

Rise Life Management Services

Underage Gambling Prevention



Hello students, we hope you remain focussed on your dreams as you pursue your rightful place in this world. This is usually made possible by means of a proper education and staying clear of the distractions that might derail your hope and aspirations.

RISE Life Management Services is the organization in Jamaica with the responsibility of ensuring that minors (youth under the age of 18) are not involved in gambling activity. We want to take this opportunity to share and enlighten you on a very

important issue, that of **Underage Gambling**, as I am sure that you have observed that gambling and gaming activities for adults in Jamaica have exploded over the past 10 years. **Gambling is adult activity; it is illegal for anyone under the age of 18 to gamble in Jamaica.**

Some of the gambling activities within your schools are games like Dice, Money Football, Flip Bottle, Cards and Bingo, among other games of chance during and after school. As legal gambling activity in Jamaica continues to grow, underage gambling must be monitored and addressed consistently. According to research, money is not the main reason that adolescents gamble, at least not initially. They gamble:

- to relax
- to make quick and easy money
- to gain attention
- because it's fun, exiting and entertaining
- because they thrive on thrill and adventure
- because friends or family members gamble
- to avoid negative feelings and or escape life's problems

So, what then is gambling? **Gambling** refers to an act whereby individuals risk money, property, and other things of value in an activity that requires **little skill** and has an **uncertain outcome**. Betting with a friend on who will win a football or basketball game, is indeed gambling. Therefore, be careful not to get in the regular practice of betting persons. **It must also be noted again that Gambling in any form is illegal in Jamaica under the age of 18.**

Adolescents who gamble, are three to four times more likely to develop gambling problems as adults. Gambling becomes a problem when it gets in the way of work, school, and other activities, when it harms your mental and or physical health, when it hurts you financially, when it damages your reputation and causes problems with family and others. Therefore, underage gambling can easily result in you experiencing behavior problems, school problems, financial troubles or even depression/suicide.

Gambling can lead to you developing other behavior problems such as alcohol and drug use, delinquency, home and school problems. It can easily become an addiction just like drug use/misuse because it affects your brain in the same way as drugs and other addictions. Therefore, underage gambling can and will affect your life negatively. There are many life changing **consequences** for underage gambling. These include:

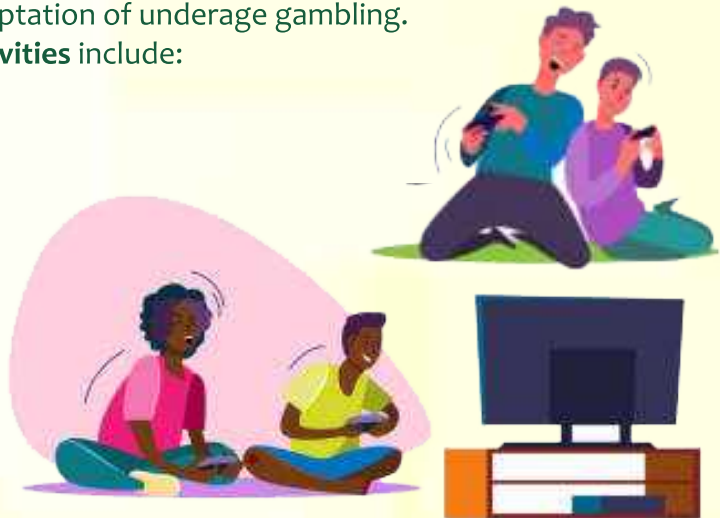
- **Poor school performance**
- **Early life goals not achieved**
- **Increased likelihood of drug use/misuse**
- **Psychological issues**
- **Family problems**
- **Financial problems**
- **Legal issues for stealing and underage gambling**
- **Fighting**
- **Loss of friends**

We realize that now more than ever, there is more opportunity for children to surf the internet, which will no doubt increase the opportunity for underage gambling. We are hereby urging students and parents alike to exercise extreme vigilance.

So, we ask, what are the possible solutions? Well, that is easy. There are many positive things you can do to counteract the thoughts and temptation of underage gambling.

Some **popular anti-underage gambling activities** include:

- **Educational activities**
- **Music**
- **Movies**
- **Dancing**
- **Computers & the internet**
- **Sports**
- **Family time**
- **Socializing (with positive peers)**
- **Social & youth clubs**
- **Spirituality**
- **Volunteering**



Participating in one or some of the activities above will provide you with less time to divert into gambling activities as well as develop your sense of purpose. Setting goals is critical as it allows you to stay focused on your career and other life goals.

What are your values? Your values represent the things that are important to you. Some examples are relationships/friendship, family, education and honesty. Your values help to guide and motivate your behavior and ultimately determine how goals are achieved.

If you or someone you know needs help with a gaming/gambling problem
Contact 876-967-3777-8
Counseling Lifeline 1-888-991-4146
Programme sponsored by the
Betting Gaming & Lotteries Commission

