

Alcohol and Drug Dependency Services of Southeast Iowa
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Why aren't lottery tickets an appropriate gift for those under the legal age?

Like many other products, lottery games are restricted to adults because children lack the judgment to use them appropriately. Neuroscientists have long known that the part of the brain that allows us to make responsible judgments is not fully developed in adolescents, making it more difficult for a child to properly assess the risks associated with gambling. While an adult will likely recognize that a winning ticket is nothing more than a stroke of luck or random chance, a child or teen will often have more difficulty putting a win into perspective.

Iowa Public Health Department has a new website, called Your Life Iowa, for resources on problem gambling, alcohol, drugs, and suicide. Check it out with this link:

<https://yourlifeiowa.org/>

Research on youth gambling has shown that the earlier children begin gambling, the more likely they are to develop gambling problems as adults. While most children who receive lottery tickets do not develop gambling problems, research has also found that those who do receive lottery tickets as gifts are more likely to develop a severe problem than those who do not. Finally, researchers have also learned that for children and adolescents, lottery games can act as a gateway to more problematic forms of gambling.

For most people gambling is simply entertainment, but it is entertainment that comes with a degree of risk. When a lottery ticket is given as a gift by a trusted parent or other family member, a child is likely to interpret the gift as saying "this is a safe thing for you to do." We urge parents not to send this message and instead look for holiday gifts that are more age-appropriate. In the event someone else gives a ticket to your child, use it as an opportunity to talk to him or her about the risks associated with gambling.

Not sure how to have that conversation? Visit <http://youthgambling.mcgill.ca/Gambling2/en/parents/whatparentsdo.php> to help you get started.

ADDS

Gambling Treatment Staff:

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Youth Gambling

Studies show that between 2-7 percent of youth experience gambling addiction (compared to 1 percent of adults) and 6-15 percent experience problem gambling (compared to 2-3 percent of adults). Youth are at higher risk of developing problems around gambling than adults. Youth tend to wager on card and dice games, sports, and the lottery. Many adults report starting gambling, on average, around 10 years of age. To learn more about research being conducted in Iowa on youth gambling please visit <http://idph.iowa.gov/igtp/reports> where the Iowa Youth Survey Problem Gambling Questions reports are located. The Iowa Youth Survey is conducted every two years with the latest report dating from 2016.



Glædelig Jul Sretan Bozic
Jutdlime pívdluarit ukiortame pívdluaritlo
Sung Tan Chuk Ha Gledileg Jol
MERRY CHRISTMAS
Mele Kalikimaka
Gledelig Jul Meri Kirihimete
Froehliche Weihnachten
Natale hilare et Annum Faustum
Buone Feste Natalizie
Joyeux Noel Feliz Navidad
Pozdravlyayu s prazdnikom Rozhdestva is Novim Godom
Feliz Natal
Merry Keshmish
La Maunia Le Kilisimasi Ma Le Tausaga Fou



SPECIAL THANKS

Catfish Bend Casino, Des Moines
County Jail, Lee County Jail,
Louisa County Jail, Transitions
Link, Des Moines County NEST
Program, Burlington Residential
Care Facility, Interagency Groups
and Coalitions

**For Partnering
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