

Gaming

A resource for young people

The blurry line between online gaming and gambling is increasing. Both activities comprise elements of skill and chance, with some featuring similar graphics and visuals, and they are accessible from the same devices and online channels. Game design has also evolved to include gambling-like elements, and gambling advertisements can be seen within different gaming platforms.

Video games like social casino games imitate gambling, and gambling is permitted on gaming results, such as with eSports. Playing social casino games is not uncommon among young people, with up to 23 per cent of adolescents reporting playing them in the past 12 months.

While for some young people, playing social casino games may increase their gambling, through normalisation or inflated confidence of winning, for others the games act as a substitute, reducing their interest in actual gambling.

New technologies, monetised reward systems and the rise of the 'professional gamer' have changed how young people play, watch and spend money on games. And these same features are bringing online gaming and gambling ever closer.

'Loot boxes' are another area where gaming and gambling are converging. Commonly found in free games, loot boxes are like virtual 'treasure chests', where players pay for the chance to win a randomised reward. The outcome is based on chance and the reward may be worth much less than the initial payment to open the box.

It is important to be aware and recognize when your gaming behaviours may be causing harm to you or to those around you. **Play the game and don't be played.**

**For more information, contact
Gambler's Help at Bethany**

Bethany Community Support 5278 8122 www.bethany.org.au
Gamblers Help 1800 858 858 www.gamblershelp.com.au

