

Children and Teens: Still Growing, Still Learning

Young brains are still developing, especially the parts responsible for decision-making and impulse control. This means kids and teens more likely to:

- Taking risks without thinking through the consequences
- Getting hooked on the excitement of winning
- Have a harder time stopping once they've started something exciting

Because their brains are wired for learning and exploration, they're also more sensitive to the kinds of rewards and feedback that gambling provides. Even activities that look harmless—like video games with loot boxes, spinning wheels, or in-game purchases—can mimic gambling and trigger similar brain responses.

These experiences can:

- Train the brain to crave quick rewards
- Make it harder to walk away from risky situations
- Create patterns that stick into adulthood

That's why it's so important to help young people build awareness early—so they can make informed choices, recognize risky situations, and develop healthy boundaries around games and money.