

# Sports betting and young people



Sports betting is becoming a significant contributor to increased gambling harm.

Did you know? One in three young people think betting on sport is normal.

More young people are betting on sports due to easier access through smart phones and the increase in advertising by sports betting companies that promote gambling as fun, risk free, an easy way to make money, and a normal part of watching the game.

Friends and peers strongly influence young people's gambling habits. Research shows that friends often use social media to discuss odds, share tips with each other for 'good' bets, and encourage each other to bet more generally. Problems arise when the conversation becomes focused on sharing wins, rather than losses. As a result, gamblers do not necessarily have a good understanding of how often or how much their friends are winning or losing.

## Sports betting and gambling harm

- Victoria lost \$2.33 billion dollars to sport and race betting in 2020–2021

## Risk factors for gambling harm

- An increase in exposure to gambling advertising shows young people how to gamble
- Engagement in risky behaviours such as alcohol and other drugs
- Positive attitudes towards gambling as fun and risk free
- Mental health problems

## Tips

- Set limits
- Never spend more than you can afford
- Recognise when your sports betting is not fun anymore and may be becoming harmful to you or those around you