

# Problem Gambling Lesson: In-Class & Homework Activities

Complete page 1 in-class (this side), and complete page 2 at home. Be sure to get a parent signature on page 2.

Student Name: \_\_\_\_\_ Class Period: \_\_\_\_\_ Date: \_\_\_\_\_

**In-Class Activity:** Write down 15 facts or things you found interesting from today's lesson. The first one is written for you to get you started!

<b>Gambling is an activity that carries risk.</b>	<b>1.</b>
<b>2.</b>	<b>3.</b>
<b>4.</b>	<b>5.</b>
<b>6.</b>	<b>7.</b>
<b>8.</b>	<b>9.</b>
<b>10.</b>	<b>11.</b>
<b>12.</b>	<b>13.</b>
<b>14.</b>	<b>15.</b>

**Homework #1: Quiz a Parent.** Ask your parent or guardian the following true/false questions and mark 'X' for the answers. Be sure to read the correct answers when finished. **Obtain a signature when completed.**

Parent/Guardian Signature: \_\_\_\_\_

True	False	Question	Answer
		1. If you flip a coin and it comes up "tails" 10 times in a row, it will most likely come up heads next.	False: The coin does not know which side it landed on last. Each time you flip a coin, there is an equal chance that it will land on 'heads' or 'tails', no exception.
		2. Kids do not develop serious gambling addictions.	False: Kids can develop a gambling problem. Like with alcohol or drug use, gambling affects the same parts of the brain, and kids are susceptible due to their developing brain and habits.
		3. Gambling can affect a student's school attendance, grades, and behavior.	True: Youth gambling has been linked to higher rates of skipping school and having a negative impact on grades and in-school behavior.
		4. Gambling is a great way to make money and become wealthy.	False: Very few people win a lot of money when they gamble. In fact, the most people will lose MORE money than they win.
		5. Treatment for Problem Gambling is FREE in Oregon.	True: By calling <b>1-877-MY LIMIT</b> or visiting <a href="http://OPGR.org">OPGR.org</a> online, anyone who needs it can talk to a trained counselor and receive FREE, CONFIDENTIAL treatment.
		6. Gambling is a safe alternative to alcohol and drug use.	False: People who develop a gambling problem often times also have a drug or alcohol problem as well.

**Homework #2: Matching Signs and Symptoms.** Behavioral addictions/disorders (like problem gambling) are similar to substance use addictions/disorders. Below are some signs and symptoms of alcohol misuse and problem gambling. Match similar signs and symptoms of problem gambling to alcohol misuse by putting the letter next to the matching option.

### Alcohol Misuse Signs & Symptoms

1.		Increasing the amount of drinking to feel the desired effect	
2.		Drinking to escape problems (stress, depression, etc.)	
3.		Alcohol withdrawal (irritable or sick when stopped)	
4.		Cravings for alcohol (think about it a lot)	
5.		Doing risky things when drunk	
6.		Less desire to engage in other activities or interests	
7.		Drinking causes problems with loved ones, work, or school	
8.		Unsuccessful attempts to stop drinking	

### Problem Gambling Signs & Symptoms

- A. Increasing intensity of interest in gambling (thinking about it a lot)
- B. Gambling to escape problems like depression, or when there is a crisis
- C. Less desire to engage in other activities and interests
- D. Frequent absences from school, home, or work to gamble
- E. Restlessness or irritable when not gambling
- F. Repeated unsuccessful attempts to stop gambling
- G. Risking losing more by "chasing" losses (trying to win back money lost) or borrowing money
- H. Increasing time and money spent gambling