

Young Gamers & Gamblers Education Trust



Providing the tools and information to build resilience, inform, educate and safeguard young people about the potential harm of gaming and gambling.



What Is YGAM?

YGAM is a UK charity with a social purpose to **inform**, **educate** and **safeguard** young people around the potential harms caused by **gaming** and **gambling**.



Gaming Is a Lot of Fun

Whilst children are not at school it is likely that they are spending **more time than usual playing games** either on their own or with friends.



Gaming & Gambling

According to a report published in October 2019 by the Children's Commissioner, **93% of young people play video games.**





Spotting The Signs






Are you concerned about your online behaviour
or those of a friend?

Have a look at the key indicators listed on the following slides
and information on where to get help.







Spotting The Signs: Gaming Disorder

Emotional Signs

-  Preoccupation with gaming
-  Downplaying time gaming
-  Unable to set time limits
-  Avoiding family/friends
-  Being overly defensive

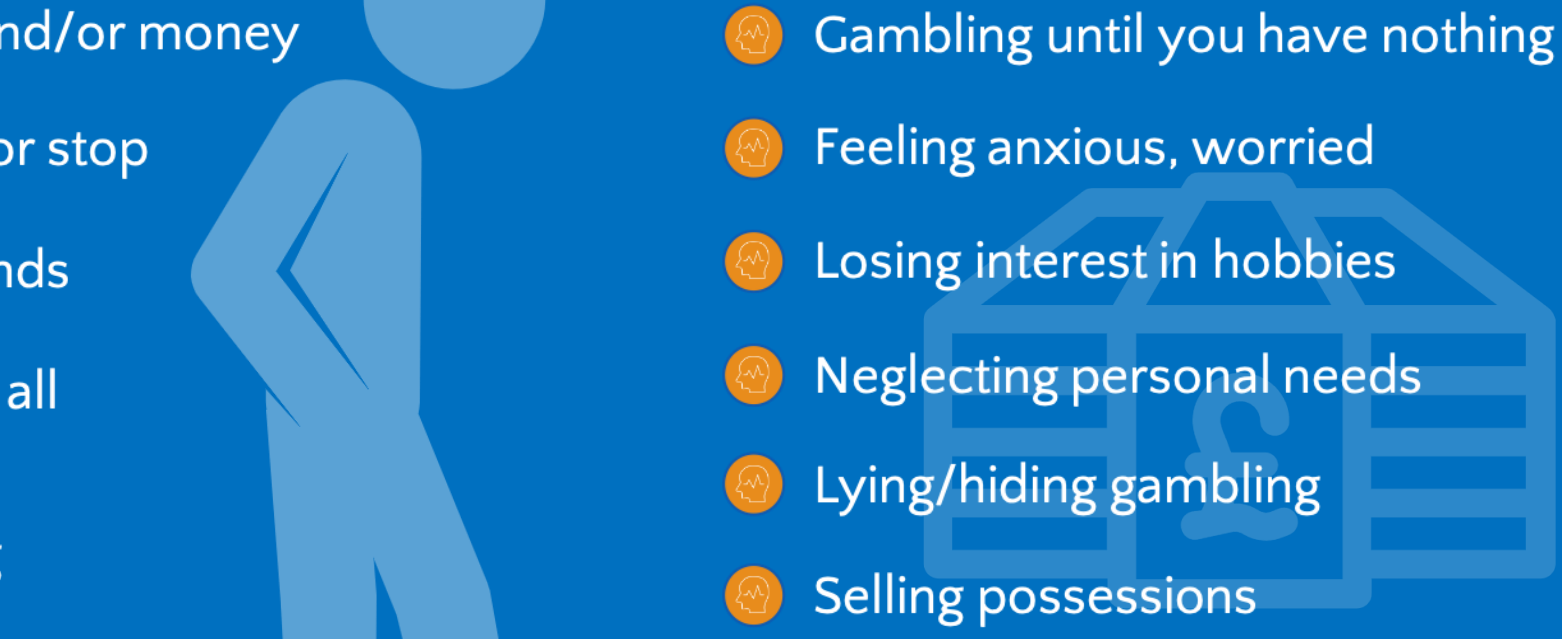


Physical Signs

-  Headaches or migraines
-  Neglecting hygiene
-  Extreme fatigue
-  Carpal tunnel syndrome



Spotting The Signs: Problematic Gambling

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- Spending too much time and/or money
 - Finding it hard to manage or stop
 - Arguing with family or friends
 - Thinking or talking about it all the time
 - Chasing losses or suffering debt issues
 - Gambling until you have nothing left
 - Feeling anxious, worried
 - Losing interest in hobbies
 - Neglecting personal needs
 - Lying/hiding gambling
 - Selling possessions



Getting Help



NHS



Gamban



ChildLine
0800 1111



GamCare



BIG DEAL?



shout
for support in a crisis

YGAM offer **free** accredited training and resources for people working directly with young people.



For more information contact rebecca@ygam.org