



**YMCA**  
Youth Gambling  
Awareness  
Program (YGAP)

**YMCA**  
Programme de  
sensibilisation aux  
jeux de hasard chez  
les jeunes (PSJJ)

# Workshops

## Key Concepts & Curriculum Links

Elementary School Workshops	Key Concepts	Curriculum Links	Timing
<p><b>General Gambling Awareness*</b> <b>Grades 3 to 8</b></p> <p>Gambling is often considered an adult activity, however, youth may already be engaging in gambling behavior, such as making a bet with a rare trading card, playing a claw machine game to win a prize, or unlocking a loot box in a video game. Gambling at any age has risks associated with it and the rate of problem gambling is two to four times higher for youth when compared to adults. This interactive workshop defines gambling, differentiates between skill-based and chance-based games, experiments with probability, and invites participants to experience the consequences of winning and losing. This allows them to identify risks associated with gambling and learn how to stay safe and make healthy, informed decisions. It will also share support services available in the community with regards to mental health and problem gambling.</p> <p>*This interactive workshop can be tailored for a classroom or a gymnasium/outdoor setting for more game-based programming.</p>	<ul style="list-style-type: none"> <li>• Definition of gambling and understanding “things of value”</li> <li>• Examples of gambling opportunities available to youth</li> <li>• Understanding the difference between playing a game and participating in a gambling activity</li> <li>• Actual vs. Predicted Probability</li> <li>• Incorporation of daily physical activity into the workshop</li> <li>• Signs of risky gambling behaviors</li> <li>• Healthy decision-making strategies</li> <li>• Information about mental health and wellness support services</li> </ul>	<p><b>Health &amp; Physical Education</b> Healthy Living (Making Healthy Choices, Substance Use, Addictions, and related Behaviors, Mental Health Literacy), Social-Emotional Learning Skills (Healthy Relationships)</p> <p><b>Social Studies</b> People and Environments</p>	<p>Flexible: 45 to 75 minutes</p>
<p><b>Game-Bling: When Gaming Meets Gambling</b> <b>Grades 6 to 8</b></p> <p>Gambling is incorporated in the games youth play (i.e. videogames, mobile apps), blurring the lines between gambling and gaming. Due to the risk associated with gambling, it is important for youth to differentiate when a game goes from a skill-based activity to a chance-based activity. This interactive workshop explores unconventional forms of gambling available to minors, activities such as player-pack unlocking, skin betting, e-sports betting, daily fantasy sports and claw machines. It invites youth to apply critical thinking skills to recognize the decreased perception of value of money when it has been converted to in-game currency and the importance of keeping track of money spent on in-game microtransactions. After analyzing the impact of excessive technology use on health and well-being, this workshop discusses signs of problem gaming and gambling and explores the potential risks of these activities, while providing strategies on how to make safe and healthy decisions and providing information on referrals to free and confidential community support services.</p>	<ul style="list-style-type: none"> <li>• Definition of gambling</li> <li>• Underage gambling opportunities online and via games</li> <li>• Differentiating between playing skill-based games and chance-based games</li> <li>• Impacts of excessive use of Technology on Health and Well-being</li> <li>• Risks and benefits of technology, gambling and gaming</li> <li>• Signs of problematic behaviors (video gaming, excessive technology use, social gaming and gambling)</li> <li>• Understanding the value of virtual/in-game currency</li> <li>• Harm reduction strategies</li> <li>• Information about support services</li> </ul>	<p><b>Health &amp; Physical Education</b> Healthy Living (Making Healthy Choices, Substance Use, Addictions, and Related Behaviors, Mental Health Literacy), Social-Emotional Learning Skills (Healthy Relationships)</p> <p><b>Language</b> Media Literacy, Oral Communication</p> <p><b>Mathematics</b> Probability, Financial Literacy</p>	<p>Flexible: 45 to 75 minutes</p>
<p><b>Gambling, money and decision making: Financial Literacy and Gambling</b> <b>Grades 4 to 8</b></p> <p>This session discusses items of value used by youth to bet with, and analyzes factors leading them to participate in games of chance (i.e. to make money) to emphasize the importance of not risking items one is not comfortable losing.</p>	<ul style="list-style-type: none"> <li>• Definition of gambling</li> <li>• Looking at budgeting as it relates to gambling</li> <li>• Dispel myths about money and gambling</li> <li>• Influence of gambling media in making financial decisions</li> </ul>	<p><b>Mathematics</b> Probability, Financial Literacy</p> <p><b>Language</b> Media Literacy, Oral Communication</p>	<p>Flexible: 45 to 75 minutes</p>

<p>Through a variety of activities, youth understand that gambling is not a way to earn money by referring back to the odds of losing and the role of chance in gambling. It also discusses the distinction between needs and wants which allows participants to apply decision-making skills to create a budget and make smart financial decisions contributing to positive mental health and wellbeing (i.e. exploring the concept of entertainment budget and how it relates to gambling). Finally, it invites youth to apply critical thinking skills for recognizing gambling advertisement techniques and sales tactics and explores the financial risks of gambling while providing safety tips and providing information on referrals to free and confidential community support services.</p>	<ul style="list-style-type: none"> <li>• Exploring gambling as it relates to finances and mental wellness</li> <li>• Information about support services</li> </ul>	<p><b>Health &amp; Physical Education</b> Healthy Living (Making Healthy Choices, Substance Use, Addictions, and Related Behaviors, Mental Health Literacy), Social-Emotional Learning Skills (Healthy Relationships)</p>	
<p><b>Media Impact</b> <b>Media Literacy for Grades 4 to 8</b></p> <p>Due to the opening up of the regulated gambling market to private companies in Ontario, youth are being exposed to more gambling media than ever before. In this multimedia workshop, youth develop critical thinking skills by exploring the role of gambling advertisements in falsely portraying gambling as risk-free and as a way of making easy money as compared to its reality. Participants will discuss the increased prominence of 'influencer marketing' and youth exposure to gambling-related content (i.e. gambling tipsters, fantasy sports content) on social media platforms while evaluating the credibility of the information being shared. The workshop will provide media safety tips (i.e. limiting screen time, installing ad blockers, downloading smartphone usage tracking app), and invites participants to analyze online content prior to sharing it. The workshop will also share support services available in the community with regards to mental health and problem gambling.</p>	<ul style="list-style-type: none"> <li>• Definition of gambling</li> <li>• Asking questions about the content we are shown</li> <li>• Influence of gambling ads on youth interest in gambling</li> <li>• Discuss the impact of gambling advertisements on attitudes or behaviors</li> <li>• Themes used in gambling advertisements (i.e. "sportification" of gambling, glamour, dreaming big)</li> <li>• Media persuasion techniques used to influence consumer behavior (i.e. testimonials, celebrities, humor, etc.)</li> <li>• Understanding the risks of gambling</li> <li>• Harm reduction strategies and information about support services</li> </ul>	<p><b>Language</b> Media Studies, Media Literacy, Oral Communication</p> <p><b>Health &amp; Physical Education</b> Healthy Living (Making Healthy Choices, Substance Use, Addictions, and Related Behaviors, Mental Health Literacy), Social-Emotional Learning Skills (Healthy Relationships)</p> <p><b>Social Studies</b> People and Environment</p>	<p>Flexible: 45 to 75 minutes</p>
<p><b>Stigma and Gambling</b> <b>Mental Health for Grades 6 to 8</b></p> <p>Mental Health for Grades 6 to 8</p> <p>Although there are effective treatment options for people experiencing mental health issues, substance use disorder and gambling-related problems, stigma serves as a barrier to help-seeking, forcing individuals to suffer in silence. This presentation defines stigma (self, social and structural), and the four stages of stigmatization referred to as cycle of stigma (labelling, stereotypes, separation, discrimination), provides tools to recognize stigma as well as strategies to reduce it (i.e. practicing non-judgmental language, listening and asking questions rather than assuming, including rather than excluding, etc.). This workshop dispels myths and provides factual knowledge and awareness to support a compassionate approach to reducing stigma and facilitating an open dialogue. It will also share support services available in the community in regard to mental health and problem gambling.</p>	<ul style="list-style-type: none"> <li>• Definition of gambling and stigma</li> <li>• Dispelling misconceptions about mental health issues</li> <li>• Unpacking judgmental attitudes and behaviors</li> <li>• Stages of stigmatization</li> <li>• Exploring the repercussions of labelling</li> <li>• Strategies to reduce stigma</li> <li>• Continuum of participation in risky behaviors, and when to seek help</li> <li>• Information about support services</li> </ul>	<p><b>Health &amp; Physical Education</b> Healthy Living (Making Healthy Choices, Substance Use, Addictions, and Related Behaviors, Mental Health Literacy), Social-Emotional Learning Skills (Healthy Relationships)</p> <p><b>Social Studies</b> People and Environments</p>	<p>Flexible: 45 to 75 minutes</p>

**[Workshops available in-person or online: book here](#)**