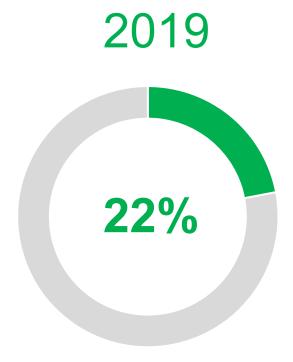
# Addressing Youth Gambling and Gaming in Wellington-Dufferin-Guelph: A Collaborative Approach

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September 4, 2024

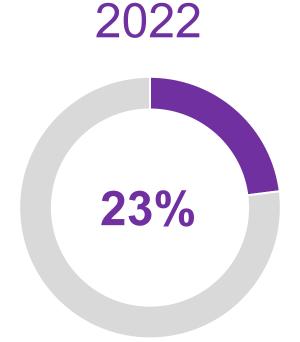


#### Youth gambling has been consistent over time



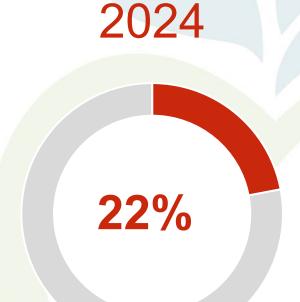
of students in Gr. 7-12 reported gambling

- 22% for students in Gr. 9+
- o 23% for students in Gr. 7-8



of students in Gr. 7-12 reported gambling

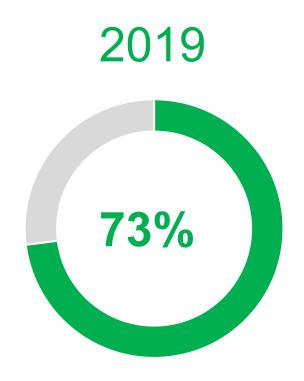
- o 22% for students in Gr. 9+
- o 24% for students in Gr. 7-8



of students in Gr. 7-12 reported gambling

- o 22% for students in Gr. 9+
- 22% for students in Gr. 7-8

### Youth screen time exceeds guidelines



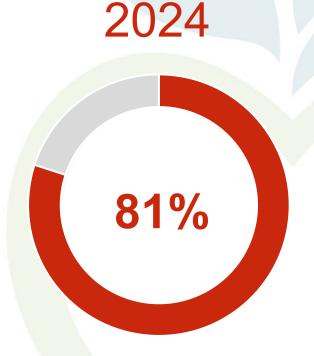


- 82% for students in Gr. 9+
- o 63% for students in Gr. 7-8





- o 88% for students in Gr. 9+
- o 80% for students in Gr. 7-8



of students in Gr. 7-12 reported ≥3 or more hours of screen time per day

- o 86% for students in Gr. 9+
- 74% for students in Gr. 7-8

# Collaborative solutions are key to building resilient youth



- In partnership with UGDSB & WCDSB, Community Addiction Services (CADS) at Homewood Health Centre created a gambling, gaming & substance use prevention & education program for Gr. 8 students
- WDG Public Health conducted a program evaluation, where students reported:
  - Learning critical thinking skills
  - Gaining confidence & knowledge about reaching out for help for themselves or others
  - Recognizing the importance of the program for their mental health & well-being
- Evaluation results are being incorporated into future program planning









### Talking to youth about gambling and gaming

- Be involved talk & listen with your teen about their behaviours
- Explain the risks
- Set clear limits for technology use
- Lead by example teens will learn from your habits

Learn more: wdgpublichealth.ca/youth-gambling

## Coming Fall 2024!

Youth Gambling & Gaming Parent Information Session