

Gambling Awareness Program





**Canadian Mental
Health Association**
Saskatchewan
Mental health for all



Community Initiatives Fund

Overview

- GAP History
- Outreach Methods
- Program Outcomes
- Insights from GAP

GAP History



Gambling
Awareness
Program

*IF I GAMBLE,
I WILL DO IT FOR FUN,
NOT FOR MONEY*



They Don't Make Them Like They Used To...

- Simulated Casinos
- Real-Money Casinos
- Sports Betting
- Lotteries
- In-App Purchases

Gambling, in today's digital world, has never been more accessible.

gAp Gambling Awareness Program

Saskatchewan's first choice for RESPONSIBLE GAMBLING EDUCATION

gAp 25 years
Gambling Awareness Program

Why do people gamble?



- ☐ Entertainment
- ☐ Excitement
- ☐ To Win Something



- ☐ Escape
- ☐ Media/Advertising

The Gamblification of Video Games
One In App Purchase At A Time

You've had to adapt... so, we did too

gAp Gambling Awareness Program

Now Offering Online Options For Our Presentation

Live & Pre-Recorded For Multiple Users



The Gambling Awareness Program (GAP) is here to help students learn how to protect themselves against risky gambling behavior.

GAP's age specific presentations meet various curriculum outcomes and indicators for health, math, social studies and social sciences.

To book a free session, contact:
Corinne Anthony
Northern Saskatchewan Coordinator
306 683 2602
corinne@cmhask.com

Jenna Lothammer
Central Saskatchewan Coordinator
306 683 3669
jenna@cmhask.com

Aniesha Brooks
Southern Saskatchewan Coordinator
306 525 5601
aniesha@cmhask.com

WHAT'S YOUR SOCIAL MEDIA PROFILE?

1 In an average week, how often do you think about social media?

Never A lot A little bit

2 Have you ever tried to quit social media?

Yes, I cut back No, but I should No, but I won't

WHAT'S YOUR GAMING PROFILE?

1 In an average week, how often do you think about gaming?

Never A lot A little bit

2 Have you ever tried to stop gaming before?

Yes, I should No, but I should No, but I won't

WHAT TO DO...

Scratch the coin that best describes your video game, and/or gambling habits. Answer as honestly as you can. Add up your score and match it to the Score Box on the back of this card to unlock your gaming profile!

2 Have you ever lied about how much you game to your friends and family?

A few times Never Often

3 How often do you choose gaming over other activities?

Most of the time Only sometimes Never





Gambling Awareness Program.

SOCIAL MEDIA & YOUR WELLBEING

HOW IT WORKS:
Read each statement and decide if you agree, feel neutral, or disagree. Scratch off the matching circle to reveal a number and continue with the rest of the statements. Add up the numbers and flip the card over.

Statement	YES	SOMETIMES	NO
Using online is the only way I cope with bad feelings I might have.	2	1	0
I go online to forget about whatever is bothering me.	2	1	0
When I am not online, I feel grumpy, sad, or bored.	2	1	0
The amount of time I spend online each day is hard for me to stop.	2	1	0
I have trouble controlling the amount of time I spend online.	2	1	0

0-5 FEELING GOOD
Your social media activity is in good control and it's a positive thing in your life.

6-11 FEELING BAD
Your social media activity is in a healthy range, you keep it in control and it's a positive thing in your life.

Education and Schools

We provide free, flexible presentations that are crafted to keep your students engaged and informed.

Empower Your Students Today

GAP is a provincial education-based program that believes in providing youth with the tools to make healthy decisions when it comes to gambling, video gaming, social media, internet use, and their overall mental health.

Our presentations offer a current perspective and balanced approach when sharing information about gambling, video gaming, and social media. GAP's youth sessions align with Saskatchewan's curriculum to support your learning objectives.

Currently, our presentations can be created for ages as young as 8 years old. In the younger grades, we explore screen time that often involves lively engagement from students when we expand into video games and social media. As we move into the older grades, we broaden the conversation to include how video games, social media, and gambling can affect our mental health and the connection between mental health and addiction. Sessions provide a platform to engage students, discuss healthy strategies, and build resilience.

Sessions typically last a standard class period and can be adjusted to fit your schedule. They

At our presentations, our specialists personally discuss:

- Gambling
- Video Games
- Social Media
- Mental Health

BET ON EDUCATION NOT ON LUCK.

To book a **FREE** presentation for your classroom, contact a GAP Coordinator today!

GAP helps Saskatchewan students learn how to stay safe from risky gambling, social media, video games, and digital entertainment. Gambling mechanics are a root inspiration behind many of the online platforms, which can lead to addictive behaviors. We encourage students to think about their tech use, make wise choices, and become more resilient.

These sessions match the curriculum and work for various grade levels, including younger students. They suit subjects like Media Studies, Math, Psychology, Health, and more.

GAP also offers engaging and enjoyable displays that are perfect for school health fairs, wellness days, parent nights, and Mental Health Week events.

Our interactive presentations last 60-90 minutes and teach students about risk, chance, and probability.

Northern Coordinator
NorthernGAP@nrcs.sk.ca
306.933.2003

Central Coordinator
CentralGAP@nrcs.sk.ca
306.933.3639

Southern Coordinator
SouthernGAP@nrcs.sk.ca
306.933.0071

Community Relations Fund
@gamblingawarenessprogram
#gamblingaware
#betonluck

Curriculum Connections

Grade 6 Health
USC 6.1 | Establishing and supporting safe practices related to gambling, gaming, social media, and mental health.
USC 6.2 | Assess how gambling advertising influences personal standards and behaviors.
USC 6.3 | Assess the role of personal standard decision making related to stress management and safety and its connection to mental health.

Grade 7 Health
USC 7.1 | Establish and use strategies for various aspects of daily living over which an individual has control such as screen time use (gaming, social media).
USC 7.2 | Examine health opportunities and challenges when making decisions related to safety practices in regards to gambling, gaming, social media and mental health.

Grade 8 Health
USC 8.1 | Analyze how personal predilections, biases, and habits of misjudgment influence decisions and mental health.
USC 8.2 | Demonstrate an understanding of the impact of violence on well-being and its relationship to mental health and addiction.
USC 8.3 | Assess how social media can affect body image, self-esteem, and self-identity.

Grade 9 Health
USC 9.1 | Analyze the health, economic, and social supports and challenges of gambling, gaming and internet addiction on self, family, and community.
USC 9.2 | Analyze the health supports and challenges and the role of health promotion in making healthy decisions related to gambling and internet addiction.

Wellness 10
W10.1 | Assess the impact of mental health on overall well-being of self, family, and community.
W10.2 | Assess how gambling advertising influences personal standards and behaviors for the purpose of enhancing well-being of self and others.
W10.3 | Assess challenges related to addiction and how community views on addiction and mental health.

Psychology 20
PS20.1 | Assess aspects of individual behavior on relationships and society when individual struggles with an addiction.
PS20.2 | Investigate connections between mental health and addiction and the influence of one's personal environment.
PS20.3 | Investigate addictions and their impact on behavior and social development.

Financial Literacy
FL10.2 | Examine the influence of finance on one's well-being. | Investigate the impact of finance on one's risk and overall well-being.
FL10.3 | Examine the role of Personal Budgets and Financial Planning. | Investigate how personal budgets have on financial planning.
FL10.4 | Examine Credit Options and the Importance of Responsible Borrowing. | Examine how credit options influence one's approach to debt repayment.

Northern Coordinator
NorthernGAP@nrcs.sk.ca
306.933.2003

Central Coordinator
CentralGAP@nrcs.sk.ca
306.933.3639

Southern Coordinator
SouthernGAP@nrcs.sk.ca
306.933.0071

@gamblingawarenessprogram
#gamblingaware
#betonluck

SPORTS BETTING & YOUTH GAMBLING

Practical Information for Youth Sports Teams

After 30 years of active service in our communities the Gambling Awareness Program has become a staple in many classrooms around Saskatchewan.

GAP helps Saskatchewan communities learn relevant information about the foundations of behavioural addictions such as gambling, social media, and video games. We offer **FREE** educational presentations that focus on delivering balanced, engaging, and practical information with a non-judgemental approach.

We believe in providing reliable content. In addition, we create opportunities for our audiences to engage with our games and presentation materials.

Topics like:

- Screen Time and Engagement
- Signs and Symptoms

To book your **FREE** presentation, contact a GAP Coordinator today!

Northern Coordinator
NorthernGAP@nrcs.sk.ca
306.933.2003

Central Coordinator
CentralGAP@nrcs.sk.ca
306.933.3639

Southern Coordinator
SouthernGAP@nrcs.sk.ca
306.933.0071

@gamblingawarenessprogram
#gamblingaware
#betonluck

SOCIAL MEDIA & YOUR WELLBEING

Active Engagement
Social media can be beneficial for us depending on our intentions and our awareness. When we use social media with a purpose in mind, we are more likely to benefit from it.

How Social Media can Benefit Our Wellbeing

- Inspiration**
Social media can be a source of inspiration and allows us to discover other centers and processes creativity.
- Belonging**
We can find a variety of unique communities that share similar beliefs and values.
- Connection**
It can be fun to stay connected with friends and family, as well as making really great friends in online spaces.
- Finding Support**
Social media can be a source to find support groups and create opportunities for raising awareness.

Helpful Tips

- Give yourself a break, even for just a few minutes.
- Limit screen time before going to bed.

On the Flipside...

CHILDREN & DIGITAL MEDIA

Practical Information for Parents and Caregivers

After 30 years of active service in our communities the Gambling Awareness Program has become a staple in many classrooms around Saskatchewan.

Saskatchewan students learn how to stay safe online, including social media, video games, and internet use. We offer **FREE** educational presentations that focus on delivering balanced, engaging, and practical information with a non-judgemental approach.

We believe in providing reliable content. In addition, we create opportunities for our audiences to engage with our games and presentation materials.

To book your **FREE** presentation, contact a GAP Coordinator today!

Northern Coordinator
NorthernGAP@nrcs.sk.ca
306.933.2003

Central Coordinator
CentralGAP@nrcs.sk.ca
306.933.3639

Southern Coordinator
SouthernGAP@nrcs.sk.ca
306.933.0071

@gamblingawarenessprogram
#gamblingaware
#betonluck

Outreach Methods

- Presentations
- Displays
- Resource Distribution
- Social Media
- Advertising

Presentations

- Schools
- In patient centres
- Policing/ corrections
- General public



SOCIAL MEDIA & YOUR WELLBEING

Gambling Awareness Program.

HOW IT WORKS:

Read each statement and decide if you agree, feel neutral, or disagree. Scratch off the matching circle to reveal a number and continue with the rest of the statements. Add up the numbers and flip the card over.

Going online is the only way I cope with bad feelings I might have.

YES 2 SOMETIMES 1 NO 0

I go online to forget about whatever is bothering me.

YES 2 SOMETIMES 1 NO 0

When I am not online, I feel grumpy, sad, or bored.

YES 2 SOMETIMES 1 NO 0

I get worried or upset if I can't check what is happening online for any reason.

YES 2 SOMETIMES 1 NO 0

My time online has created problems in areas of my life such as school, sports, or hobbies.

0-5
FEELING GOOD

Your social media activity is in total positive this

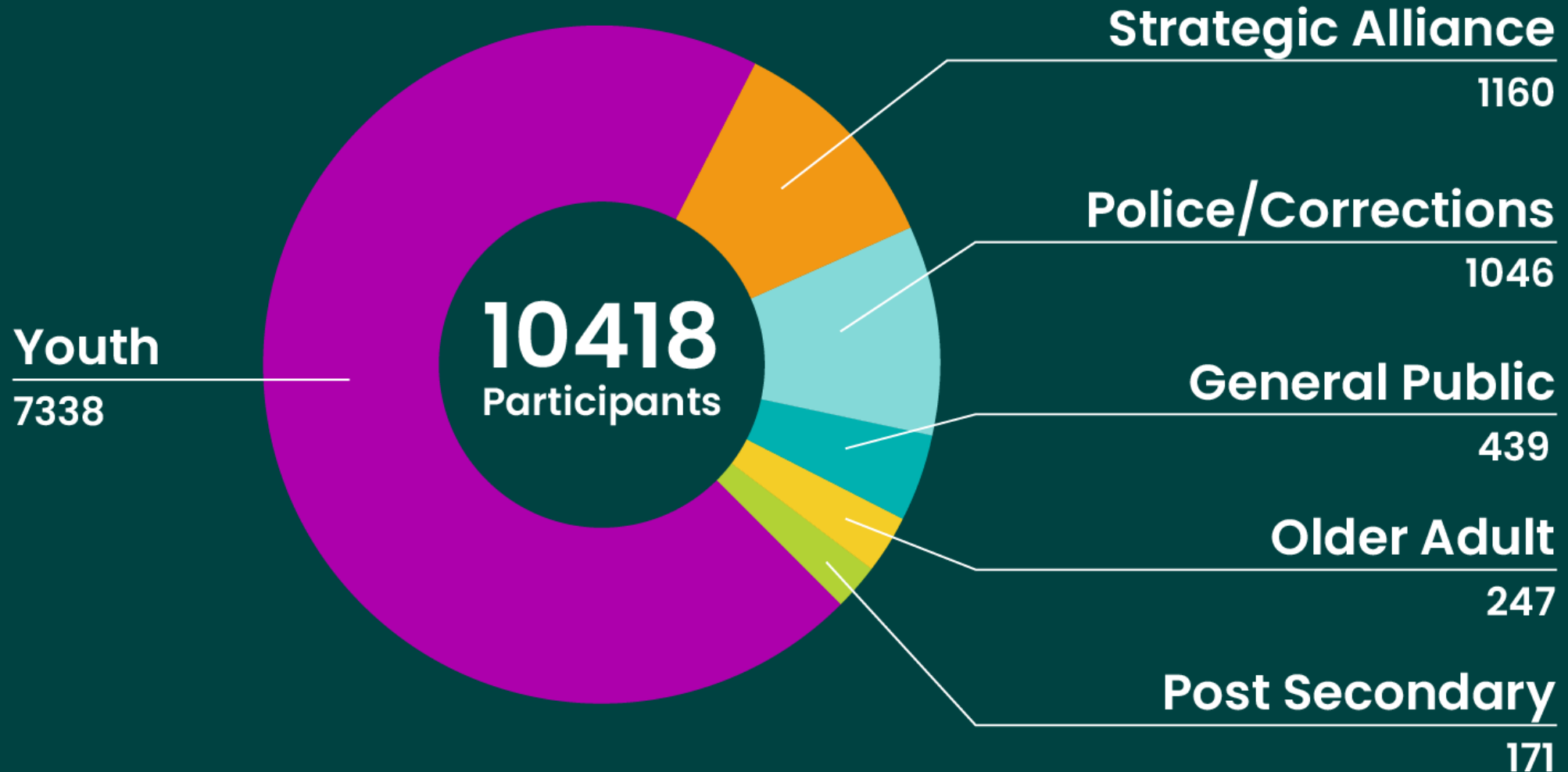
6-11
FEELING UNSURE

You spend more time on social media than you like to find it hard to quit. Some parts of life social media is affecting.

12-16
FEELING WORRIED

Your social media activity might be causing you problems. You may use it to cope with tough emotions or important

Presentations



Displays

- Welcome Week
- Health Fairs
- Career Fairs
- Hockey Games



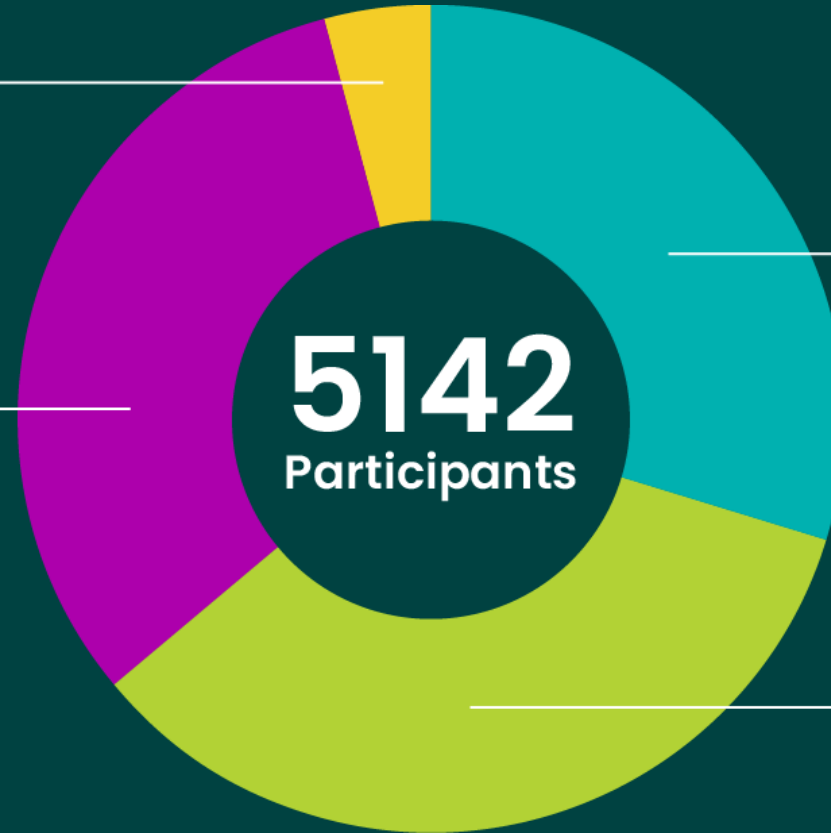
Displays

Older Adult

205

Youth

1642



General Public

1535

Post Secondary

1759

Resources

- Pamphlets
- Booklets
- Help Cards
- Scratch Cards

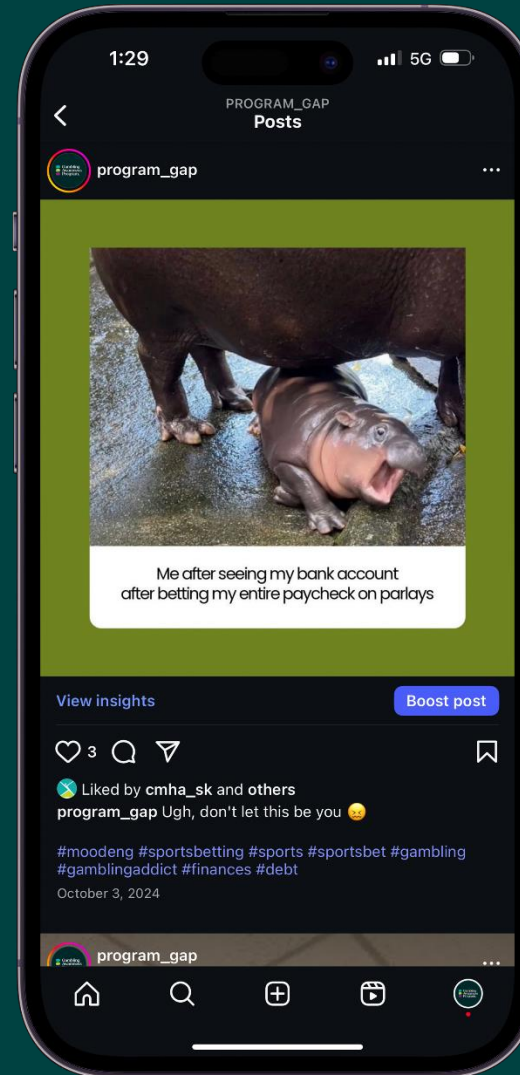


Resources



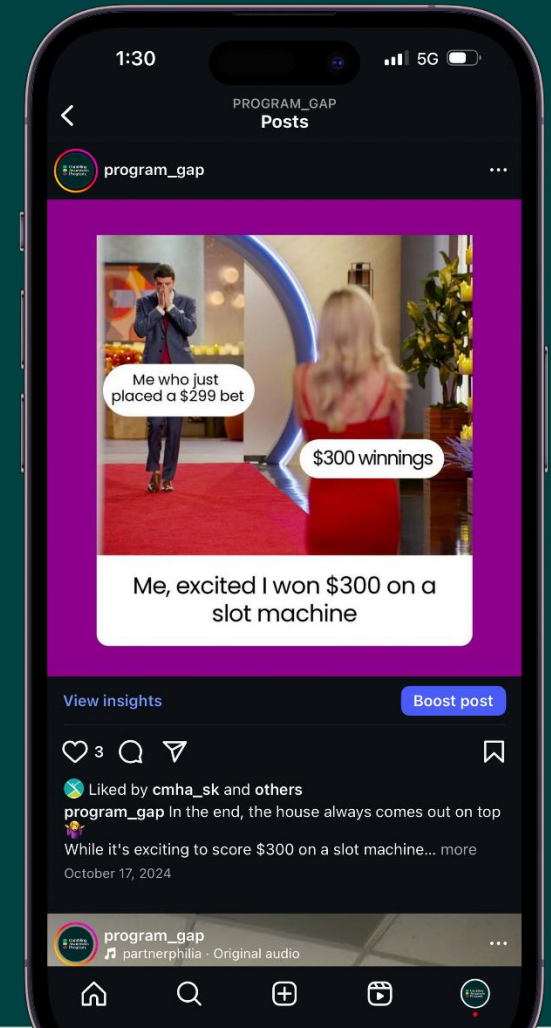
Social Media

- Facebook and Instagram
- Utilizing trends



Moodeng, the Pigmy Hippo took over the internet

Netflix reality TV,
Love is Blind
moments

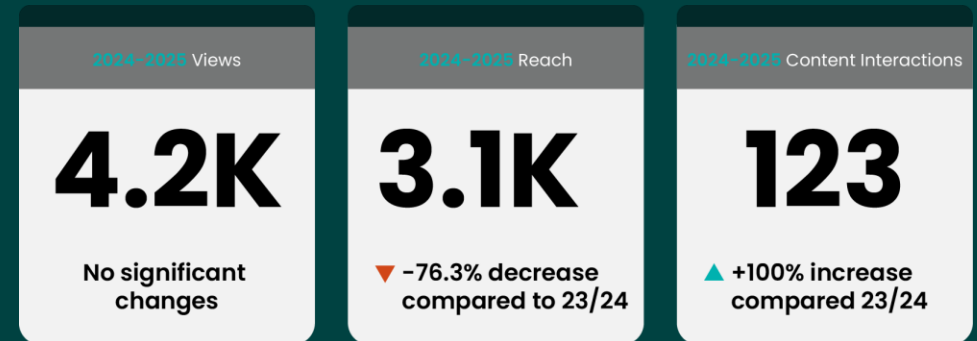


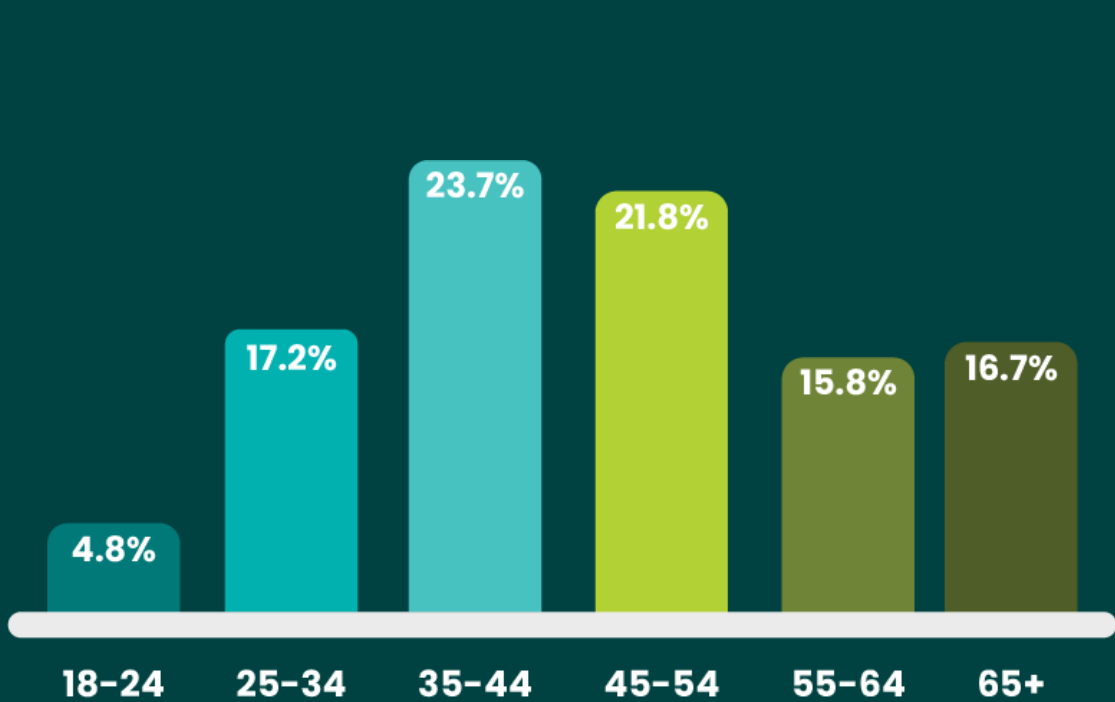
Social Media

Facebook Insights

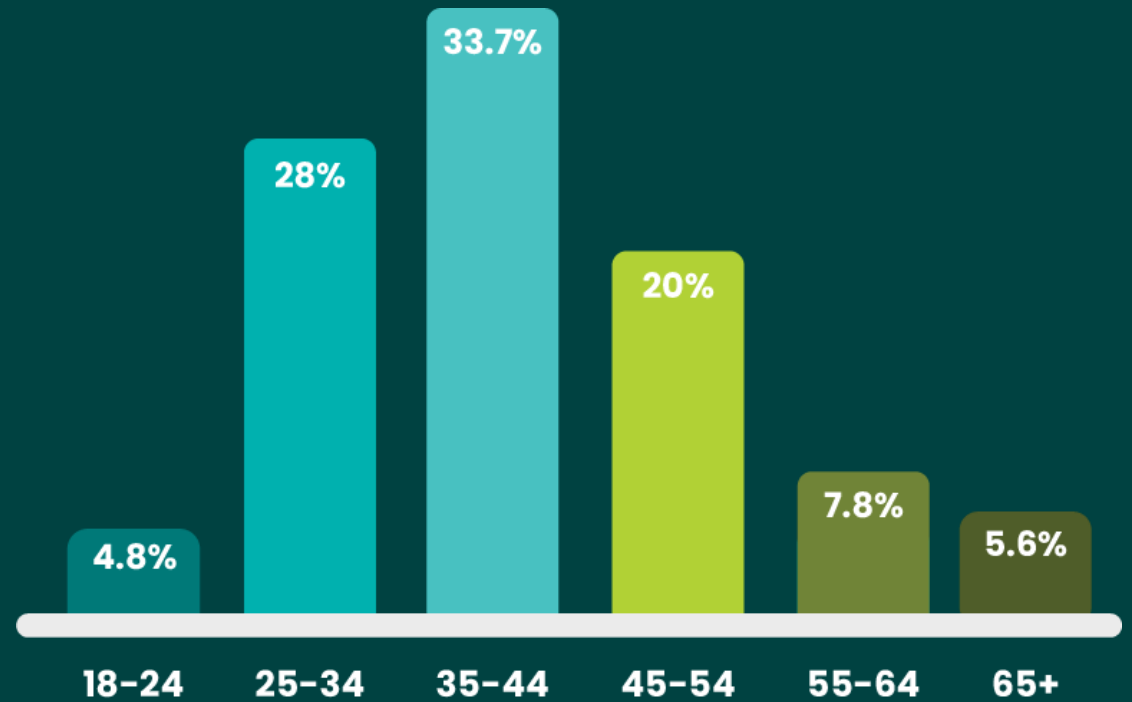


Instagram Insights





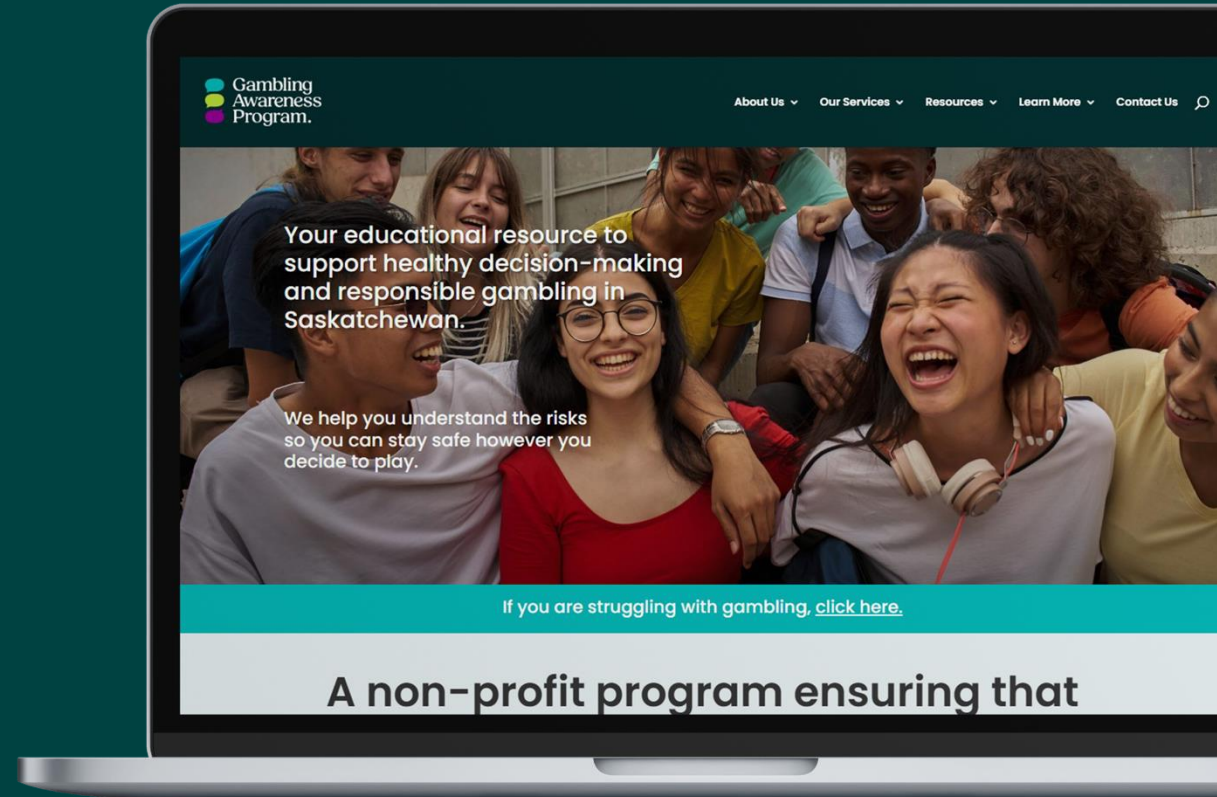
Facebook Audience



Instagram Audience

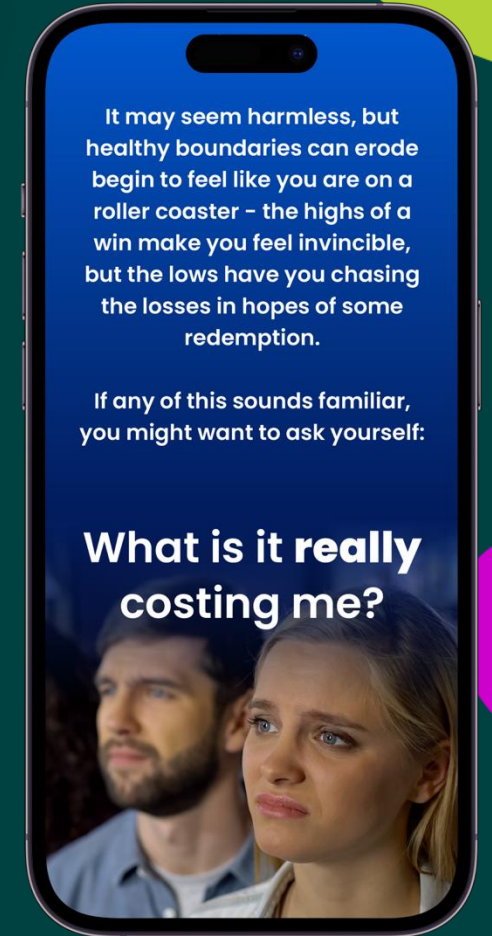
Website

- Provides general info about the program and the topics we cover
- Landing page for ads



Advertising

- Sports Betting Campaign
- CTV Commercial



Program Outcomes

Program Evaluations

- Gathering feedback
- Provides guideline for the program

At first I thought gambling was a risky way of earning money, but now I realize there is gambling anywhere

I can't believe how much I learned today! Loot boxes, RNG, myths, history, the amount of money spent in this province, and the list goes on!

It's not out there when someone is struggling with gambling

Leave my cards at home, and only bring cash! Such a simple concept, but who thinks of it?

It was absolutely amazing and very informative. I saw that my students were very much engaged

I didn't zone out and everything made sense

Addiction is trying to find safety from trauma

2024/25 Outreach

Older Adult

758

Adult

3405

Youth

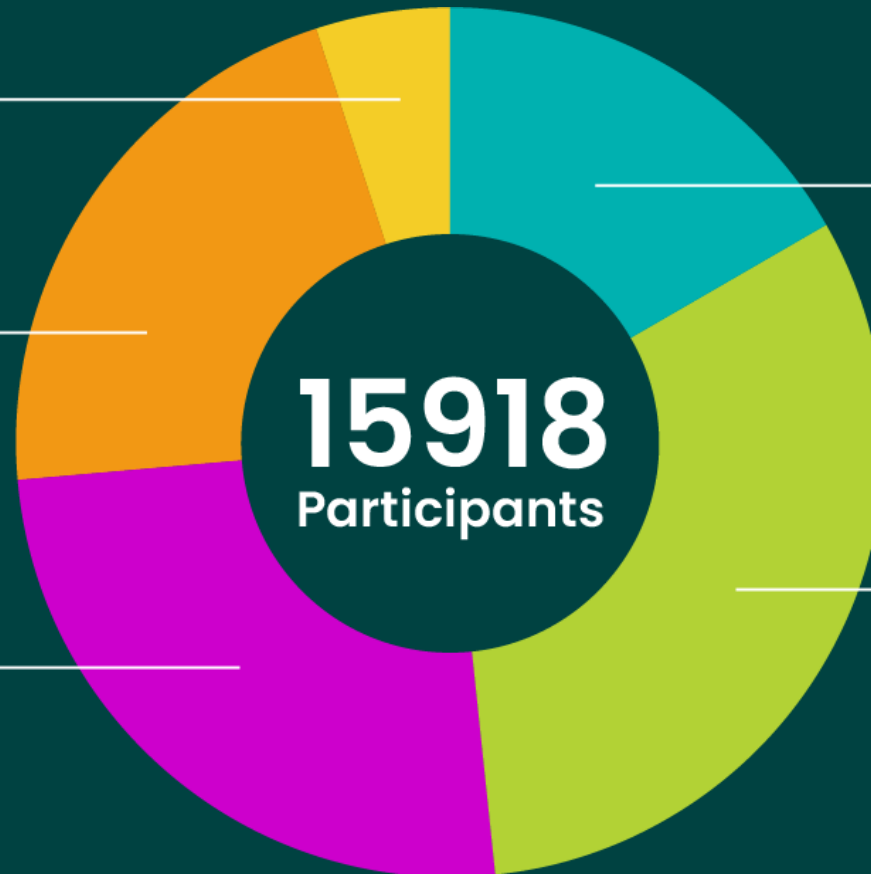
4057

Children

2676

Teens

5022



Challenges

- Lack of prevalence research
- Establishing connections
- Up rise of sports betting
- Small team

GAP Insights

- Program autonomy
- Connection to our communities
- Accessible to our communities
- A need from our communities

Thank you for
your time!

