GAMBLING AND GAMING: Staying Ahead of the Game and Supporting Students to Prevent Harm

YGAM for Students

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 students 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

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME
Education | Training | Support
GamCare | YGAM

YGAM for Parents

YGAM for Students

Mindful Resilience

Preventing Gambling Harms in Diverse Communities

YGAM for Students

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What Do You Know?

What percentage of UK university students have gambled?

47% 63% 80%

Source: Censuswide 2021

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What Do You Know?

What percentage of university students have borrowed money to gamble?

5% 19% 35%

Source: Censuswide 2021

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YGAM, GAMSTOP and Censuswide

41%

say gambling had a negative impact on their university experience

£31.52 p/w

mean spend on gambling

Survey of 2,000 UK students
80% have gambled

<1/4

students feel very confident accessing university support

1 in 5

admit to using their student loan to gamble

Source: Censuswide 2021

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

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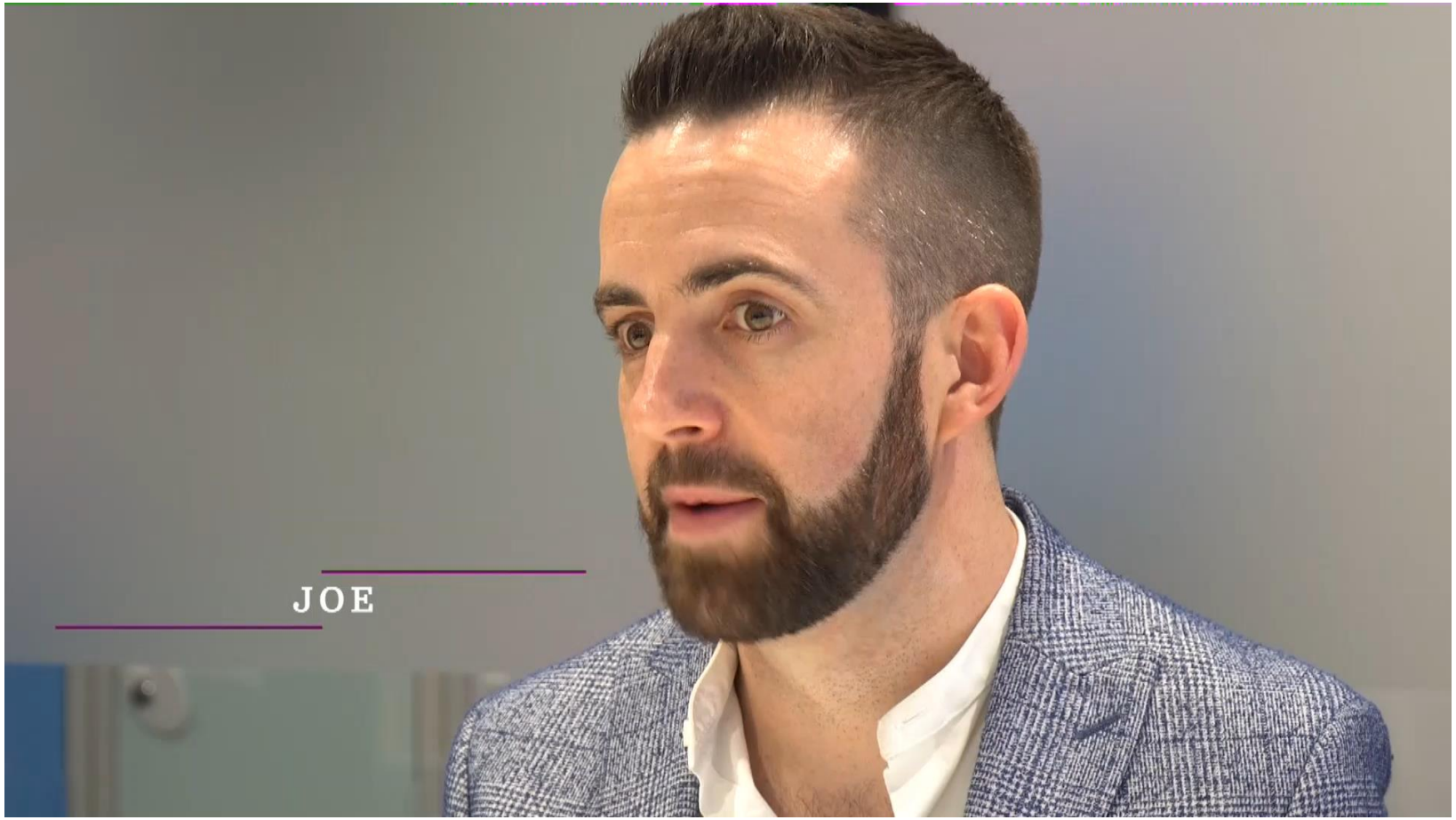
Lived Experience of Gambling Harm



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Student Mental Health

Winning Stage → **Losing Stage** → **Desperation Stage** → **Hopeless Stage**

1 in 5 'problem gamblers' considered suicide in past year, compared to 1 in 20 of those with no signs of gambling harm.

Source: Gamble Aware 2017

A 'problem gambler' is 15 times more likely to attempt suicide compared to people not at risk of gambling harm.

Source: Lund University 2018

16-24 year olds experiencing gambling problems more likely to attempt suicide
9x male
5x female

Source: Wardle & McManus 2021

'Potential problem gamblers' experienced highest levels of depression, stress and anxiety before and during lockdown.

Source: KCL 2021

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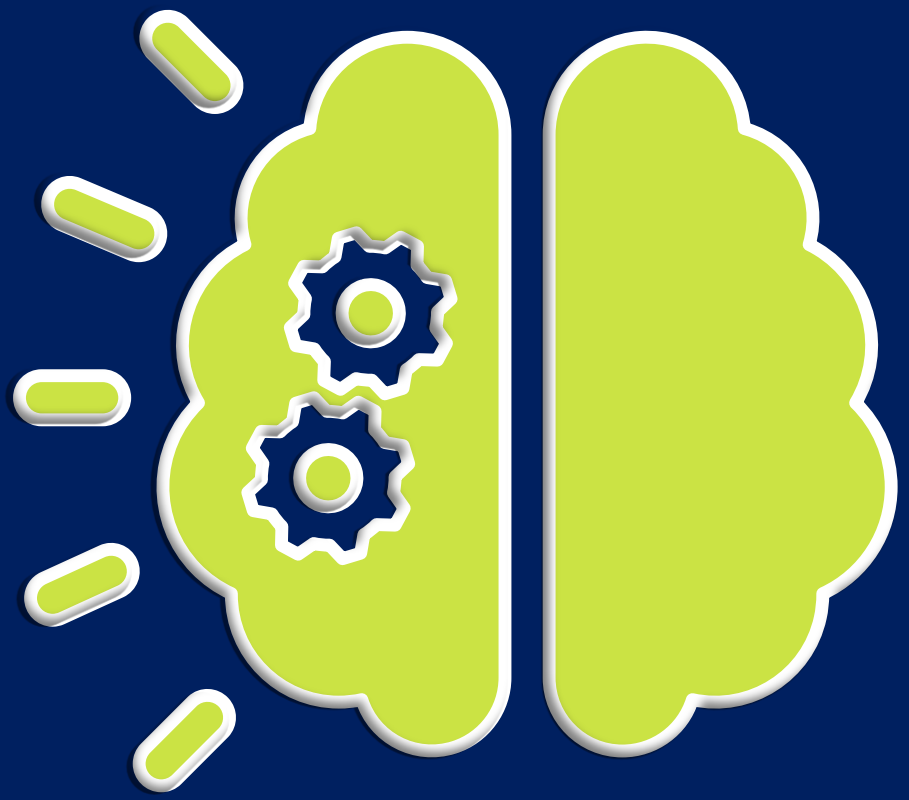

Influences

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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Current Legislation

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Gaming

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YGAM and Red Brick Research

74%
use their mobile phone to play digital games

79%
of students had gamed in last 12 months

92%
say the digital device is last thing they look at before sleep

48%
say it has got in the way of academic performance

36%
say it has got in the way of their social life

YGAM & Red Brick 2019

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Esports

17%

Esports gamblers aged 18-24

Source: Gambling Commission

69%

Esports betting account followers 16-23

Source: Ipsos Mori

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Signs of Harm

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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How You Can Help

- Increase your knowledge
- Student Support Services
- Website & YGAM hub
- Refer for support
- Be mindful of your tone/any bias
- Try to take a balanced approach
- Reassure them

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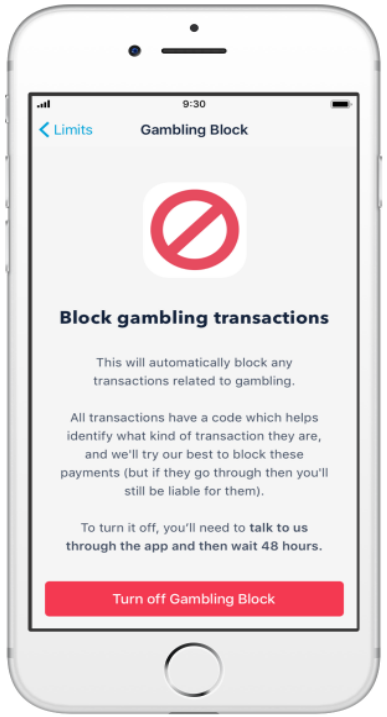
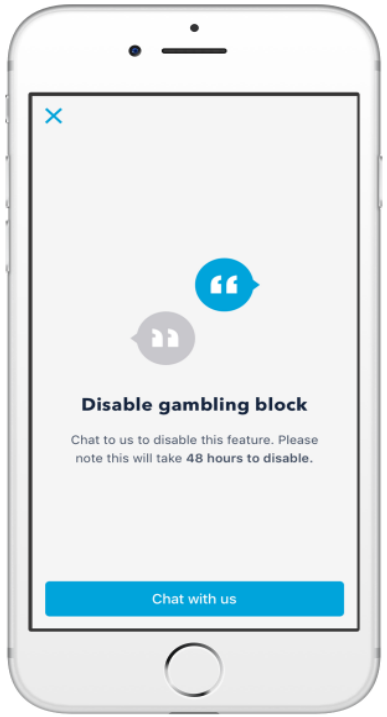
Self Exclusion and Support





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The YGAM Offer

- City & Guilds training for university and SU staff
- University Roadshow with GAMSTOP and RecoverMe
- A dedicated Student Hub
- Equip student leaders with tools to discuss topics
- Offer regular insight

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Thank you!

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