

Sports betting and young people

Sports betting is the fastest growing form of gambling among young people, particularly for young men. Understand the risks and harm involved

What is sports betting?

Sports betting or wagering involves placing a bet on a sporting activity. Someone may choose to bet on the ultimate outcome of a game i.e. who they think will win. They can also bet on individual actions within a game, such as who will kick the first goal in a footy match or which team will be ahead in points at half-time.

Sports betting and gambling harm

- In one study, 70% of young men who bet on sport were found to be at risk of, or already experiencing, gambling harm
- A quarter of sport bettors reported being under 18 when they first placed a bet on sports
- 8 million dollars was lost to sports betting in Victoria in 2020
- Around 1 in 3 people signed up for a new sports betting account during the COVID-19 pandemic

Risk factors for gambling harm

- An increase in exposure to gambling advertising and opportunities to gamble
- Engagement in risky behaviours such as alcohol and other drugs
- Positive attitudes towards gambling
- Parent and peer involvement in gambling
- Mental health problems.

Tips: Set limits, never spend more than you can afford and recognize when your sports betting is not fun anymore and may be becoming harmful to you or those around you.

**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

