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STRATEGIES FOR PREVENTING PROBLEMATIC

GAMBLING IN HIGH SCHOOLS

Age 15-20



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AGROWING CONCERN AMONG YOUTH

problems (2022)

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





Group pressure – young men

Gambling linked to social status

Hyper-accessibility of online gambling

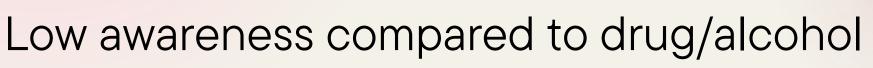
UNDERSTANDING THE DYNAMICS



HIGH SCHOOL - A VULNER ABLE ENVIRONMENT

Digital habit increase exposure

Group dynamics amplify risky behavior





- Transition phase independence + risk-taking





Gamble with friends Start gambling alone

- 19 years old 3rd year of high school
- "Real" gambling debut in high school
- Gambling starts getting problematic
- Seek help for problem gambling
- Struggling to stay away from gambling at school



WHAT WE SE 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 abo Use rela More in

- Talk about gambling!
- Use relatable stories and real-life cases
- More info about where to seek help



#2 - INVOLVE PARENTS

Educate parents on signs of problem gambling Provide tools to initiate conversations Host info night and include materials in newsletters





#3 - ADRESS 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?

