

## LOTTERY TICKETS ARE NOT CHILD'S PLAY: GIVE RESPONSIBLY

December 13, 2023 – With the holidays quickly approaching, lottery tickets and scratch-offs seem like the perfect stocking stuffer or gift to throw in a card. While small and fun, District Health Department #10 (DHD#10) would like to remind residents that giving lottery tickets and scratch-offs to kids can have serious, unintended consequences.

“Winning a scratch-off or on a lottery ticket can be a fun adult activity, but as an adult, we know it is based on luck and winning isn’t likely to happen often. However, for a child, winning even a small amount of money can seem significant,” said DHD#10 Health Educator Grace Richardson. “Winning \$40 as an adult is great, but we understand that it may not happen again. The same prize can have a stronger impact on young teens, tempting the to continue playing in search of more prizes which can result in problem gambling.”

This year, protect your children by reminding family members and friends that lottery tickets and scratch-offs are not appropriate gifts for your kids. Do not forget to have a conversation about gambling with your kids as well. It is never too early to talk to them about problem gambling and why it’s important for them to wait until they are older to make any decisions about gambling. Offer them other fun, safe and healthy activities to do instead of scratching lottery tickets and guessing lottery numbers.

For more information about problem gambling and how to get help for someone experiencing problems, please visit: <https://www.dhd10.org/men-women/problem-gambling/>.

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