

FACT SHEET 2 Gambling



Takapuna Grammar School *International Department*

Excessive gambling hurts young Asian people¹

Young people such as you are pressured to gamble by the commercial promotion of gambling. These activities include advertising on television, advertising in magazines and billboards, advertising on the Internet, sports sponsorship and promotions such as point accrual and loyalty cards. You can also be at risk because you are tempted by technologies with which you are highly familiar. For example, many electronic gambling machines look like video games, and online Internet gambling brings it into homes and on to mobile phones.

Research has already shown that²:

- A majority of young people take part in gambling activities. The rates of problem gambling amongst young people is two to three times higher than in the adult population.
- Problem gambling can negatively impact on your mental health status, social/personal development and physical development.
- Young adulthood is an important period in terms of healthy identity formation, as well as physical, mental and spiritual development.
- Thus, the immediate and long-term effects of excessive gambling are very significant for young people.

People from Asia are the third largest ethnic group in New Zealand, after European and Māori (New Zealand indigenous people). In recent years, the

¹ These notes are prepared by Dr Samson Tse, Advisory Director to Asian Services, PGF.

growth of Asian international students has been significant. Literature suggests that some young people may use gambling as a form of escape when they are confronted by problems. The common problems faced by Asian international students include loneliness, social isolation, lack of familiar entertainments/social activities, language barriers, problems associated with adjusting to New Zealand teaching-learning style, and little parental support or guidance. Although there is little research on Asian peoples in New Zealand and gambling, the Asian population including international students may be more at risk of developing problem gambling.

We encourage you to know more about problem gambling, support your friends or family members with problem gambling to seek help.

**For further information, please contact:
Asian Services, Problem Gambling
Foundation of New Zealand (PGF)**

**Email: asian@pgfnz.co.nz
Asian Hotline- 0800 862 342, it's free,
you can call us from anywhere in New
Zealand, using either landline or mobile
phone
Website: www.pgfnz.co.nz**

**We provide professional and free
counselling services. We speak
Mandarin, Cantonese or Korean. You
can also contact us for information
about problem gambling.
Our services are strictly confidential**



If you need help here at Takapuna Grammar School you could talk to

- **The International Dean**
- **The Guidance Counsellors**
- **The Peer Mentoring Team.**

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