

MÉTIS NATION OF ONTARIO

YOUTH INTERNET GAMING & GAMBLING

Youth often start gambling with family members purchasing and/or receiving lottery or scratch tickets as gifts and playing cards or bingo for money and prizes. Popular youth activities include:

- Dice
- Sports Pools
- Cards
- Internet Poker
- Online gaming & gambling

KNOW THE RISK: Gambling among youth is a popular activity, with males twice as likely to develop problems. (*Gupta R. Drevensky JL, Familial and social influences on juvenile gambling behavior*). At risk and problem youth gamblers have higher rates of:

- Alcohol and binge drinking (Student Wellness Survey 2010)
- Drug use including marijuana
- Suicidal thoughts and attempts
- School problems: lower grades, truancy, and behaviour issues
- Risky sexual behaviour
- Family problems
- Peer relationship issues
- Legal and money troubles
- Depression
- Dissociative 'escape' behaviours
- Criminal activity such as theft

INTERNET GAMING & GAMBLING: Internet use becomes a problem when it begins to cause a decline in grades, school attendance, participating in family activities, and keeping up friendships outside of cyberspace. Internet gaming addicts can spend up to 15 hours a day online and can suffer the same emotional and some of the physical withdrawal symptoms that drug and alcohol addicts experience when prevented from getting high or drunk.

GETTING HELP: If you would like a workshop or are concerned that gambling may be getting out of hand or has caused you difficulties confidential help and assessments are available. Please contact our G-GAP specialized team at ggap@metisnation.org.

MNO 24-Hour Mental Health and Addictions Crisis Line: 1-877-767-7572

Metis culturally sensitive mental health and addiction supports for adults, youth and families in Ontario in both English and French.

ConnexOntario: 1-866-531-2600

Support and referrals available in multiple languages

Email: ggap@metisnation.org
www.metisgaming.com

www.metisnation.org



Métis Nation of Ontario
Healing and Wellness

Métis Nation
of Ontario 
— 25 YEARS —