



Preferred Systems, Inc.

Providing Continuing Education & Training That Works

SMART CHOICES

PROGRAM OVERVIEW

Context of the Problem

Over the last several decades, gambling has become a popular form of entertainment. While gambling is primarily considered an adult activity, its increasing acceptability and availability has resulted in the emergence of problems among youth. Numerous studies have identified adolescents as a group at high-risk for developing gambling-related problems. In fact, the rate of problem gambling among youth is reported to be more than twice that of adults. Research points to early age of initiation as a risk factor for development of gambling problems. Studies have shown that adults with serious problems started gambling at a very early age (9 or 10), making early education a key to prevention.

The Smart Choices Problem Gambling Prevention Program is a departure from curriculum based information packages. In imparting a specific understanding about the risks of gambling and, by not using existing classroom faculty, the Smart Choices Program strives to avoid giving participating youth any message that “normalizes” gambling in today’s society. Evidence suggests that improved understanding of risk taking, improved decision making and support from the environment all lend to youth using their refusal skills and making much smarter choices with the use of their time, money and relationships with family and friends. The intention behind the development of the program is to focus on the inherent risks of gambling and emphasize positive decision making skills. By making the program part of a school/community effort we hope to build on the resiliency skills and teach/reinforce refusal skills critical to today’s youth responsible decision making.

Objectives of the Program

1. To provide participating students with pertinent background information concerning youth gambling issues
2. To dispel myths and erroneous beliefs concerning gambling.
3. To help provide youth with information on the warning signs associated with problematic gambling.
4. To help reduce the prevalence of gambling problems amongst youth.

Ready to Learn More about Preferred Prevention Programs?

Contact us at **888-455-7437** or info@preferrededucation.com to learn more about our Behavioral Health Prevention Programs.