



# High School Workshop Options, Grades 9-12

## Key Concepts and Curriculum Links



### **Duration:**

Between 40-75 minutes. Timing is flexible as needed.

### **Format:**

Free, in-person and/or virtual, interactive, discussion-based with engaging activities throughout

## **1 - Game-Bling: When Gaming Meets Gambling**

Gambling is incorporated in 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, and daily fantasy sports. 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 wellbeing, this workshop discusses signs of problem gaming and gambling, explores the potential risks of these activities, imparts strategies on how to make safe and healthy decisions, and provides information on referrals to community support services.

### **Key Concepts**

- Definition of gambling
- Underage gambling opportunities online and via games
- Differentiating between playing skill-based games and chance-based games
- Impacts of excessive use of technology on health and well-being
- Risks and benefits of technology, gambling and gaming
- Signs of problematic behaviors (video gaming, excessive technology use, social gaming and gambling)
- Understanding the value of virtual/in-game currency
- Harm reduction strategies
- Information about support services

### **Curriculum Links**

#### **Technological Education**

Technology, the Environment, and Society

#### **Health & Physical Education**

Healthy Living

#### **Guidance & Career Education**

Personal Knowledge and Management Skills

#### **Social Sciences and Humanities**

Psychology, Sociology & Anthropology

## 2 - Money and Decision Making: Financial Literacy & Gambling

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. 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 mental health and wellbeing (i.e. exploring the concept of entertainment budget and how it relates to gambling). Finally, it explores the financial risks of gambling while providing safety tips and providing information on referral to community support services.

### Key Concepts

- Definition of gambling
- Budgeting as it relates to gambling
- Dispel myths about money and gambling
- Influence of gambling media in making financial decisions
- Gambling as it relates to finances and mental wellness

### Curriculum Links

#### Mathematics

Data Management & Probability

#### Guidance & Career Education

Personal Knowledge and Management Skills

#### Health & Physical Education

Healthy Living

## 3 - Media Impact

Due to the opening up of the regulated gambling market to private companies in Ontario, youth are 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 shared information. The workshop will provide media safety tips (i.e. limiting screen time, installing adblockers, 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 in regards to mental health and problem gambling.

### Key Concepts

- Definition of gambling
- Asking questions about the content we are shown
- Influence of gambling ads on youth interest in Gambling
- Themes used in gambling advertisements (i.e. sportification of gambling, glamor, dreaming big)
- Media persuasion techniques used to influence consumer behavior (i.e. testimonials, celebrities, humor, etc.)
- Understanding the risks of gambling
- Harm reduction strategies and information about support services
- Discuss the impact of gambling advertisements on attitudes or behaviors

### Curriculum Links

#### English

Oral Communication, Media Studies

#### Guidance & Career Education

Personal Knowledge and Management Skills

#### Business

Marketing

## 4 - Stigma and Gambling

Although there are effective treatment options for people experiencing mental health issues, substance use disorder, and gambling-related problems, stigma still 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 regards to mental health and problem gambling.

### Key Concepts

- Definition of gambling and stigma
- Dispelling misconceptions about mental health issues
- Unpacking judgmental attitudes and behaviors
- Stages of stigmatization
- Exploring the repercussions of labeling
- Strategies to reduce stigma
- Continuum of participation in risky behaviors, and when to seek help
- Information about support services

### Curriculum Links

#### Social Sciences and Humanities

Psychology, Sociology & Anthropology

#### Health & Physical Education

Healthy Living

#### Guidance & Career Education

Personal Knowledge and Management Skills,  
Interpersonal Knowledge and Skills

## 5 - Sports Betting: Separating Skill from Illusion of Control

The opening up of the regulated gambling market to private companies in Ontario has increased the sports betting opportunities. Ontarians are able to bet on any aspect of the game (i.e. in-play betting), which can create a continuous form of betting with no obvious stopping point, similar to slot machines. This workshop defines gambling, explores the different types of sports betting options (e.g. betting on traditional sports games, esports betting, and participating in Daily Fantasy Sports), the wide stream media exposure, the sports betting content on social media, and its impact on youth. As there is a common misconception that sports betting is a pure skill-based activity, this workshop unpacks the difference between chance and skill, and highlights the variables that are outside of the control of the participant. It will also share support services available in the community in regard to mental health and problem gambling.

### Key Concepts

- Definition of gambling (sports betting, fantasy sports and e-sports betting)
- Understanding the risks associated with the different types of sports betting
- Exploring the current landscape for sports betting in Ontario
- Unpacking skill and chance as it relates to sport betting
- Discuss the impact of sports betting exposure on attitudes or behaviors (e.g. partnerships between sports betting operators and major leagues and broadcasters, common themes used in sports betting adverts)
- Understanding when sports betting turns to a problem
- Harm reduction strategies and information about support services

### Curriculum Links

**Health & Physical Education**  
Healthy Living

**Mathematics**  
Data Management & Probability

**Guidance & Career Education**  
Personal Knowledge and Management Skills

**English**  
Oral Communication, Media Studies

**Business**  
Marketing

## 6 - Exploring Crypto Assets, Gambling, and Gaming

Are you intrigued by the world of cryptocurrencies, NFTs, and their impact on gambling and gaming? This presentation offers a comprehensive overview of crypto assets and related key concepts such as cryptocurrency, NFTs, blockchain, and crypto wallets. It examines how these digital assets are transforming investment, online betting, and gaming. We will discuss the risks of crypto investment compared to traditional stock market investing and delve into the potential harms of crypto gaming and gambling. This includes distinguishing between traditional games and NFT/Crypto games (e.g. GameFi, P2E games), exploring the relationship between cryptocurrency trading and problem gambling, and analyzing the influence of crypto influencer marketing on market fluctuations. Additionally, this free educational presentation provides resources on crypto laws, scams, and investments, as well as community support services available for mental health issues related to gambling.

### Key Concepts

- Definition of gambling
- Understanding crypto assets
- Exploring crypto vs stock market investment
- Examining risks associated with crypto/NFT gambling and gaming
- Understanding the relationship between cryptocurrency trading and problem gambling
- Discuss the impact of influencer marketing on adoption of crypto assets
- Harm reduction strategies and information about support services

### Curriculum Links

**Technological Education**  
Technology, the Environment, and Society

**Health & Physical Education**  
Healthy Living

**Guidance & Career Education**  
Personal Knowledge and Management Skills

**Language**  
Media Literacy, Oral Communication

**Mathematics**  
Financial Literacy