

# JUST AND WHEN GAMING?

Gambling education materials  
for young people aged 13 - 19 years



NOTTINGHAM  
TRENT UNIVERSITY

R I G T  
Responsibility In Gambling Trust

Working together with young  
people to achieve more

Peacemaker  
all people, all communities

Tacade  
promoting young people's health  
and well-being

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# Introduction

## Who is this for?

**Just another game?** has been written for use with young people aged 13 – 19 years in a variety of informal youth education settings, such as youth clubs and Pupil Referral Units (PRUs). It is also applicable for use in secondary schools, particularly the **Flashcards** and **The reel deal fact sheets**.

Research indicates that young people are more susceptible to problem gambling than adults. Linked with increasing opportunities, and the growing popularity of gambling as a leisure activity for many young people, it is vital that they are provided with the knowledge and understanding about gambling issues, skill development and the exploration of attitudes towards gambling so that they are able to make informed thoughtful decisions. **Just another game?** aims to raise young people's awareness of gambling issues in order to help prevent problems. Many of the activities help enable young people to develop personal and social skills that are relevant to a wide range of life choices not only gambling.

## What is in the pack?

**Just another game?** contains:

- twelve sessions
- nineteen photocopiable handouts to support the sessions
- an Open College Network (OCN) Level One Accredited Course booklet
- twelve **Icebreakers** to use with young people
- twelve **Flashcards** (photographs, with relevant questions, of young people in a variety of gambling situations)
- twelve **The reel deal fact sheets** (giving information about a range of gambling issues)
- two background papers for professionals
- two appendices: a questionnaire for use with young people and a guide for parents/carers
- a CD Rom containing information about gambling, all the handouts and all the photographs

## How do I use the materials?

It is not expected that you will use all the sessions, or indeed all the activities within the sessions. The materials have been written to be totally flexible, so that you will have to select the most appropriate sessions and/or activities that best meet the needs of the young people that you are working with. You will note that the **Flashcards** and **The reel deal fact sheets** are integrated into activities within the sessions, although they may be used separately if you choose to. The sessions, and the activities within them, vary in length so you must judge the time that you will require for these by reading through them and preparing accordingly.

If you choose to deliver sessions that will lead to the Level One OCN Accredited Course, then sessions 8 – 12 have been specifically designed for this. However, some of the activities within sessions 1 – 7 may also be used as preliminary sessions.

There are twelve **Icebreakers** in the materials which can be used, where appropriate, at the start of the sessions/activities to help create a relaxed and accepting atmosphere amongst the young people.

## How were the materials developed?

The materials have been developed in partnership with Darlington Youth Service, with additional input from Peacemaker Oldham. The sessions and the activities have been mainly developed, and trialled, by young people for young people.

**Just another game?** was written by:

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Responsible Gambling Solutions

**Background Paper 1** was written by **Professor Mark Griffiths** from the International Gaming Research Unit, Nottingham Trent University (NTU), with additional material provided by **Dr Richard Wood** (NTU) and **Jonathan Parke** (NTU)

**Background Paper 2** was written by **Martin Buczkiewicz** (Tacade), **Professor Mark Griffiths** (NTU) and **Jane Rigbye** (NTU)

# Session 3: FRUIT MACHINES R 4 ME!

## Purpose:

To provide young people with an opportunity to explore issues relating to gambling on fruit machines and issues of friendship

## Learning outcomes:

The young people will be able to:

- Describe some of the emotions associated with gambling
- Better understand why people are attracted to fruit machines
- Consider the consequences of gambling excessively on fruit machines
- Develop a strategy for safer gambling
- Understand the law on fruit machine gambling
- Identify some sources of help for a problem gambler

## Resources:

- One copy of **Handout 7 Arcade addict** cartoon for each small group
- One copy of **Flashcard 10 The arcade**
- One copy of **The reel deal fact sheets numbers 1, 6, 8, 9, 10 and 11** for the group
- One photocopy of **The reel deal fact sheet number 12** for each young person

## Introduction:

Introduce the activity by asking the young people a few facts to find out what they know about gambling (correct answer in **bold type**):

- Young people under the age of 18 are allowed to play low payout fruit machines **TRUE/FALSE**
- Fruit machines are set up so that they will eventually pay out if a person plays long enough on the machine. **TRUE/FALSE**
- It is **NOT** possible to become addicted to fruit machines **TRUE/FALSE**

## Activities:

### Activity 1:

- Ask the young people to start by working in small groups. Give each group a copy of **Handout 7 Arcade addict**
- Ask the groups to discuss:
  - What is happening in the pictures?
  - Focus on the young man playing the machine: what is he feeling?
  - Describe the 'buzz' that the young man is getting from playing the fruit machine?
  - Why is he so mesmerised by the game?
  - What might be the consequences for this young man and his friends?
  - If this young man develops a gambling problem how might his friends be able to help him?
- As a whole group, take feedback from the small groups about their discussions, particularly about the 'buzz' that the young man in the picture might get from the fruit machines and any risks or dangers associated with playing fruit machines

### Activity 2:

- Divide the group into pairs/trios. Ensure that each pair/trio has a copy of **Handout 7 Arcade addict**, and ask them to discuss what each of the characters in the picture is thinking about the situation. Then ask the pairs/trios to complete the cartoon strip showing what might happen next
- As a whole group, ask each pair/trio to share their cartoon strips and why they think that the outcome will be as they suggest. If possible, display all the cartoon strips and compare possible outcomes

### Activity 3:

- Show the group **Flashcard 10: The arcade**
  - Using the **Checkout the photo questions**, discuss with the group the six questions on the **Flashcard**
  - Using **The reel deal fact sheet search**

questions and **The reel deal fact sheets numbers 1, 6, 9 and 10** ask the group to find out the answers to the fact sheet search

- Checkout the extension activities

### Activity 4:

- As a whole group identify three strategies by which young people can avoid problems if they choose to gamble on fruit machines using **The reel deal fact sheets numbers 8 and 11**

#### Some ideas about 'safer' gambling:

- Spending money on gambling is about buying entertainment
  - Gambling isn't a way of making money
  - Set yourself some rules before you start
  - Remember it is only the gaming industry and the government that makes significant amounts of money out of gambling
  - Decide before you start how much money you will spend
  - **DO NOT** chase your losses
- To complete the activity provide the young people with a copy of **The reel deal fact sheet number 12**, which provides sources of information and support for people who have problems with gambling