Show Me the Real Odds

ASKING FOR HELP IS A WINNING MOVE



SOMETHING HAS CHANGED.

Gaming, sports betting, or gambling used to be something you looked forward to.

Now it feels different. Maybe you're thinking about it more than you'd like. Maybe you're spending more time—or more money—than you planned. **Maybe you've started hiding it from the people who matter most.**

You tell yourself it's not a big deal.

That you'll stop after this game.

After this bet.

After one more chance.

But something doesn't feel right anymore.

Deep down, you wonder if gambling is starting to take more than it's giving.

IF ANY OF THIS SOUNDS FAMILIAR, YOU'RE NOT ALONE.

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THE REAL ODDS

Many people are first exposed to gambling during their teenage years, and research shows that the younger someone starts, the greater their risk of developing gambling-related problems later in life. In one recent study, **32% of 11-year-old boys reported gambling during the previous year, increasing to 49% by age 17.** [1]

Recognizing that something has changed doesn't mean you've failed. It means you're paying attention.

HERE'S HOW TO START

STEP 1: Pick someone you trust like a parent, family member, teacher, coach, school counselor, or another trusted adult.

STEP 2: Start small. You don't have to tell your whole story at once.

TRY SAYING OUT LOUD OR WRITING A NOTE:

"Can I talk to you about something that's been bothering me?"

"I think I might need some help."

"I'm worried my gaming, gambling or sports betting is getting harder to control."

"I don't want this to become a bigger problem now or when I get older."

STEP 3: Tell the truth, even if it feels uncomfortable. The people who care about you want to help you.

STEP 4: Keep this in mind

- ***It's okay to ask for help.***
- ***Getting help is a sign of strength.***
- ***I deserve support.***
- ***Help starts with one conversation at a time.***

REMEMBER, THE ODDS ARE MUCH BETTER WHEN YOU DON'T FACE THIS ALONE.

REFERENCES

[1] Common Sense Media. (2026). Betting on Boys: Understanding Gambling Among Adolescent Boys.

ASKING FOR HELP IS A WAY TO TAKE CONTROL.



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