Young Adults: High Energy, High Risk

In the late teens and early twenties, young adults are stepping into new territory – exploring independence, trying new things, and often managing money on their own for the first time. This stage of life is full of energy, curiosity, and change. But it also comes with risks, especially when it comes to gambling.

Gambling can feel especially tempting during this time because of:

- **Peer pressure and social media influence**

  Friends might be betting on sports or playing online games with money involved. Social media can glamorize gambling wins, making it seem fun, easy, or even cool.

- **Underestimating long-term risks**

  Young adults may focus on the excitement of the moment without thinking about how gambling can affect their future—like debt, stress, or addiction.

- **A highly active reward system in the brain**

  The brain's reward center is especially sensitive during this stage of development. That means the thrill of winning—or even the chance to win—can feel extra powerful and hard to resist.

Because of these factors, gambling can quickly go from a fun activity to something that's hard to walk away from. It can interfere with school, work, relationships, and mental health.

Why It Matters

Helping young adults understand the risks and recognize early warning signs is key. Encouraging open conversations, setting limits, and promoting healthy ways to manage stress and money can make a big difference.