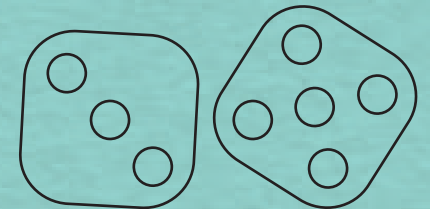
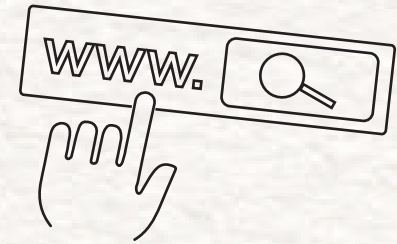
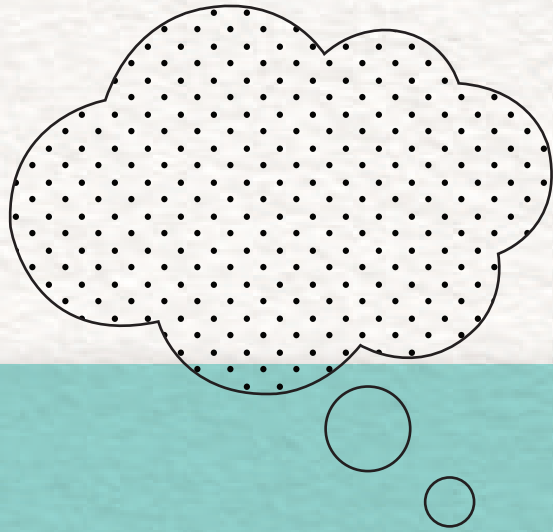


Self-control & Self-regulation

Online Gambling



www.wiseowltrust.com

@wiseowltrust

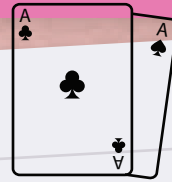
Copyright © reserved to Wise Owl Trust 2021



What we are learning:

- How **Self-Regulation** is vital when assessing risk
- To understand Resilience is needed to not take unnecessary

Key Information



Gambling can stimulate the brain's reward system and is as serious as alcohol and drug addiction. The release of dopamine (the 'feel-good' hormone) during gambling occurs in the brain similar to that of mobile phone addiction.

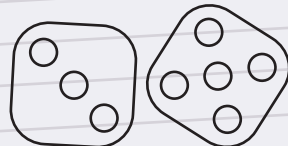
TEACHER NOTE: Linking gambling addiction to drug and alcohol addiction is at the discretion of the teacher. It can alternatively be compared to phone addiction that was explored in Workshop 5.

According to the Royal College of Psychiatrists, problem gamblers are more likely than others to suffer from low self-esteem, develop stress-related disorders, to become anxious, have poor sleep and appetite, to develop a substance misuse problem and to suffer from depression.

It is easier to gamble now than it used to be.



Online gambling businesses started appearing in the 1990s. The increasing development on the internet meant that shops such as a betting shop could be accessible from your settee. The gambling industry was one of the first industries to reap the benefits of the internet.



Did you know?

Teachers information. Information that is shared with the children is at the teacher's discretion

A YouGov report in 2019 found that as many as 7% of adults, or 3.6 million people, report having been negatively affected by someone else's gambling problem.



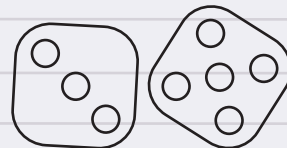
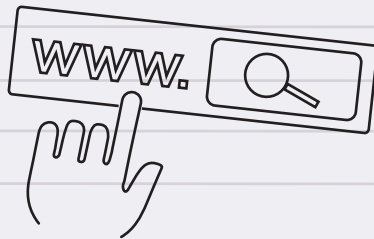
If you have a problem with compulsive gambling, you may continually chase bets that lead to losses, hide your behaviour, deplete savings, accumulate debt, or even resort to theft or fraud to support your addiction.

The popularity of gambling is increasing. Betfred's turnover in 2004 was reported to be more than £3.5 billion, having risen from £550 million in 2003 and has continued to grow to over £10 billion in 2018-2019. Betfred is a bookmaker based in the United Kingdom, founded by Fred Done. It was first established as a single betting shop in Salford, Manchester, in 1967. By 2017, it operated over 1650 shops.



In 2019, it was reported that there was a total of 8320 betting shops in the United Kingdom.

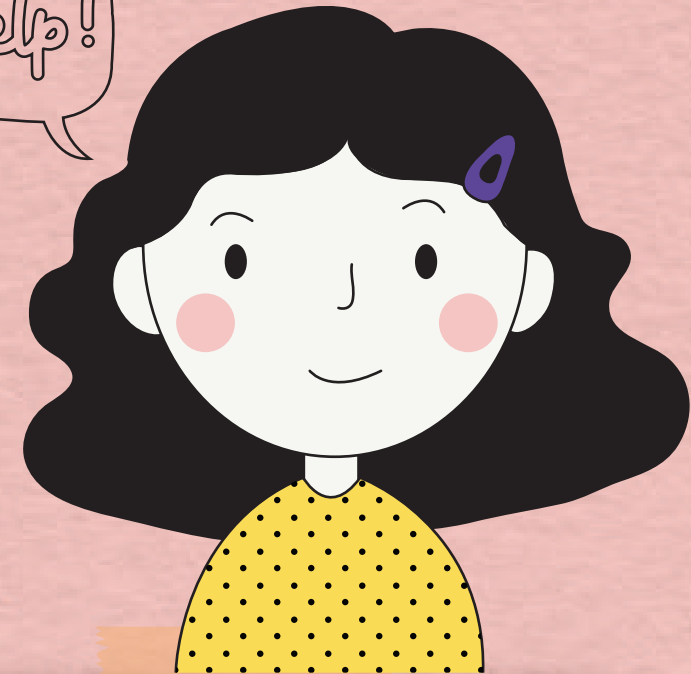
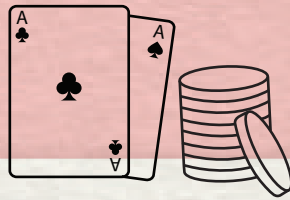
The size of the online gambling market is roughly £60 billion a year, and that's £5 billion a month. This is the money that gamblers lose!



Intended Learning Outcomes

CHARACTER OUTCOMES

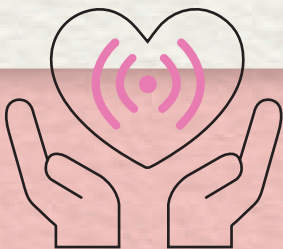
- To understand the importance of self-regulation when analysing the risks involved in gambling.
- To identify the impact of taking risks and gambling on your health, wellbeing and future aspirations.
- To explore the importance of self-control in terms of risk taking and gambling.
- To explore the different ways money can be won or lost through gambling-related activities.



Links to Statutory RSE and Health Education 2019

BEING SAFE

- how to ask for advice or help for themselves or others, and to keep trying until they are heard.
- how to report concerns or abuse, and the vocabulary and confidence needed to do so.
- where to get advice e.g. family, school and/or other sources.



Workshop 6: Self-control & Self-regulation - Online Gambling

Introduction

What is self-control?



This is the ability to control behaviours or urges in order to avoid temptations and to achieve goals. It involves regulating your emotions, thoughts, and behaviour in the face of temptations and impulses. In order to effectively develop self-control, you must be able to self-regulate.

What does the word to risks in everyday life.



mean? What is the difference between a good and a bad risk? Make links



What is gambling and why do people do it?
What is the risk related to gambling?



Workshop 6: Self-control & Self-regulation - Online Gambling

Character challenge

Do you have self-control?

Today we are going to explore risk by playing a game.

I have ten cards all with different amounts. Eight of the cards should range between £0 to £1 but two are £20 (only show the children the two £20 cards). I am going to choose a card in front of you (avoid the £20 cards!) and place it at the front of the classroom.

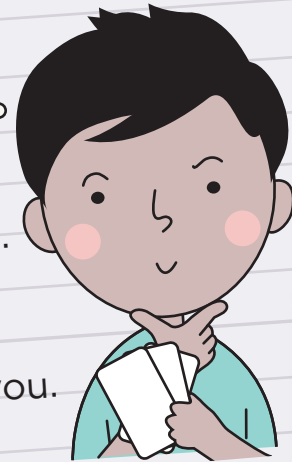


I am now going to give you your own cards with an amount on them (amounts will be between £1 and £2).

You may look at your own card but don't show it to the person next to you.

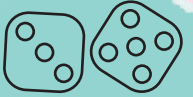
You now have the option to keep your card and take your money or swap it with my card and take that amount instead. Think about what you want to do and write it down.

I am now going to reveal to you what my card is that you would win if you chose to take the risk.



TEACHER NOTE:

Discuss: Who did not want to take the risk? Who did? Who ended up with a higher/lower amount? What were the odds of my card being the £20 cards?



Play the game again but this time with a higher winning amount (£100) and making the amounts of the children's cards higher (£20-£30). Keep the lower amounts on the eight cards the same.



TEACHER NOTE:

Discuss: Which game had the higher risk? During which game were you more hesitant to take a risk? Why? Link to self-control. Did any of you already have plans to spend the money on your own cards? If you could play again, would you choose differently?

Why is self-control important? What are the financial implications when gambling large amounts of money? Use extreme examples, such as missing rent and bill payments, debts, taking out loans, poor credit (impacting on future plans such as buying a house) etc.

Workshop 6: Self-control & Self-regulation - Online Gambling

"Control yourself or someone, or something else, will"

Classroom challenge

Provide the children with different examples of gambling. Suggestions can range from a 2p Coin Machine to online gambling (see resource section for further examples).

In pairs or small groups, ask the children to match the positive and negative factors of each type of gambling.

Evaluate the risk of each type of gambling using the matched positive and negative factors. Ask the children to order them in order of risk on the Risk-o-meter (see resources section).

Share the Risk-o-meters with the rest of the class. Did they all agree?

Discuss any differences and the rationale behind the pair's/group's thinking.



As a class, explore the ways in which people can seek help and advice if they felt they were becoming addicted to gambling.

Workshop 6: Self-control & Self-regulation - Online Gambling

Extension activities:

The children could produce a balanced argument about the positives and negatives of gambling. The children could produce a Presentation about risk and gambling addiction and present it to their partner class.

Suggested Resources:

Money flashcards
Risk-o-meter
Gambling examples



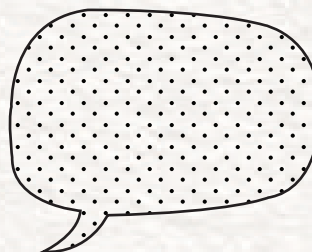
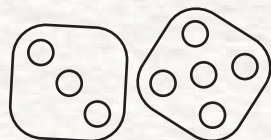
Links to other learning

Computing

- Produce a presentation using PowerPoint

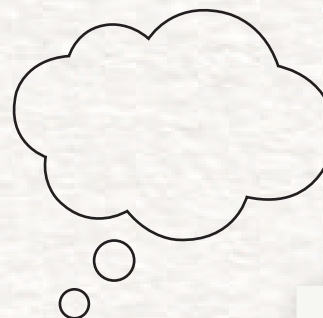
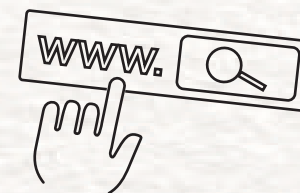
English

- To produce a balanced argument



Suggested Vocab:

Risk
Evaluate
Odds/chances
Financial implications
Impac



MY REFLECTION JOURNAL: SELF-CONTROL

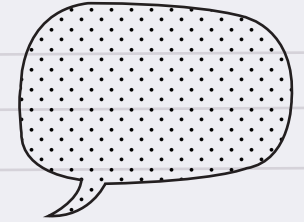
What does self-control mean?

What is the difference between a fun risk and a harmful risk?

Fun Risk	Harmful Risk

“When the fun stops, STOP!” What does this mean?

How could you use self-control to stop your urge to take harmful risks online?



Where could you access help?

Personal thoughts and notes:

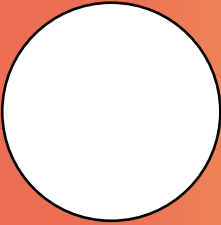


RESOURCES:

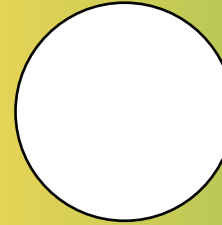
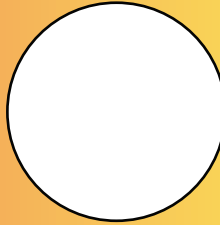
Risk-o-meter

NEGATIVE

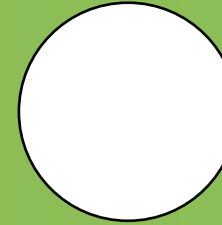
HIGH RISK



MEDIUM RISK



LOW RISK



POSITIVE

2p coin machine

Online Gambling

The Grand National

The National Lottery

Positive and Negatives Effects of Gambling:

Can you match the positive and negatives effects to the relevant type of gambling? Once you have done this, place each type of gambling onto the Risk-o-meter with the least risk at the top and the most risk at the bottom.

- Fun
- Low accessibility
- Family activity
- Low risk
- Minimal disappoint
- You could win a small prize

- The gambler chooses the amount so bets can be kept low

- High accessibility
- Includes a range of betting opportunities - football, online casinos, racing and shows such as I'm a Celebrity ...Get Me Out Of Here! and Strictly Come Dancing
- This type of gambling can be knee-jerk and quickly becomes a habit (something to do)

- Medium accessibility
- Controlled costings
- A range of winning potential rather than just win or lose
- It is a charity based organisation
- The jackpot is a life changing amount of money

- This can be perceived as an introduction into gambling from a young age
- A lot of time can be spent on this type of gambling because it is cheap to play

- Regular weekly entry amounts can be paid which quickly mount up in cost. Two lines a week equates to £208 a year
- There is a potential to increase the number of entries
- The website gives access to enter other draws

- Once a year betting - low accessibility
- The gambler chooses the amount so bets can be kept low
- This type of gambling can be studied, increasing the chance of winning

- Gamblers could bet more than they should because the 'odds' seem good
- Multiple bets can be places because the horses' names are relatable and give the gambler meaning

