



RESPONSIBLE GAMBLING COUNCIL

For Immediate Release

***Within Limits*: March is Problem Gambling Prevention Month
Parents who Know About Their Teens' Gambling
Play a Key Role in Reducing the Risk of a Gambling Problem**

Within Limits Problem Gambling Prevention Month runs throughout March to increase awareness and shine a spotlight on the signs of problem gambling, which touches the lives of one-in-ten Ontario families.

“Each year, under the ***Within Limits*** banner, the Responsible Gambling Council runs a multi-faceted, adult-focused awareness program,” explains Jon Kelly, CEO, Responsible Gambling Council. “This year we are taking the opportunity to ask adults to think not only about their own gambling but also about the messages they are passing on to their sons and daughters about gambling.”

“Parents are naturally concerned about their kids’ safety,” adds Kelly. “While most parents talk to their kids about drugs and alcohol and other important issues, gambling may not necessarily be on the agenda — but it absolutely should be.”

“It’s important for parents to realize the impact their attitudes and behaviour have on their kids,” says Laurie Bell, Director of Prevention Programs, RGC. “Raising the topic of gambling with your teen is the best way to make sure you are communicating exactly what you want to get across.”

So How Do I Talk to My Son or Daughter About Gambling?

- Download the parents brochure: ***Why It’s Important to Talk to Your Teens About Gambling — And How to Do It***, available at www.responsiblegambling.org
- Look for natural opportunities to raise the topic — after seeing a movie that involves gambling, or a poker ad on TV or online
- Listen. Explore your teen’s own ideas and feelings about gambling before offering your own opinions
- Be patient. It may take a few conversations for the message to get through
- Know that even if your teen seems like they are not listening, they probably are
- Be specific and fact-based. Gambling is a topic full of contradictions, so be clear about your own values when you are discussing gambling with your kids

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Experts at the Responsible Gambling Council estimate that about one-in-three Ontario teens aged 15-17 are gambling. The Council's research shows that youth who reported that their parents knew about their gambling were less likely to have a problem. In fact, the risk of a gambling problem was more than five times higher for youth whose parents didn't know about their gambling.

Thanks to partner organizations like COSTI Immigrant Services and Chinese Family Services of Ontario, ***Within Limits*** Problem Gambling Prevention Month now provides information in 15 languages. The Responsible Gambling Council gratefully acknowledges the Ministry of Health Promotion for its support of *Within Limits: Problem Gambling Prevention Month*.

How would you know if someone might have a gambling problem? Below are some common signs:

Signs of a Gambling Problem

- Spending more and more time on gambling activities
- Constantly thinking about gambling
- Chasing losses — trying to win back lost money
- Missing work, school and other obligations to gamble
- Lying to friends and family about gambling

Responsible Gambling Council

The Responsible Gambling Council is an independent, non-profit organization committed to problem gambling prevention. RGC designs and delivers highly effective awareness programs, 60 per cent of which concentrate on educating and cautioning young people about the realities of gambling. RGC also promotes the identification and adoption of best practices in problem gambling prevention through research and information dissemination.

To learn more about ***Within Limits*** and for more information and assistance with a gambling problem, please visit www.responsiblegambling.org or call the Ontario Problem Gambling Helpline at 1-888-230-3505.