

**BETTING ON OUR
FUTURE**

2012 - 2013

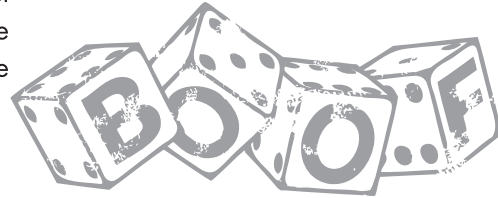
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It seems like yesterday that we started the Betting On Our Future project with the Office of Problem Gambling, yet our first year was 2007-2008. In that time we have been able to fund 79 project sites in 18 counties across California. The young people and their adult allies have produced documentaries, educational videos, theater productions, public service announcements, music videos, animated shorts, printed publications, and premier events to showcase their work. The 4th Annual Spotlight Festival was a huge success with 150 participants from 19 sites. Young people are raising awareness of their experiences with problem gambling across California. This year the Betting On Our Future projects had the opportunity to look at financial literacy to compliment their work on problem gambling awareness. We were honored to be recognized at the State and National level this year for our work. We are excited to share the work of the 2012-2013 Betting On Our Future projects and look forward to see what the young people create this next year!



BETTING ON OUR FUTURE



YOUTH GAMBLING

The following is from the International Centre for Youth Gambling Problems and High-Risk Behaviors at McGill University – additional information and tools can be found at www.youthgambling.com

FREQUENTLY ASKED QUESTIONS

Why do people develop gambling problems?

People gamble for different reasons. Individuals who do not have a gambling problem play once in a while and for enjoyment. They are willing to take their chances with amounts of money put aside for leisure activities. On the other hand, people who have a gambling problem report that they gamble to escape their problems, to feel better, or to feel more important. They also believe that they can win their money back by developing strategies to control the outcomes. However, we know that the outcomes of a game of chance are random and cannot be controlled.

Is a gambling addiction as serious as a drug addiction?

Yes, in many ways it can be as serious as a drug or alcohol addiction. An individual with a gambling problem often becomes preoccupied with gambling, and might have an uncontrollable urge to gamble that makes him or her do things

they wouldn't normally do, just like with a drug addiction. People who are addicted believe that their actions will help them forget their problems. They view gambling or drugs as a solution to their problems when in fact the addiction only adds to their problems.

Why do we try to restrict the access and participation of gambling activities to underage youth?

Adults have a responsibility to protect underage youth from engaging in gambling activities. It is important to teach children and teenagers about the risks involved with gambling. Should teenagers decide to gamble, learning about the risks and consequences associated with excessive gambling can help them become informed consumers and set responsible limits on their time and money. Research shows that the earlier a person starts gambling, the more at risk he or she becomes to develop a gambling problem.

Adolescent problem gamblers...

- are generally greater risk-takers
- often show signs of lower self-esteem
- tend to report higher rates of depression
- often gamble to escape problems
- are more likely to also develop substance addictions
- are more anxious and less self-disciplined
- are at greater risk for suicide ideation and suicide attempts
- often replace their regular friends with gambling acquaintances
- have poor coping skills
- report beginning gambling at an early age (approximately age 10)
- often recall an early big win
- report more daily hassles and major traumatic life events
- often have parents, relatives, or friends who gamble
- are more likely to be involved in delinquent behavior and criminal activities to acquire money
- develop problems with family and friends
- move quickly from just gambling with friends and family to problem gambling
- show decreased academic performance

FRIDAY NIGHT LIVE ROADMAP PROCESS

BOOF sites utilized the Friday Night Live Roadmap as a guide for their work in this year's projects. Adult allies took their young people through the step by step process to help them establish a firm understanding of the issue and how to approach their projects to be most effective in their local communities.

STEP 1 CAPACITY BUILDING:

BOOF participants got to know each other and identify their purpose with a common vision or mission. Advisors helped build chapter members' knowledge about factors that influence gambling behaviors.

STEP 2 ASSESSMENT:

BOOF participants conducted brief to intensive action research or assessment activities and analysis that helped drive their youth-led project.

STEP 3 PLANNING:

BOOF participants chose a solution and developed an action plan of connected activities that supported their overall project goal or effort.

STEP 4 IMPLEMENTATION:

BOOF sites implemented specific work around video production, creative design, and campaign development in their schools and/or communities.

Additionally, BOOF sites showcased their work in a variety of school and community wide premiere events throughout California. BOOF participants shared their experiences in the program and highlighted the hard work that was completed to design and produce a variety of multimedia tools that were created for this year's Betting On Our Future problem gambling awareness campaign.



BOOF SITES FOR 2012 - 2013

Yo! Mateo

Youth Leadership Institute San Mateo County
Friday Night Live

Vanden High School

Solano County Friday Night Live

Sutter Union High School

Sutter County Friday Night Live

San Joaquin County Office of Education

Rancho Verde High School

Riverside County Friday Night Live

Oak Hills High School

Royer Studios

Mt. Whitney High School

Mead Valley Oasis Center

Riverside County Friday Night Live

McKee Middle School

Kern County Superintendent of Schools

Marysville Charter Academy for the Arts

Yuba County Friday Night Live

High Tech Middle School Chula Vista

High Tech High School Chula Vista

Greenfield SUCCESS

Kern County Superintendent of Schools

Fairfield High School

Solano County Friday Night Live

El Toro High School

Royer Studios

Dramaworks

Sierra West End Educational Theatre

Dixon High School

Solano County Friday Night Live

Community Youth Center of San Francisco

Asian Americans for Community Involvement



FNL STANDARDS OF PRACTICE

The Friday Night Live system utilizes a set of research based principles and effective youth development practices in a clear framework throughout all FNL programs. The FNL Standards of Practice are to be integrated in to each BOOF project to ensure effective programming and quality experiences for all youth participants.

FRIDAY NIGHT LIVE STANDARDS OF PRACTICE:

- A Safe Environment
- Opportunities for Community Engagement
- Opportunities for Leadership and Advocacy
- Opportunities to Build Caring and Meaningful Relationships with Peers and Adults
- Opportunities to Engage in Interesting and Relevant Skill Building Activities



SPOTLIGHT FESTIVAL



The 4th annual BOOF Spotlight Festival was attended by 150 youth participants, their adult allies, and industry professionals from across California. We were honored to be able to provide a platform for young people to present their videos, PSAs, posters, billboards, and more for the newly enhanced multimedia BOOF campaign. The youth conference on problem gambling was filled with opportunities to meet new people, attend amazing workshops, share projects, and participate in activities to help our youth expand upon the great work they're doing back home.

PLEASE SAVE THE DATE FOR SPOTLIGHT FESTIVAL 2014

June 16-18 at the Paradise Pier Hotel in Anaheim, CA.

Visit www.fridaynightlive.org/areas-of-focus/gambling/spotlight-festival/ for more information on the conference and how to bring a group to participate in the festival!



BOOF AWARDS

Betting On Our Future was honored both locally and on the national stage this year for our youth-led efforts in raising awareness of problem gambling.

The California Office of Problem Gambling awarded the Tulare County Office of Education/California Friday Night Live Partnership the Achieving Success One Step At A Time Award for their commitment to the BOOF project and building partnerships for positive and healthy youth development. At the 2013 National Conference on Problem Gambling, BOOF was awarded the Wuelling Award for Prevention as well as the Prevention Showcase Best In Show as determined by demonstrating adherence to strong prevention theory and evidenced-based practice. The awards are accepted on behalf of the young people in the BOOF program who are creating positive change in their communities.



THANK YOU, DR. JACOBS

Dr. Durand "Dewey" Jacobs September 28, 1922 – March 2, 2013.

Dr. Jacobs was a pioneer in the field of problem gambling, specifically focusing on the effects of gambling addiction on families and youth. He developed the Self Test for Teens that was reproduced by BOOF and used at all of our sites over the last few years in helping our youth participants recognize the signs and symptoms of youth problem gambling. He was a great supporter of our efforts and we were honored to have him as our keynote speaker at the first annual BOOF Spotlight Festival in 2010. His accomplishments, inspiration and legacy live on in the difference he has made in the many lives he touched through his guidance, caring, counsel, mentoring, teaching, research, leadership and laughter.



THE SELF TEST FOR TEENS

QUESTIONS YES NO

QUESTIONS	YES	NO
1. Do you gamble often?		
2. Do you gamble more than you can afford to lose?		
3. Do you gamble when you are stressed, sad, or bored?		
4. Do you gamble to escape your problems?		
5. Do you gamble when you are alone?		
6. Do you gamble when you are tired or hungry?		
7. Do you gamble when you are drinking or high?		
8. Do you gamble when you are angry or upset?		
9. Do you gamble when you are nervous or anxious?		
10. Do you gamble when you are bored or lonely?		
11. Do you gamble when you are trying to win back your losses?		
12. Do you gamble when you are trying to win more money?		
13. Do you gamble when you are trying to win a prize?		
14. Do you gamble when you are trying to win a bet?		
15. Do you gamble when you are trying to win a game?		
16. Do you gamble when you are trying to win a contest?		
17. Do you gamble when you are trying to win a competition?		
18. Do you gamble when you are trying to win a challenge?		
19. Do you gamble when you are trying to win a bet?		
20. Do you gamble when you are trying to win a game?		

THE SELF TEST FOR TEENS
Created by Dr. Durand F. Jacobs, Ph.D.

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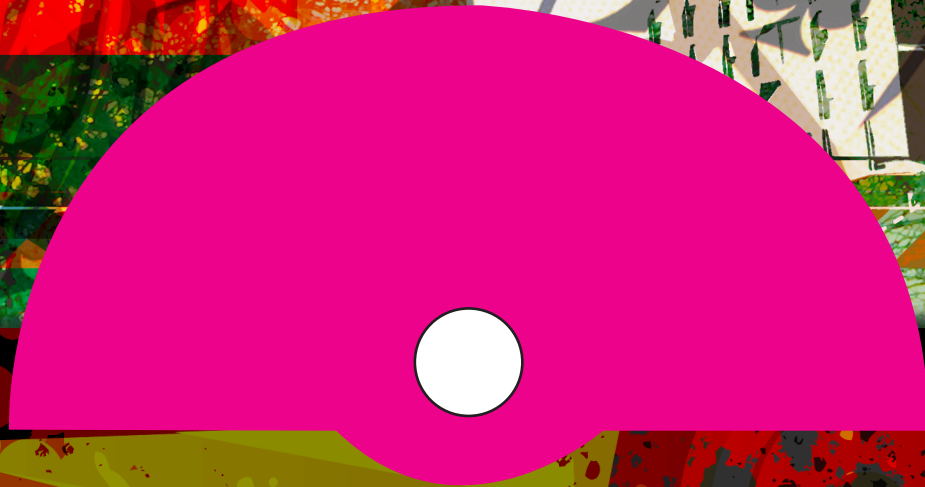
If you answered YES to 3-4 of the questions: It is time to ask yourself if your gambling is getting out of hand.

If you answered YES to 5-7 of the questions: You are probably losing control of your gambling. It's time to reevaluate your gambling decisions.

If you answered YES to 8 or more of the questions: There is a strong possibility that you have a gambling problem and now is the time to seek appropriate help.

Call 1-800-GAMBLER for help or go online to www.problemgambling.ca.gov

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PROBLEM GAMBLING
California Department of
Alcohol & Drug Programs

Tulare County
Office of Education
Jim Vidak, County Superintendent of Schools