

# The Character Curriculum

Flourishing for Life



<p><b>Y11: The Online World</b> L1 – Online gambling and addiction</p>	<p><b>Learning objective:</b></p> <ul style="list-style-type: none"> <li>- Understand the growth in online gambling, attitudes around 'risk' and the link between addiction and online gambling behaviours</li> </ul>	<p><b>Key vocabulary:</b> Addiction, online gambling, experiential, influence</p> <p><b>Key virtues:</b> <b>Compassion, resilience, self-reflection</b></p>
<p><b>Resources:</b> PowerPoint presentation</p>	<p><b>Statutory links:</b> PSHE guidance (2020) Students learn:</p> <ul style="list-style-type: none"> <li>- To understand and build resilience to thinking errors associated with gambling (e.g. 'gambler's fallacy'), the range of gambling-related harms, and how to access support for themselves or others;</li> <li>- To identify, manage and seek help for unhealthy behaviours, habits and addictions;</li> <li>- To learn to access appropriate support for financial decision-making and for concerns relating to money, gambling and consumer rights.</li> </ul>	
<p><b>Key questions:</b></p> <p>Why is gambling an issue for discussion?</p> <p>How is online gambling becoming a problem for young people?</p> <p>Is the evidence and research into online gambling a cause for concern?</p> <p>What is the relationship between online gambling and addictive behaviours?</p> <p>Is it possible to get addicted to online gambling?</p>	<p><b>Learning activities:</b></p> <p><b>Starter:</b></p> <ul style="list-style-type: none"> <li>- Why might online gambling or gambling in general be a topic for discussion?</li> <li>- Why might people need to be educated in it?</li> <li>- Do you consider online gambling to be an issue that needs to be discussed in school?</li> </ul> <p>Discuss with a partner and feedback to the group.</p> <p>Come up with a definition of 'gambling' with a partner. What is the official definition?</p> <p><b>Activity 1:</b> Online gambling statistics</p> <p>Read through the data and online gambling statistics on the PowerPoint. Is there anything that surprises you within this information? If so, what? Why is it a surprise?</p> <ul style="list-style-type: none"> <li>- What are your opinions/experiences of online gambling?</li> <li>- Is it something you've come across before? If so, where/how?</li> <li>- On what platforms or devices is online gambling most visible, e.g. sport?</li> <li>- Why do you think online gambling is present on these platforms?</li> </ul>	

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<p>What is the role of character and the virtues in combatting addictive behaviours?</p> <p>How might you help a friend who is caught up in online gambling?</p> <p>How can people ensure that they make better choices around gambling behaviour?</p>	<ul style="list-style-type: none"><li>- How does online gambling 'hook' people in? How and why might it become a problem?</li></ul> <p>Discuss these sensitive issues with a friend. Remember that these questions are quite personal. Nobody needs to share anything that they are not comfortable with.</p> <p><b>Activity 2:</b> Addiction</p> <p>Gambling is not a drug, but the effects can be very similar. Since the start of online gambling there has been a surge in people getting addicted.</p> <ul style="list-style-type: none"><li>- When you hear the word 'addiction' what do you think of?</li><li>- Do you think it is possible to become addicted to online gambling?</li></ul> <p>Watch this video about high school students gambling online in the USA: <a href="https://www.youtube.com/watch?v=b0O0pRAvIBE">https://www.youtube.com/watch?v=b0O0pRAvIBE</a> [available 05/20] ('Gambling addiction in teenagers' – WCPO 9)</p> <ul style="list-style-type: none"><li>- Do you agree with the man in the film that 'gambling is just like any other addiction'?</li><li>- Which sort of character virtues might be useful in combatting an addiction or problem with gambling? How might they be helpful?</li></ul> <p>Discuss these questions in a group and feedback to the class.</p> <ul style="list-style-type: none"><li>- What is the difference between 'occasional' and 'experiential' use when it comes to gambling?</li></ul> <p>Experiential use: where a person tries a drug or activity such as gambling to see what it is like. Occasional use: where a person uses the drug, or does the activity, rarely.</p> <ul style="list-style-type: none"><li>- Is there anything wrong with 'occasional use'? What might be the issues here?</li><li>- Can a person's character stop them from becoming a regular user? How might this happen?</li></ul> <p>If we work from the place that having a habit or dependency to online gambling are not good things, how might a friend help someone to overcome their addiction? How would you help someone that you know who might be struggling in this area? Which virtues would you be using in giving help to someone?</p>
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## Activity 3: Dilemmas

Read through the 3 dilemmas presented on the PowerPoint and discuss the following questions for each dilemma:

- How is each character in the dilemma feeling?
- What would you advise each person to do in that scenario, and why?
- Think about an 'in the moment' response and a slower response, based on evidence.

Discuss as a group the reasons why people might take the risks associated with gambling and the issues each character is facing in that scenario.

## Activity 4: Reflective journal

Write a reflective journal piece outlining the growing trend in online gambling and responding to the following questions:

- What factors influence how we think about online gambling?
- How can we be resilient in the face of these influences?
- How can people ensure that they make better choices around gambling behaviour?
- How can we play a part in being a positive influence?

## Signposting

There are many organisations that work to support people who are struggling with the effects of gambling. Explore one of the websites detailed here and read what information and resources the organisation offers:

- **Childline** [0800 1111] [www.childline.org.uk](http://www.childline.org.uk): Offers a range of ways to talk to a trained counsellor, including via email and an online chat service. Calls are free from a landline or a mobile.
- **BeGambleAware** [www.begambleaware.org](http://www.begambleaware.org): Offers free and confidential information, advice and support for anyone who is worried about their or someone else's gambling.
- **The National Gambling Helpline** [0808 8020 1330] [www.begambleaware.org/NGTS](http://www.begambleaware.org/NGTS): As part of the National Gambling Treatment Service, the helpline offers free help, support and advice about gambling over the phone or live chat.
- **Central and North West London NHS Foundation Trust** [www.cnwl.nhs.uk/cnwl-national-problem-gambling-clinic](http://www.cnwl.nhs.uk/cnwl-national-problem-gambling-clinic): Offers a range of treatment options for those experiencing complex problems, and specialist help for children and young people aged 13 to 25 years old.