



WHAT IS SMART CHOICES TRYING TO DO?

"Smart Choices: Recognizing Problem Gambling" educates children in grades K-12 to recognize problem gambling and to teach how to avoid becoming a problem gambler.

We offer a variety of services:

1) **Smart Choices Drama Presentation**

Smart Choices will visit schools, community centers, etc and give gymnasium drama presentations to groups of students, or youth and children.

2) **Smart Choices Workshops**

Smart Choices gives interactive workshops about gambling to classes or youth or children groups.

1) **"GOTCHA!" Smart Choices Picture & Poetry Contest**

This contest encourages grade K- 12 students to submit a picture or poem explaining their thoughts and feelings on problem gambling.

www.assistcsc.org

For more information please call:

Dereje Berenda (DJ)
(780) 429-3111 ext.306
dereje.berenda@assistcsc.org

If you or someone you care about is suffering from a gambling problem, please call:

**AHS-Addiction and
Mental Health**

1-866-332-2322



ASSIST Community Services Centre
9649 - 105A Ave
Edmonton, AB T5H 0M3
Phone:(780) 429-3111
Fax: (780) 424-7837



Recognizing Problem Gambling

Supported by:
ASSIST Community Services Centre
And
Alberta Health Services - Addiction
and Mental Health



WHAT IS GAMBLING?

Gambling is risking money or something that is important to you in an activity with an uncertain outcome.

Just because you might not be old enough to go into a casino doesn't mean that there aren't ways that you can gamble.

Gambling can be:

- betting, daring or playing for keeps
- buying scratch tickets
- Poker, playing cards, etc.
- betting on the outcome of a sporting event or video game

This means you have to be careful about gambling at any age!



WHY SHOULD I CARE ABOUT GAMBLING?

There is a difference between gambling and **PROBLEM** gambling.

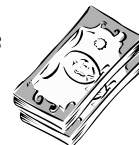
8% of teenagers today are considered to be problem gamblers. Another **15%** are at-risk for becoming problem gamblers. Youths are twice as likely to become problem gamblers as adults are.

WHAT ARE THE SIGNS OF A GAMBLING PROBLEM?

Gambling may be a problem for you or someone you care about if:

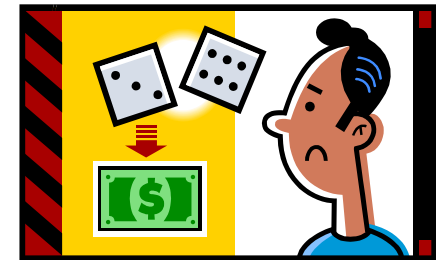
- **You have trouble controlling the amount of money and time you spend on gambling**
- **You lie about the amount of money you spent gambling, and lie about the amount of money you have won or lost**
- **You have arguments at home about money and gambling**
- **You skip school for reasons related to gambling**
- **You borrow money and then can't pay it back because of gambling**

Adapted from former AADAC's "Teen gambling" brochure



WHY IS PROBLEM GAMBLING A PROBLEM?

Problem gambling is when gambling begins to have a bad effect on your life at home, school or work, and relationships. A problem gambler wants to spend as much time as possible gambling. When they are not gambling they wish they were. They start to spend more money than they have on gambling, and may try to borrow money off of friends and family. They might fall behind in school, get into more fights, and even get involved in criminal activities.



Problem gamblers can suffer from depression and stress. They can feel alone and angry at the world around them.

Problem gambling is an **addiction**. This means that the person feels like they cannot control their gambling.