

May 15 - 2025

STRATEGIES FOR PREVENTING PROBLEMATIC GAMBLING IN HIGH SCHOOLS

Age 15-20

Christian de Gier
Gambling Addiction Counselor
Behandlingscenter Tjele



A GROWING CONCERN AMONG YOUTH

24.500 children (12-17) experience
problems related to gambling ⁽²⁰²²⁾

2.600 have serious gambling
problems ⁽²⁰²²⁾

Gambling as a social capital



CHRISTIAN DE GIER

Gambling addiction counselor

Cognitive behavioral therapist

Awareness work about problem gambling
through podcast, articles, radio and tv

Former travel guide for Fritidsresor, Star Tour and Finnmatkat



UNDERSTANDING THE DYNAMICS

Group pressure – young men

Gambling linked to social status

Hyper-accessibility of online gambling



HIGH SCHOOL

- A VULNERABLE ENVIRONMENT

Transition phase – independence + risk-taking

Digital habit increase exposure

Group dynamics amplify risky behavior

Low awareness compared to drug/alcohol



JENS



19 years old – 3rd year of high school

“Real” gambling debut in high school

Gamble with friends

Start gambling alone

Gambling starts getting problematic

Seek help for problem gambling

Struggling to stay away from gambling at school



WHAT WE SEE TODAY

Current situation in Denmark

Lack of structured national strategy

Sporadic awareness campaigns

Parents monitor drugs/alcohol – overlook gambling

Extended wait for treatment of gambling addiction



4 STRATEGIES TO RULE THEM ALL



#1 - NORMALIZE THE CONVERSATION



Talk about gambling!

Use relatable stories and real-life cases

More info about where to seek help



BEHANDLINGSCENTER
TJELE

#2 - INVOLVE PARENTS



Educate parents on signs of problem gambling

Provide tools to initiate conversations

Host info night and include materials in newsletters



#3 - ADDRESS PEER INFLUENCE

Create safe spaces to discuss pressure

Peer-led workshops

Encourage reflection on values and identity



#4 – USE DIGITAL BARRIERS



Block gambling websites via wifi

Promote tools like self-exclusion ex. Gamban

Use online modules or quizzes for awareness



KEY TAKEAWAYS

Awareness is essential, but not enough

Engage student, parents and staff

Combine digital tools with dialogue

Prevention must be proactive



QUESTIONS?

