However, it was found that this slogan had little to no impact on people's habits.

Why do you think that was?

'fun' is a subjective term.

Someone can still be having fun whilst losing money.



TASK:

In pairs, create your own anti-gambling slogan which you believe would be far more impactful.

Year 9 Spring 2 Knowledge Check – Health and Wellbeing

1. On a scale of 1 to 5, how confident do you feel that you can explain what prescription drugs are and describe how they differ from over-the-counter medicines?
2. On a scale of 1 to 5, how confident do you feel that you can understand and explain why it is important to follow medical guidance when taking antibiotics or prescription medication?
3. On a scale of 1 to 5, how confident do you feel that you can recognise signs that someone might need emergency first aid and know how to respond in basic first aid situations (e.g., burns, bleeding, unresponsiveness)?
4. On a scale of 1 to 5, how confident do you feel that you can describe what FGM (Female Genital Mutilation) is, and understand why it is illegal and considered a form of abuse in the UK?
5. On a scale of 1 to 5, how confident do you feel that you can identify safe and appropriate ways to report concerns about someone who may be at risk of FGM or another form of abuse?
6. On a scale of 1 to 5, how confident do you feel that you can explain the emotional, psychological, and physical impact of FGM and breast ironing on victims?
7. On a scale of 1 to 5, how confident do you feel that you can understand the definition of gambling and explain how gambling and gaming apps can present hidden risks to young people?
8. On a scale of 1 to 5, how confident do you feel that you can describe the signs of gambling addiction and explain how it can affect a person's financial, social, and mental wellbeing?
9. On a scale of 1 to 5, how confident do you feel that you can evaluate how online platforms, marketing, and technology increase young people's exposure to gambling-related risks?
10. On a scale of 1 to 5, how confident do you feel that you can explain where and how to seek help or advice if you, or someone you know, is affected by any of the issues covered in this unit?

**Please
complete
this home
learning that
has been
set on
Satchel this
week**

What risks are associated with gambling & chance games?



Useful helplines and charities:

[Young Minds](#). Child and adolescent mental health charity for teens struggling with any subject.

Call: 0808 802 5544

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.begambleaware.org/> Advice for anyone concerned about gambling or a gambling addiction.

<https://www.gamblingcommission.gov.uk/public-and-players/guide/page/organisations-that-can-help> Thorough information, guidance and further signposting

0808 8020 133 National Gambling Helpline, which is run by GamCare

Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people)

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>