

# RSHE QUESTION POSTBOX

As we have now moved on to Relationship, sex and health education (RSHE) we will have a POSTBOX in our classroom.

There will be a stack of post-it notes next to it. If at any point you have a question or something you wanted to know about linking to RSHE then please take a post-it note write your question and pop it in. You don't have to put your name on them if you don't want to.

## THE TOPICS WE WILL COVER OVER THE NEXT TERM ARE:

- Honour-based abuse
- Forced marriages
- Modern day slavery
- Preventing knife crime
- Online gambling
- Social media validation
- Keeping data safe

# TITLE – RISK, REWARD AND ONLINE GAMBLING

(not all risks look dangerous at first) PAGE 12

DATE:



## In today's lesson we will:

- Discover what counts as online gambling
- Understand how gambling companies use psychology
- identify links to mental health, money and addiction
- Suggest where to get support



TODAY'S  
BIG  
QUESTION

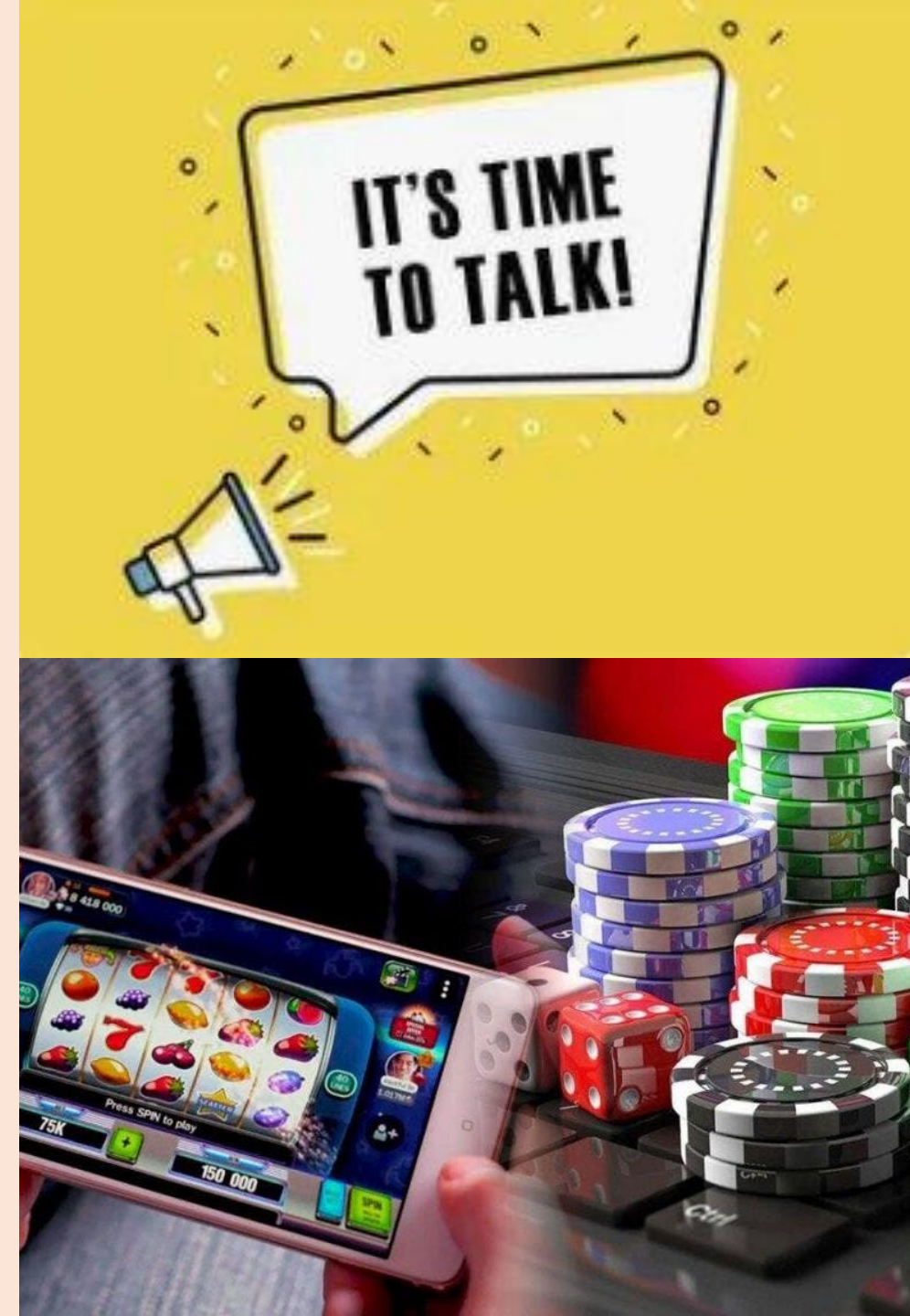
When does a game stop being  
'just for fun'?



3  
Minutes

Discuss with a partner and be prepared to share back to the class (ideas discussed space on pg 12)

Why can online gambling be addictive?



# What counts as gambling? (pg 12)

Gambling is risking money (or something with value) on an outcome that is uncertain, in the hope of winning something more.

It doesn't always look like betting in a shop.

APPS	Some apps involve: <ul style="list-style-type: none"><li>• Betting on sports or events</li><li>• Casino-style games (slots, roulette)</li><li>• Games that look harmless but involve real money</li></ul>	Some apps also: <ul style="list-style-type: none"><li>• Use bright colours and sounds</li><li>• Encourage quick decisions</li><li>• Make losses feel “almost like wins”</li></ul>
LOOT BOXES	Loot boxes are: <ul style="list-style-type: none"><li>• Virtual boxes or packs you pay to open</li><li>• Contents are random</li><li>• Rewards vary in value</li></ul>	Why they're risky: <ul style="list-style-type: none"><li>• You don't know what you'll get</li><li>• You may keep paying “just one more time”</li><li>• They copy the excitement of gambling</li></ul>
IN-GAME PURCHASES	These include: <ul style="list-style-type: none"><li>• Buying skins or upgrades</li><li>• Paying to unlock levels</li><li>• Paying to speed things up</li></ul>	Risks: <ul style="list-style-type: none"><li>• Money can be spent quickly without noticing</li><li>• Pressure to keep up with others</li><li>• Encourages repeated spending</li></ul>

# Group/ Pair discussions

There will be 3 different discussions going on around the room.

Once you have discussed for a couple of minutes, feedback to the class to see what others have been discussing.

Teacher to choose who has which discussion question:

- A. Why do people enjoy gambling?
- B. Why do companies want people to keep playing?
- C. What makes young people more vulnerable?

How does gambling affect people?



# Real life story



# Affect #1 = mental health

## Gambling can affect mental health by:

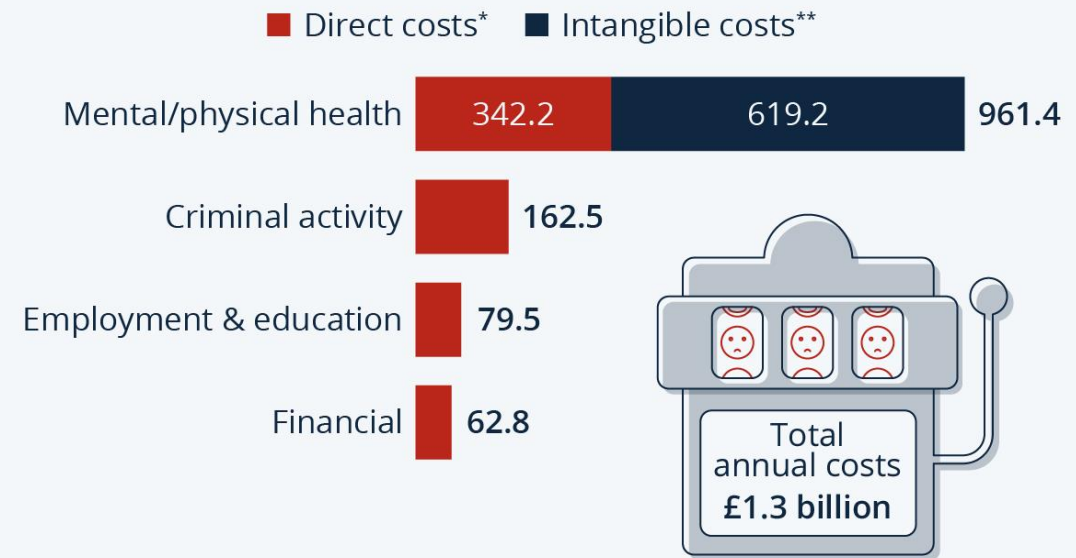
- Increasing stress and anxiety
- Creating guilt or shame after losses
- Affecting sleep and concentration
- Leading to mood swings

## Why:

- The highs and lows affect the brain's reward system
- Losses can feel personal or upsetting
- *Feeling low after losing money is common — but it can become harmful.*

## The Costs of Gambling to UK Society

Estimated annual excess cost of harm associated with gambling in the UK (in million GBP)



\* to government \*\* to wider society

Source: Public Health England





Pick out key information – put onto page 13

# Affect #2 = money

## **Gambling affects money because:**

- Losses often happen gradually
- People may chase losses
- Spending can go unnoticed in apps

## **Young people may:**

- Use parents' cards
- Borrow money
- Hide spending

*Losing money can create pressure and conflict.*



# Affect #3 = decision making

## **Gambling can affect how people make decisions:**

- Encourages quick choices
- Makes risk feel normal
- Focuses on winning rather than losing
- Can override logic with emotion

## **This can lead to:**

- Poor financial choices
- Taking bigger risks over time
- Ignoring consequences

*The longer gambling continues, the harder it can be to stop.*



# Patrick Foster – addiction and mental health advocate

(this is just over 18 mins long – you might not watch all of it)

## Struggle with Gambling Addiction



- His addiction began during university and intensified after his cricket career ended, impacting his transition to the "real world".
- He amassed massive debts, borrowing hundreds of thousands and placing millions in bets, leading to a mental health crisis.
- In March 2018, he was rescued from a suicide attempt by his brother.

You have some reflection questions you might want to answer as you go – page 14

# There is help and support out there



## Strategies you can use to help:

- Setting spending limits
- Turning off in-app purchases
- Talking to a trusted adult
- Avoiding gambling-style games
- Being aware of how apps encourage spending



Complete your EXIT  
TICKET questions on  
page .....

These link to the key  
knowledge you need  
to know for this block  
of work