

Youth19 – Gambling Brief

Gambling

Some gambling or betting, as part of a social activity or for fun, is common among young people and is not necessarily problematic.^{1,2} When young people are gambling over \$20 a week, gambling frequently, gambling for extended time periods or gambling to relax, they are likely to have gambling related problems.³ Problem gambling in adolescence may continue into adulthood and is strongly linked to financial pressures, family and relationship problems, mental health problems and other risks.^{1,2} New Zealand has a strategy to reduce gambling harm,⁴ however it can be hard for teenagers to get help for problem gambling.

Youth19

Youth19 is the latest in the New Zealand Youth 2000 Survey Series. These adolescent health and wellbeing surveys took place in 2001, 2007, 2012 and 2019 and included large samples of secondary school students. Over 36,000 adolescents have taken part in a Youth2000 survey. For more an details of the methods see www.youth19.ac.nz and references 5 & 6.

In 2019 we asked 'Have you ever gambled or bet precious things or money on any of these activities?' Response options included Instant Kiwi, Lotto, pub or club (pokies), phone and internet gambling, and bets with friends or family (see page 2 for full wording).

Summary

About 1 in 3 NZ secondary school students have ever bet or gambled and 13% of these students want to cut down their gambling.

This is about 1-2 students per classroom or about 44 students in a school of 1000 and is higher in lower decile schools.

Gambling is common

In Youth19, more than 1 in 3 (34%) secondary school students reported gambling. These numbers are similar for males and females and students from older and younger age groups (see page 4). Having ever gambled is more common among students in higher decile schools and less deprived neighbourhoods (i.e. higher among generally wealthier communities). However worrying about gambling is generally higher in lower income communities.

The most common type of gambling is betting with friends or family (reported by 25% of students). Next most common is Instant Kiwi (reported by 11%). Other types of gambling are much less common (as shown on page 5).

Over 10% of those who have ever gambled want to cut down

Many students who have gambled worry about their gambling or want to cut down.

- **13%** of those who have gambled (about 4.4% of all secondary school students) want to cut down on gambling.
- **11%** of those who have gambled (about 3.7% of all secondary school students) worry some or a lot about their gambling.
- **9%** of those who have gambled (about 3% of all secondary school students) have tried to cut down.
- **3.5%** of those who have gambled (about 1% of all secondary school students) spend more than about \$20 per week on gambling.

Worries about gambling and wanting to cut down were higher in lower decile schools and poorer communities. **In decile 1-3 schools, 20% of those who gamble worry about their gambling and 23% of those who gamble want to cut down.**

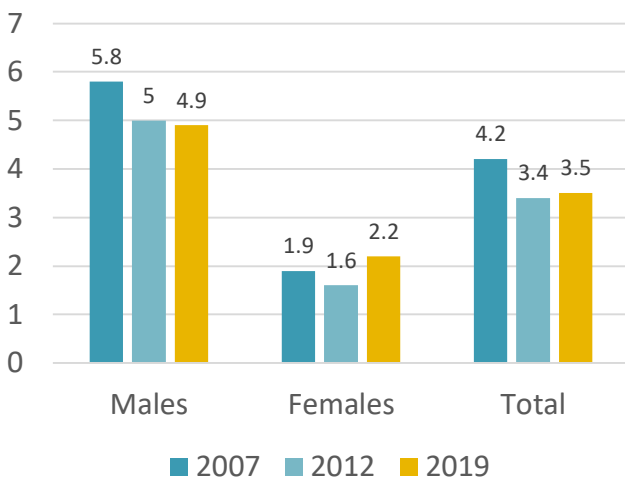
Trends in Gambling

Youth2000 gambling questions

In 2019, students were asked 'Have you ever gambled or bet precious things or money on any of these activities? Instant Kiwi (scratchies), Lotto (including Strike, Powerball and Big Wednesday), Pub or club (pokies), A casino (e.g. roulette, pokies), TAB betting (e.g. on track racing or sports), Games and gambling on a cell/mobile phone for money or prizes (e.g. txt games), Gambling on the Internet for money or prizes (e.g. internet casinos or poker), Bets with friends or family, Cards or coin games (e.g. poker), None of these.' Students could select as many answer options as applied to them.

The same question was asked in 2012. In 2007, students were asked about gambling in the *last year* (rather than ever). Gambling questions were not asked in 2001.

Percentage of students who usually spend \$20 or more a week on gambling*



*Time trends exclude kura kaupapa Māori students from 2019 results to retain comparability with previous surveys.

Numbers within each graph show % for each group.

** See page 5 for an explanation of confidence intervals.

Gambling steady...

In 2012, 35% of students (36% of males and 35% of females) reported that they had ever gambled. In 2019, this was 34% in total, 35% of males and 32% of females (data shown below). These numbers suggest small declines in gambling, however, in each case, the 95% confidence intervals (95% CIs**) overlap.

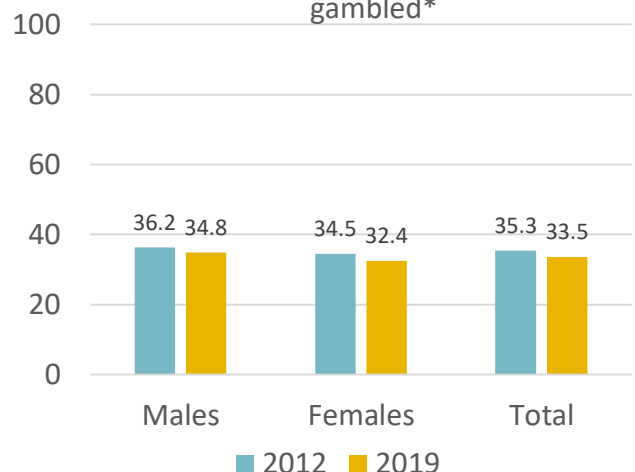
In 2007, 4.2% of students reported they spent \$20 or more a week on gambling. This was 3.4% in 2012 and 3.5% in 2019. Although not definitive (95% CIs overlap), these differences suggest slight declines, particularly once inflation is considered.

Together these data show no worsening on these indicators and suggest small positive changes.

Students who have ever gambled*

	2012		2019	
	n (N)	pct [95% CI]	n (N)	pct [95% CI]
Total	2777 (7801)	35.3 [34.3-36.4]	1879 (5876)	33.5 [31.5-35.5]
Female	1516 (4350)	34.5 [33.3-35.7]	967 (3296)	32.4 [30.6-34.2]
Male	1261 (3451)	36.2 [34.5-37.9]	912 (2580)	34.8 [31.1-38.5]
Under 16	1785 (5032)	35.0 [33.7-36.4]	1155 (3572)	34.1 [31.7-36.5]
16 or over	992 (2769)	35.8 [33.9-37.6]	724 (2304)	32.8 [30.7-34.9]

Percentage of students who have ever gambled*



Gambling in 2019

Data rounded to the nearest whole number, tables on following pages

Have ever gambled...

In Youth19:

- 34% of high school students had ever gambled.
- Students in wealthier schools and communities were more likely to have ever gambled (29% of decile 1-3 students, 31% of decile 4-7 students, and 37% of decile 8-10 students; 39% of those in the least deprived neighbourhoods, 32% in mid-deprivation neighbourhoods, and 29% in the most deprived neighbourhoods).

Usually spend \$20 or more per week on gambling...

Of students who had ever gambled:

- 3.5% usually spent \$20 or more per week on gambling.
- Male students were more likely to spend \$20 or more than female students (5% vs. 2%).
- Those in decile 1-3 and 4-7 schools appeared more likely to spend \$20 or more than those in decile 8-10 schools however these differences are not definitive (confidence intervals overlap).

Worried some or a lot about their gambling...

Of students who had ever gambled:

- 11% worried some or a lot about their gambling.
- Students in decile 1-3 schools were most worried about their gambling, followed by students in decile 4-7 schools and students in decile 8-10 schools (20%, 11% and 8%, respectively).
- Students living in the most deprived neighbourhoods were more likely to worry about their gambling than students living in the least deprived neighbourhoods (17%, 11% and 8%, for those in high, medium and low deprivation neighbourhoods, respectively).

Want to cut down...

Of students who had ever gambled:

- 13% wanted to cut down on gambling.
- This was higher in lower decile schools: 23% among those in decile 1-3 schools, 15% in decile 4-7 and 8% in decile 8-10.

In total, about 6.5% of decile 1-3 students, 4.7% of decile 4-7 students and 3% of decile 8-10 students want to cut down on gambling.

Tried to cut down...

Of students who had ever gambled:

- 9% had tried to cut down on gambling.
- This was more common among males than females (12% vs. 6%).
- Students in decile 1-3 schools were more likely to have tried cutting down than those in higher decile schools (19%, 11% and 4% in decile 1-3, 4-7 and 8-10 schools, respectively).
- Students living in the most deprived neighbourhoods were more likely to have tried to cut down on gambling than those in the least deprived neighbourhoods (13% vs. 7%).

In total, about 5.4% of all decile 1-3 students have tried to cut down on gambling.

Over 6% of all decile 1-3 students want to cut down on gambling



The Detail: Ever gambling and gambling concerns

Reading the tables: In each row, 'n' refers to the number of students who responded in a particular way. For example, in the top row, 1969 students reported that they had ever gambled. 'N' refers to the number of students who answered that question (i.e. 6107 students answered this question). The value of N varies between questions as students could choose not to answer questions and the survey was branched, so students only saw questions that were relevant to them. 'Percent' refers to the percentage who reported a particular response, once adjustments are made for the sampling design and population. This provides an estimate of the true proportion on that measure for that group of New Zealand secondary school students. The confidence interval (95% CI) indicates the precision of this estimate by providing an interval in which we are 95% sure the true value lies. Where confidence intervals do not overlap, we can be very confident that apparent differences between groups are real and not just due to chance.

This table provides data for the points made on preceding pages.

	Had ever gambled		Usually spent \$20 or more per week on gambling*		Worried some or a lot about their gambling*		Wanted to cut down on gambling*		Had tried to cut down on gambling*	
	n (N)	% [95% CI]	n (N)	% [95% CI]	n (N)	% [95% CI]	n (N)	% [95% CI]	n (N)	% [95% CI]
Total	1969 (6107)	33.6 [31.6-35.6]	70 (1932)	3.5 [2.8-4.2]	233 (1942)	10.9 [9.2-12.5]	288 (1865)	12.5 [10.8-14.2]	213 (1853)	8.7 [7.4-10.0]
Sex										
Female	1016 (3433)	32.4 [30.6-34.3]	23 (998)	2.2 [1.2-3.3]	110 (1006)	9.7 [7.9-11.5]	144 (966)	10.5 [8.7-12.3]	99 (961)	5.9 [4.2-7.5]
Male	953 (2674)	34.9 [31.1-38.6]	47 (934)	4.9 [3.4-6.5]	123 (936)	12.1 [9.7-14.4]	144 (899)	14.7 [11.8-17.7]	114 (892)	11.8 [9.4-14.1]
Age										
Under 16	1212 (3719)	34.2 [31.7-36.6]	41 (1187)	3.6 [2.8-4.3]	142 (1195)	10.6 [9.1-12.1]	193 (1139)	13.3 [11.4-15.2]	144 (1130)	9.5 [8.0-11.0]
16 or over	757 (2388)	32.9 [30.7-35.0]	29 (745)	3.5 [2.2-4.8]	91 (747)	11.3 [8.3-14.2]	95 (726)	11.6 [9.1-14.1]	69 (723)	7.7 [5.9-9.5]
School Decile										
Decile 1-3	313 (1084)	29.1 [25.4-32.8]	15 (296)	4.9 [2.9-6.9]	64 (298)	20.1 [16.2-24.0]	82 (284)	22.5 [18.4-26.7]	66 (281)	18.5 [13.6- 23.3]
Decile 4-7	780 (2517)	31.3 [28.5-34.0]	30 (769)	4.6 [3.4-5.8]	91 (772)	11.2 [9.1-13.3]	119 (732)	15.0 [12.1-18.0]	95 (729)	11.1 [8.6-13.7]
Decile 8-10	863 (2468)	37.4 [33.2-41.6]	24 (854)	2.2 [1.2-3.3]	77 (859)	8.3 [5.6-11.0]	85 (836)	7.9 [6.1-9.7]	50 (830)	4.2 [3.4-5.0]
Neighbourhood Deprivation										
Least Deprivation	628 (1747)	38.7 [35.6-41.7]	19 (620)	3.2 [1.6-4.7]	58 (623)	8.2 [5.3-11.1]	74 (611)	11.1 [8.2-14.0]	52 (607)	7.1 [5.3-9.0]
Medium deprivation	728 (2300)	31.9 [29.0-34.9]	22 (719)	3.0 [1.3-4.6]	77 (721)	10.9 [9.0-12.8]	99 (687)	12.1 [9.4-14.8]	71 (682)	7.5 [5.5-9.6]
Most deprivation	409 (1470)	29.0 [26.5-31.5]	21 (394)	5.1 [3.4-6.9]	74 (399)	16.7 [13.5-19.9]	82 (379)	16.0 [12.7-19.2]	63 (376)	13.0 [9.3-16.7]

* Of those who had ever gambled (n = 1969)

The Detail: Types of gambling

Betting with friends or family was the most common form of gambling (25% of all students). Instant Kiwi was the next most common alternative, reported by 11% of students. Other forms of betting or gambling were less common, as shown below.

We also asked about gambling at the pub or club (pokies), casino, TAB betting, and on the Internet (question wording shown on page 2). All of these were less common than the types of gambling shown in the table. Specifically:
 Pokies: total 1.0% (95% CIs 0.7-1.3); female 0.5% (0.1-0.8), male 1.5% (1.0-2.0); under 16 years 1.0% (0.7-1.4), 16 years or over 0.9% (0.4-1.3); decile 1-3 2.2% (1.0-3.4), decile 4-7 1.3% (0.8-1.9), decile 8-10 0.2% (0.0-0.3).
 Casino: total 0.4% (0.2-0.6); all groups 1% or under.
 TAB: total 2% (1.5-2.5%); female 2% (1.3-2.6%), male 2.1% (1.2-2.9%); under 16 years 1.7% (1.4-2.1%), 16 years or over 2.3% (1.6-3.1%); decile 1-3 1.9% (0.0-3.7), decile 4-7 1.5% (1.0-12.1), decile 8-10 2.5% (1.6-3.3).
 Internet gambling: total 1.7% (1.3-2.2); female 0.2% (0.0-0.3), male 3.4% (2.5-4.3); under 16 years 1.3% (0.8-1.8); 16 years or over 2.2% (1.6-2.8); decile 1-3 0.9% (0.2-1.6), decile 4-7 2.4% (1.3-3.5), decile 8-10 1.3% (0.6-2.1).

Types of gambling by students in the Youth19 survey

	Instant Kiwi		Lotto		Mobile phone		Betting with friends or family		Card or coin	
	n	pct	n	pct	n	pct	n	pct	n	pct
Total	586 (6107)	10.9 [10.1-11.8]	253 (6107)	4.1 [3.5-4.6]	139 (6107)	2.6 [2.1-3.1]	1476 (6107)	25.0 [22.9-27.0]	431 (6107)	6.9 [5.9-7.8]
Sex										
Female	359 (3433)	12.3 [10.7-14.0]	142 (3433)	4.4 [3.7-5.0]	43 (3433)	1.6 [1.2-2.1]	775 (3433)	25.5 [23.5-27.5]	208 (3433)	6.1 [5.3-6.9]
Male	227 (2674)	9.4 [8.3-10.5]	111 (2674)	3.8 [3.0-4.5]	96 (2674)	3.7 [2.8-4.6]	701 (2674)	24.4 [20.9-27.9]	223 (2674)	7.7 [5.9-9.6]
Age										
Under 16	359 (3719)	10.4 [9.2-11.5]	155 (3719)	4.1 [3.6-4.7]	77 (3719)	2.4 [1.7-3.0]	916 (3719)	26.0 [23.9-28.2]	245 (3719)	6.3 [5.3-7.2]
16 or over	227 (2388)	11.6 [10.1-13.1]	98 (2388)	4.0 [3.0-4.9]	62 (2388)	2.9 [2.2-3.6]	560 (2388)	23.7 [21.4-26.0]	186 (2388)	7.6 [6.1-9.2]
School Decile										
Decile 1-3	93 (1084)	9.1 [7.4-10.9]	49 (1084)	4.2 [2.5-5.9]	28 (1084)	3.6 [2.3-5.0]	214 (1084)	19.5 [15.3-23.7]	90 (1084)	10.1 [5.6-14.7]
Decile 4-7	259 (2517)	11.3 [10.2-12.3]	100 (2517)	3.7 [2.8-4.6]	60 (2517)	2.7 [1.5-3.8]	563 (2517)	21.2 [18.6-23.8]	154 (2517)	5.3 [4.3-6.3]
Decile 8-10	231 (2468)	11.3 [9.3-13.2]	101 (2468)	4.4 [3.8-5.0]	51 (2468)	2.2 [1.6-2.8]	690 (2468)	30.7 [26.7-34.6]	184 (2468)	7.3 [5.5-9.0]
Neighbourhood Deprivation										
Least deprivation	200 (1747)	13.1 [11.5-14.7]	68 (1747)	4.2 [3.4-5.0]	39 (1747)	3.0 [2.1-3.8]	494 (1747)	30.9 [27.9-33.9]	139 (1747)	8.4 [6.8-10.0]
Medium deprivation	200 (2300)	10.0 [8.7-11.2]	98 (2300)	3.8 [3.0-4.6]	45 (2300)	1.9 [1.1-2.7]	545 (2300)	23.1 [20.4-25.7]	143 (2300)	5.6 [4.6-6.6]
Most deprivation	127 (1470)	9.5 [7.5-11.5]	54 (1470)	3.9 [2.5-5.2]	38 (1470)	3.0 [2.1-3.9]	288 (1470)	20.0 [17.1-22.9]	107 (1470)	6.9 [5.4-8.4]

Resources and references

Reducing problem gambling

Reducing problem gambling among young people requires:

- **The good things.** All young people need healthy opportunities to have fun, to be celebrated and valued, to connect with others and to seek financial gains.
- **Safe environments,** including regulation and enforcement of restrictions on gambling.
- **People who help.** Help needs to be easy to know about and easy to access. For most adolescents, problem gambling does not exist on its own, but usually occurs alongside other personal and family challenges.⁷ Hence help for multiple challenges is usually more important for young people than highly specialised services. Help needs to include support online or by phone and in schools and communities. Help for young people should include adults who reach out to them, not just agencies who help on request.

Have questions or want help?

Family members, school teachers, nurses, counsellors, Youthline or your doctor can support you with many challenges, including gambling, or check out:

- Safer Gambling Aotearoa <https://www.safergambling.org.nz/>
- Gambling Youth Healthline 0800 654 659 www.gamblinghelpline.co.nz
- Māori gambling helpline 0800 654 656
- Pasifika gambling helpline 0800 654 657
- Te Hiringa Hauora Minimising Gambling Harm <https://www.hpa.org.nz/programme/minimising-gambling-harm>

Ask us if you have questions regarding other groups or data.

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