

The Character Curriculum

Flourishing for Life



<p>Y11: The Online World L2 – Online gambling, impulsivity and delayed gratification</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - Understand the impact of peers and the media on gambling behaviours and how to manage 'impulsivity' and 'delayed gratification' when online. 	<p>Key vocabulary: Addiction, online gambling, experiential, influence</p> <p>Key virtues: Compassion, resilience, self-reflection, delayed gratification, courage</p>
<p>Resources: PowerPoint presentation</p>	<p>Statutory links: PSHE guidance (2020) Students learn:</p> <ul style="list-style-type: none"> - 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; - To identify, manage and seek help for unhealthy behaviours, habits and addictions; - To learn to access appropriate support for financial decision-making and for concerns relating to money, gambling and consumer rights. 	
<p>Key questions:</p> <p>What do the terms 'impulsivity' and 'delayed gratification' mean?</p> <p>How might delaying gratification prove to be a positive force in a person's life?</p> <p>How do these terms relate to online gambling?</p> <p>How could someone develop the skill of resisting the act of impulse to shape their character positively?</p>	<p>Learning activities:</p> <p>The last session on gambling centred around the issue of addiction. This session is going to focus on the issues of impulsivity, delayed gratification, and the factors that influence people's involvement in online gambling.</p> <p>It is clear that every person has a different level of requirement for stimulation in their day-to-day activities, with some people getting bored more easily than others, and these people can look to risk-taking behaviours as a way of relieving boredom.</p> <p>However, whatever a person's genetic makeup and upbringing, we all have the ability to make choices as to which behaviours we engage in. Often, the influences around us determine how we act in different situations. Today's lesson focusses on those influences and how we can reduce them in order to reduce the likelihood of engaging in unhealthy gambling behaviours.</p> <p>Starter:</p> <p>On a scale of 1-10 (with 1 being 'strongly disagree' and 10 being 'strongly agree') write down your view on the following statement. Write this on a post-it note and stick it on the board.</p> <p><i>'Some people are born more likely to gamble than others; there is nothing that you can do about that'.</i></p>	

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Discuss as a class the range of opinions and issues raised by this statement.

Activity 1: Impulsivity and delayed gratification

What does the word 'impulsivity' mean to you? Can you come up with a definition with a partner?

Impulsivity: Acting without thinking about the consequences of those actions.

What might be some of the issues with acting impulsively? Come up with some examples where acting impulsively can prove to be dangerous.

What does the term 'delayed gratification' mean? How might delaying gratification prove to be a positive force in your life?

Delayed gratification: Discounting short-term rewards (instant gratification) in favour of longer-term rewards (with the suggestion being that these rewards can be more beneficial for the individual in the long term).

Why might 'delayed gratification' be challenging for us? What examples can you come up with which demonstrate delaying gratification has been positive in your own life?

Activity 2: The 'marshmallow test'

This is Walter Mischel's famous Marshmallow Test: https://www.youtube.com/watch?v=QX_oy9614HQ [available 05/20] ('The Marshmallow Test' – Igniter Media).

The experiment explores the question of what would happen if you told a young child that they could either have one marshmallow now, or two if they wait for 15 minutes on their own with the marshmallow.

Listen to a description of what the test involved and what it was trying to measure.

- If you were able to give the child some pointers about how to resist the urge to eat the marshmallow, what might you come up with?
- Have you ever used these ideas yourself in different situations?
- In which situations might it be useful to utilise these approaches?



Here are some approaches which might help encourage delayed gratification:

- **Avoidance:** When the marshmallow was covered up, the children were less impulsive;
- **Emphasis of reward:** When the children were reminded of the reward, they were less impulsive;
- **Positive distraction:** If given a toy or told to 'think fun thoughts', the children were less impulsive;
- **Abstraction:** When told to think of the marshmallow in an abstract way, such as thinking of it as a cotton ball, the children were less impulsive;
- **Self-directed speech:** Children who told themselves 'I have to wait' were less impulsive.

How might these approaches relate to the rise in online gambling? Can you describe how you might use them in a gambling scenario?

Resisting the urge to act on impulse is a skill that we can learn. As we practise it, we can develop our character.

How might you develop this skill to shape your character positively?

Activity 3: Advertising

How does gambling advertising draw people into online gambling activity?

Look at the range of online gambling advertisements and discuss the different ways the companies are trying to attract you to play and making demands of your impulse control.

What techniques to gambling advertisers use to attract potential customers?

Did you identify any of these:

- Company name;
- Tag line;
- Money offer;
- Availability;
- Variety;
- Promises of 'big wins' and 'the best odds around';
- Glamorous images?



Do you think the reality of a gambling lifestyle matches that which is promoted in the advertisements?

Why do you think so many gambling websites offer free bets to people who sign up?

How else do gambling websites try to encourage interest/continued play on their site?

Activity 4: Peer influence

Peer approval, or peer pressure/influence, can be a significant cause of starting to gamble. 'Peer approval' is where a person seeks the positive feelings which having friends like or admire your actions can cause. 'Peer pressure' is where a person seeks to do what others want them to do and feel a level of need to comply.

Peer influence is often a strong factor in our decision making and can often compromise our values if we end up making choices that are not our own.

Read the dilemma with Mike and his friends that have started putting money on online slot machines:

'I am fortunate to have a group of close mates who I enjoy spending time with. Recently we've started hanging out after school to play on these digital fruit machines on a phone app. Two of my mates are really into it and I've tried it once and lost a fortune. I'm not that interested in continuing and don't want to lose any more money, but I'm getting mocked for not turning up to play by the rest of them.'

- What would you challenge Mike to do in this scenario?
- What are the main issues for him to consider here?

Have a discussion as a group and then feedback the main points to the class.

Some issues that might arise might be the risks in continuing to gamble money, the nature and quality of the friendships within the group, how to discuss difficult issues with friends, avoidance and exit strategies, and suggesting other activities for the group to take part in.