

Youth Gambling Awareness Program (YGAP)

Promoting Healthy and Informed Choices



Did you know?

- Gambling patterns start as early as eight years old and can be established before an adolescent reaches high school

- Youth need to understand and know their choices before being faced with risky situations
- Online gambling and gaming are accessible to youth anywhere
- Youth today are the first generation to grow up in a society where gambling is actively promoted, legalized and glamorized

Signs of problem gambling:

- Letting school or work suffer due to preoccupation with gambling
- Losing interest in other activities, friends or family
- Being criticized by others about gambling behaviour
- Borrowing, lying or stealing to gamble or pay back debts
- Money appearing and disappearing
- Spending increased time online in isolated areas



Helping youth make informed choices

Our educational prevention programs raise youth awareness about gambling, healthy/active living and making informed decisions.

Using a harm reduction approach, we offer youth accurate information to make their own informed choices around gambling and other high-risk activities. We don't make value judgments regarding gambling – rather we see it as an activity people may or may not choose to engage in.



Raising awareness and engaging youth

We promote community awareness and involvement in issues related to youth gambling. By facilitating youth-driven initiatives, we encourage youth expression and community action. We:

- Deliver interactive workshops for youth 8-24 years
- Provide interactive workshops to adult allies involved in young people's lives.
- Offer curriculum activities based on Ministry of Education requirements
- Attend community fairs/events



The impact of education

Together with the Government of Ontario, we believe education is essential to creating healthier communities and helping youth reach their potential. We offer Youth Gambling Awareness Programs in English and French across Ontario.

Community partnerships are an important part of the program, and we work with various agencies to provide referral services to gambling treatment services.

Book a free workshop today!
ymcagta.org/gambling

For more information visit
knowthegameygap.org

ConnexOntario (Discover Mental Health, Addiction and Problem Gambling Services)
1-866-531-2600

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