

UNDERAGE GAMBLING

Youth who gamble are at risk of developing a gambling problem because their brains are still maturing. The part of the brain responsible for higher level thinking and good decision making is not fully developed until about the age of 25.

PROBLEM GAMBLING

MID-HUDSON

RESOURCE CENTER

— Here to Help —

Youth receive thousands of messages every day from their family, friends, community and media. Many of these messages present gambling as a harmless activity.

The truth is that youth who choose to gamble can struggle with many gambling related problems. These problems can include dropping grades, difficulty with family members, losing trust from friends and family, and the risk of an addiction to gambling.

[NYProblemGamblingHELP.org](https://www.NYProblemGamblingHELP.org)

PGRC

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Warning Signs

- Missing classes or whole school days with no explanation.
- Dropping grades and/or schoolwork is not being completed on time.
- Less interest in extracurricular activities in recent weeks or months.
- Behavior and attitude changes.
- Becoming more secretive, defensive or aggressive.
- An increased interest in money and buying things.

What We Can Do

Parents, loved ones and community members can help by knowing the signs of problem gambling. Emotional stress and depression from problem gambling can lead to more devastating consequences. If we can identify a problem and help youth seek help early, we can prevent serious consequences.

If you or a loved one is struggling with gambling, help is available.

Mid-Hudson

Problem Gambling Resource Center

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