



Student Handout: Understanding Gambling Addiction

The Hidden Dangers of Gambling

Key Points from Today's Lesson:

- 1. Gambling Addiction:**
 - Gambling can start as a harmless activity but can quickly become addictive.
 - Initial success in gambling can create a false sense of security and lead to more frequent betting.
- 2. Jack's Story:**
 - Jack started gambling with a free bet and eventually lost everything important to him.
 - His addiction led to the loss of his family, job, home, and ultimately his life.
- 3. Recognizing the Signs:**
 - Increased secrecy about gambling habits.
 - Spending more money and time on gambling than intended.
 - Neglecting responsibilities and relationships.
 - Borrowing money or stealing to gamble.
- 4. Consequences of Gambling Addiction:**
 - Financial ruin.
 - Relationship breakdowns.
 - Mental health issues such as depression and anxiety.
 - In extreme cases, it can lead to suicidal thoughts or actions.

Supporting Others:

- **Listen and Talk:**
 - Encourage friends or family members to talk about their problems.
 - Be supportive and non-judgmental.
- **Seek Help:**
 - Suggest professional help such as counseling or support groups.
 - Provide information about helplines and local resources.
- **Healthy Coping Mechanisms:**
 - Find alternative ways to cope with stress (exercise, hobbies, talking to friends).
 - Develop a strong support network.

Resources:

- National Gambling Helpline: [Insert Contact Information]
- School Counselor: [Insert Contact Information]
- Local Support Groups: [Insert Contact Information]

Remember:

- It's okay to ask for help.
- Sharing your problems can help find solutions.
- Support each other to create a strong and understanding community.

Thank you for participating in today's lesson. Your awareness can make a difference!