

# Talking to Your Child About Underage Gambling



Kids who feel supported and informed are less likely to take risks with gambling. The key is to keep communication open, honest, and judgment-free. Rather than lecturing, aim for a two-way conversation that helps your son or daughter think critically about the messages they see and the choices they make.

- Ask what they already know.
- Stay calm and curious.
- Model responsible behavior.
- Keep checking in.

## DOs

- **Do listen first.** Ask what your child thinks about gambling before jumping in with advice.
- **Do keep it calm and nonjudgmental.** Kids can shut down when they feel blamed or shamed.
- **Do focus on facts.** Explain how odds work and that gambling companies are designed to profit—not to help players win.

## DON'Ts

- **Don't ignore the topic.** Silence can be mistaken for approval or indifference.
- **Don't lecture.** Do your best to make it a two-way conversation. Listen as much as you talk.
- **Don't minimize gambling.** Avoid joking about gambling and betting—it normalizes the behavior.



Get more helpful tips at [DontBetOnYourFuture.org](https://DontBetOnYourFuture.org).

