Gaming & Gambling: Supporting Looked After Children to Prevent Harm

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YGAM

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Mindful Resilience

Preventing Gambling Harms in Diverse Communities

An award-winning charity committed to a social purpose to inform, educate and safeguard young people against gaming and gambling harms.

Today's Aims

- Increase your knowledge and understanding of gaming and gambling harms
- Increase your understanding of why some children in care may game or gamble
- Support you with information on how to spot signs of harm
- Develop your knowledge of where to signpost those experiencing harm
- Understand how we can help you improve early intervention

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What Do You Know?

What words do you associate with gambling?

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What Do You Know?

What % of 11–16 year olds spent their own money on any gambling activity in the last 12 months?

18%

31%

50%

Source: Young People and Gambling Report: Gambling Comission:2022

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Facts and Figures

Activities participated in the last 12 months

28,000

11–16-year-olds classified as problem gamblers

64,000

11–16-year-olds classified as being 'at risk'

Source: Young People and Gambling Report: Gambling Comission:2022

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Gambling: What is it?

What is gambling?

Betting, gaming, or participating in a lottery.

The wagering of something of value ("the stakes") on a random event with the intent of winning something else of value.

What is gambling harm?

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

Gambling Harms are the adverse impacts from gambling on the health and wellbeing of individuals, families, communities and society.

Source: UK Gambling Commission

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Why Some Young People Gamble

78%
It's Fun

32%
To win money

24%
To get a buzz/ it's exciting

16%
It cheers me up when I'm down

10%
Parents do it

Source: Young People and Gambling Report: Gambling Comission:2022

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Lived Experience of Gambling Harm

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Influences

Advertising

90 minutes

During the last men's World Cup

241 times

Match of the Day on the BBC

"Betting is increasingly seen as a normal part of supporting your team or following a sport."

Professor Jim Orford, Gambling Watch UK

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Legislation

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Children in Care Views

I watch the ads as I get more spins/coins.

If you log in daily (to apps) you get gifts.

There are always push notifications which prompt me to play again.

Source: YGAM Focus Group May 2020

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Gaming

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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

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Children in Care Views

"It's not a waste of time or money"

"Feels like I can make my own choices"

"It's relaxing"

Provides a sense of achievement

Can maintain relationships with friends

Provides an escape

Source: YGAM Focus Group May 2020

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Loot Boxes

- 15% spend parents' money
- 1:10 can't repay what they borrow
- 11% use parent credit/debit card

RSPH and GHA 2020

Newcastle University

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Adverse Childhood Experiences

Childhood trauma greatly affects the risks of addiction in later life

Men with problem gambling addiction are more likely to have suffered childhood traumas

Addictive behaviours help someone avoid memories of childhood trauma as activities can reduce emotional distress connected to the trauma.

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Source: Dennis Relojo-Howell. September 2020 What are the real risk of child gambling addiction

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Gaming and Gambling Harms

Health	Relationships	Social/Financial
Mental ill health	Relationship breakdowns	Poor concentration
Feelings of stigma and shame	Anti-social behaviour	Living standards
Heart palpitations	Loneliness/isolation	Work/school problems
Difficulty sleeping	Loss of trust	Reduced productivity

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Signposting

GamCare

Young People Support service:
YoungPeopleService@gamcare.org.uk

GamCare

www.gamcare.org.uk
T: 0808 8020 133

NHS

National Gaming Clinic and Gambling Clinics
ncba.cnwl@nhs.net 02073817722

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Feedback

"This course has taught me so much - the online gaming world is so important in the lives of the young people I look after. I now have much more confidence in being able to start conversations and to be curious about their online worlds"

Foster Carer, Scotland

Best prepared online training I have received over the past 2 years. Everything was clear and the delivery was excellent. I will definitely recommend this training to friends and colleagues.

Foster Carer, West Midlands

Having this knowledge will enable me to have a frank conversation with parents around the subtle differences and similarities around gaming and gambling. It will also enable me to have those challenging conversations in multi agency meetings with others who are supporting young people.

Family Worker, Dorset

I felt the training was very much needed, given the rapid increase in use of electronic equipment, devices and gaming. Very beneficial, thanks!

Residential Homes Manager, North West

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Thank you!

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- Parents & Foster Carers
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- Health Professionals
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