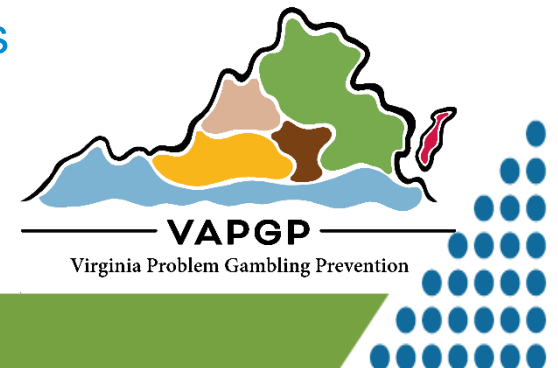




# Understanding Problem Gambling: Aligning it with Health Education SOL 2024 Health & Physical Activity Institute

**Anne Rogers**  
PG Prevention Coordinator  
Office of Behavioral Health Wellness





## Pre Questions -

<https://forms.office.com/g/f0dN0Fe8gM>





## Virginias Gambling Laws Timeline

- 1973 Charitable Gambling
- 1987 Lottery Created
- 1989 Wagered horse racing
- 2018 Mobile lottery
- 2020 iLottery, Sports Betting, Casinos
- 2022 Gambling Addiction Education requirement**



## Similar to Substance Use

- Peers – Fit in or escape
- Family - Normal
- Social – Others doing it around them
- Media – all around



## Gambling and Gaming Problem Behaviors

- Too much can lead to physical, mental, relationship, and school problems
- Digital media can impact sleep and safety
- Excessive use can impair brain function – memory and attention
- Youth with gambling problems more likely to use substances
- Ads and media around games are designed to increase time and money spent
- Gambling advertising is all around and reaches youth



## Problem Gambling Signs

- Preoccupation with gambling
  - Need to bet more
  - Restless or irritable when try to stop or can't play
  - Chase losses
  - Loss of control continuing gambling despite negative consequences
  - Finding gambling related items (betting sheets, chips, tickets)
  - Excessive interest in sports especially online
  - Missing school or grades dropping
  - Sudden change in money
  - Withdrawal from friends or social activities
- 

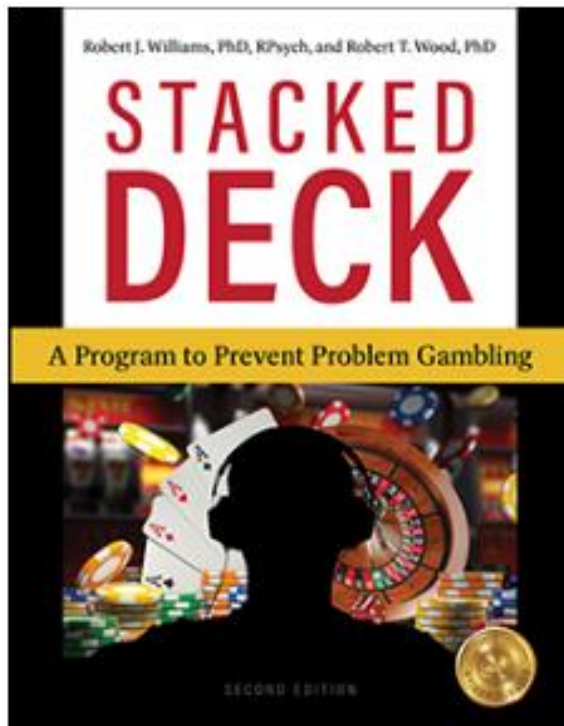


# Current Instructional Resources that includes Problem Gambling



## Stacked Deck

<https://www.hazelden.org/store/item/557330?Stacked-Deck-Second-Edition>



- Includes 5 to 7 lessons
- Aims – attitudes, knowledge, beliefs, decision-making, and practices
- Media literacy and commercial interests
- Materials for parents/families

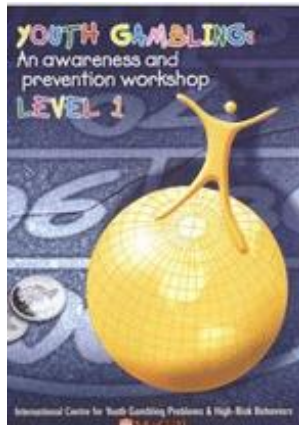


# Youth Gambling Awareness and Prevention

from McGill International Grades 4-12

## Grades 4-7

- Nature and differences in games
- Luck, chance, illusion of control
- Myths and erroneous beliefs
- Reinforce social skills and resist peer pressure



## Grades 8-12

- Overview of PG addiction, signs, consequences, risks
- Luck, chance, probability, illusion of control
- Social gambling vs PG




# Smart Choices

MD Center of Excellence on Problem Gambling

- Grades 6 – 12<sup>th</sup>
- 3 45 min sessions.
- Defining gambling, facts and myths
- Types of gambling, tricks
- Decision making
- Identifying risks and consequences
- Gambling laws
- Coping Skills
- Peer pressure resistance
- Messaging



## More Options

- Who Really Wins – Developed by University of Croatia. Nine 45 min. sessions <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8507822/>
  - Project Alert – for substance use prevention but may incorporate gambling into lessons. Eleven lessons 7<sup>th</sup> grade
  - Life Skills – 3-10 overall behavioral health program that can include gambling.
  - Facing the Odds Middle school. Mathematics basis of probability
  - Lion's Quest – K-12 Social Emotional Learning curriculum. May include gambling
  - CAST Coping and Support
- 

What curriculum does your school use to teach about substance misuse?

<https://forms.office.com/g/h4HrVjadPf>

Current Curriculum





## Fitting Problem Gambling into Your Lessons



# Guidelines

To help educators  
integrate problem  
gambling into the  
Standards of Learning.



## GUIDELINES FOR INSTRUCTION ON PROBLEM GAMBLING AND THE ADDICTIVE POTENTIAL THEREOF

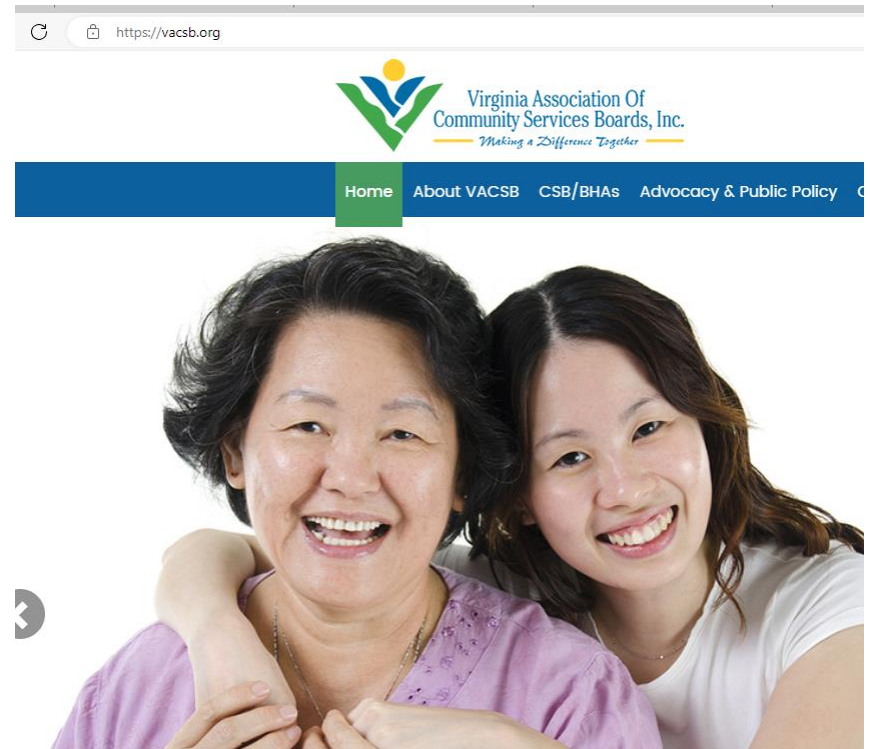
Adopted December 12, 2023, by the Virginia Board of Education  
Grace Turner Creasy, President  
Bill Hansen, Vice President  
Dale Sturdifan  
Anne Holton  
Andy Rotherham  
Dr. H. Alan Seibert  
Dr. Amber Northern  
Debbie Kilgore  
Mashea Ashton

Superintendent of Public Instruction Dr. Lisa Coons

VIRGINIA BOARD OF EDUCATION 

## Another Topic To Add! Yikes!

- Same Risk and Protective factors
- Current Standards of Learning
- CSBs can help



## Follow CDC's Healthy Schools Curriculum

- Provides functional health information
- Promotes values and beliefs that supports healthy behaviors
- Promotes group norms that value a healthy lifestyle
- Develops health skills necessary to adopt, practice, and maintain health-enhancing behaviors

### Through:

- Goals
  - Research
  - Values and beliefs
  - Norms
  - Social Pressure
  - Adult engagement
- 



## Example: Strand – Substance Use/Misuse Prevention

### Grade 7

- 3.1 Identify types of advertising techniques used in a variety of media, including social media that may influence adolescents' decisions...

- <https://www.youtube.com/watch?v=AdM5Zmaqg3s&t=275s>



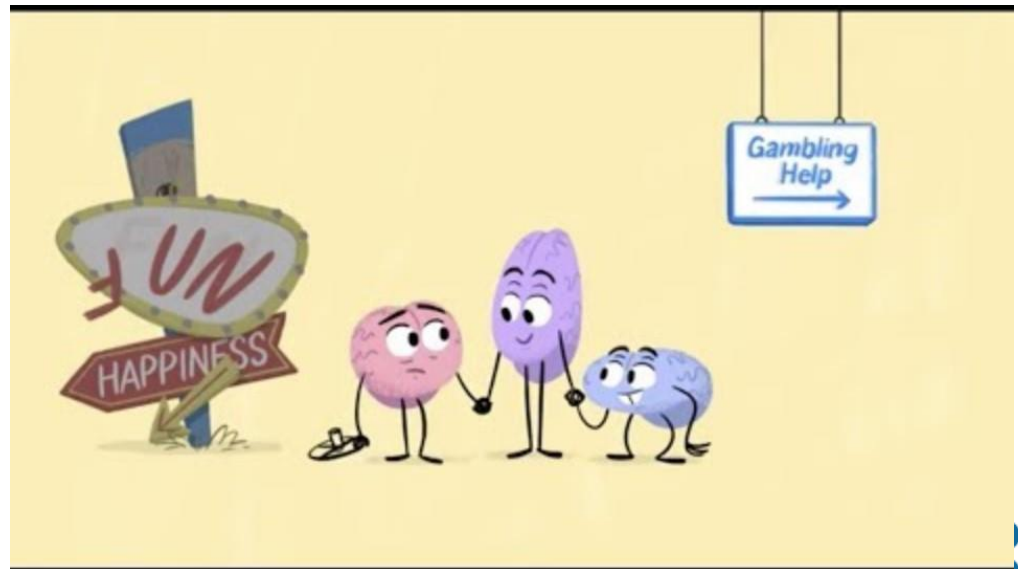
## Example: Strand - Body Systems

### Grade 8

- 1.a Identify major structures and functions of the brain...

Brain Connections - [Link to video](#)

Balodis, I. & Querney, D. (2019). "Driven to Gamble." Retrieved from [www.brainconnections.ca](http://www.brainconnections.ca)





## Example: Strand – Substance Use/Misuse Prevention

### Grade 9

- 2.h Effects on brain function

[What's happening in the brain when you gamble | Psychologist Zoe Falster – YouTube](#)



## Strand: Physical Health

- Grade 10
- 2.c Explain the role of the environment, individual behavior, family history, social norms, legislation, and policies...

# Advocate

for

Policy

Change





# What Do You Need to Integrate Problem Gambling Prevention into Lessons?





## **Problem Gambling Help**

888-532-3500 or  
800-GAMBLER

## **Illegal Gambling**

**Gaming Tip Line**

1-833-889-2300

## **VSP Gaming Enforcement Coordinator**

<https://vsp.virginia.gov/sections-units-bureaus/bci/office-of-gaming-enforcement-coordinator/>





## Post Quiz

<https://forms.office.com/g/zPssZ3AQWB>





## Contact Information

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