



Underage Gambling FACT SHEET

39.5% of NYS youth between the ages of 12 and 17 have gambled in the past year. Nearly 30% of these youth state they began gambling at age 10 or younger. Past 30 day use of alcohol, being drunk, use of marijuana, and drinking energy drinks is higher among youth who are

GAMBLING

Source: OASAS, 2014-15

Top 3 Past-Year Gambling Behaviors

- Playing lottery, lotto, and scratch offs
- Betting money on raffles or charity games
- Betting money on sports

*Source: OASAS, 2014-15

Consequences of Underage Gambling

- Increased risk for DELINQUENCY & CRIME
- Increased risk for SUBSTANCE USE & ABUSE
- Increased risk for ADDICTION
- DAMAGED RELATIONSHIPS
- Poor academic performance
- Mental health issues including DEPRESSION & ANXIETY
- Overall, POOR GENERAL HEALTH

*Source: Wynne, et. al. (1996); Haroon, et. al. (2002); Gupta & Derevensky (1998); Potenza, et. al. (2002).

YOU(th) Can Help!

Parents

- Learn more about the dangers of underage gambling at www.YOUthDecideNY.org
- Talk to your children today about the dangers of underage gambling
- Use teachable moments (ads, movies, etc.) to teach your children how to analyze media

Youth

- Know all of the facts before you DECIDE
- Learn more about the dangers of underage gambling at www.YOUthDecideNY.org
- Be a positive peer influence by choosing NOT to gamble
- Get involved in preventing underage gambling by partnering with a local prevention agency.

Community leaders

- Go gambling free with your family and youth events
- Publicly express your support for gambling-free events for youth and families
- Learn more about the dangers of underage gambling at www.YOUthDecideNY.org

www.YOUthDecideNY.org
Giving teens the power to decide!



Learn more about
the dangers of
underage gambling at
www.YOUthDecideNY.org

www.pdhpbklyndiocese.org



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Back to School: A Parent's Survival Guide

(StatePoint) Parenthood is a demanding and busy job, particularly during back-to-school season. With lunches to pack, homework to check, projects to oversee and activities to drive the kids to and from, it's no wonder many parents find it challenging to squeeze in time for self-care.

But, if you want to keep up with your kids, it's important to carve out time for healthy eating and exercise. Here are some ways to make more time for your own health, according to Courtney McCormick, dietitian for Nutrisystem.

Be an Early Riser

Relish early morning peace by getting moving an hour or two before the kids start stirring. Work in your morning fitness routine, meditate to mentally prepare for the day, do yoga and prepare a healthy breakfast. The earlier you rise, the more such daily habits you can adapt.

Schedule It

Schedule exercise the same you would a trip to the doctor's office or hair salon. If it's on a daily task list or calendar, you're more likely to follow through. If positive reinforcement is a good motivator for you, use colored markers to record appointments and give yourself a big check mark or smiley face when you've completed a workout.

Get Prepped

Nothing makes mornings more chaotic than having to pack lunches while trying to get everyone out the door. And packing lunch in a pinch can leave you susceptible to making hasty choices. Take about 10 minutes in the evening to prepare the next

day's lunches; you will thank yourself in the morning when you have healthy meals and snacks packed and ready to roll for yourself and your kiddos.

Other meal prep ideas:

- Put together a bunch of meals on Sunday to simply pull out of the fridge and heat for quick, yet wholesome dinners on busy week nights.

- Boil a dozen eggs for an easy protein-rich snack. Create baggie-sized portions of nuts and fruit. Prepping nourishing grab-and-go snacks for the afternoon crunch will help you stay on track.

Walk on Your Lunch Break

If you find yourself really strapped for workout time, try taking a 30-minute walk before eating your lunch. Even doing light cardiovascular exercise for a half hour can help you stay in shape and shed some pounds.

Get the Kids Moving

If you weren't able to squeeze in a sweat session sans kids, round up the family and take a long, after-dinner stroll. Encourage your children to keep up a moderate pace, while sharing stories and highlights from the day and playing games like "I Spy."

More health and wellness tips can be found at leaf.nutrisystem.com.

While it sounds counter-intuitive or even impossible to put yourself first when you're a parent, prioritizing your health and fitness is essential to keeping up with parental demands. This back-to-school season, stay focused on the fact that you still need time for you.