



# CHANGE THE GAME

UNLOCK THE REALITY  
OF YOUTH GAMBLING

## START THE CONVERSATION

# How to Talk to Your Kids About Gambling

When you think about all the different “talks” you have with kids as they grow up, the potential consequences of gambling may not seem like an obvious topic. But it’s just as important as any other life lesson.



## HERE ARE A FEW POINTS TO HELP GET THE CONVERSATION GOING:

- Explain that gambling results in losses more often than wins. Spending money on things they want is better than losing it all on a bet.
- Explain that underage gambling is illegal.
- Talk to them about the consequences of problem gambling – depression, financial problems, lower self-esteem, lower grades, and damaged friendships.
- Encourage healthy spending. Talk with your child about how they plan to spend money they have from after-school jobs or allowance.
- Ask questions about their experiences with gambling – and listen to their answers.