

There's no influencing chance LUCKY!

PROGRAME FOR THE

ADDICTIVE BEHAVIOUR PREVENTION FOR FAMILIES AND MINORS.

EDUCATION FOR HEALTH.

2014

Prepared by:

Federación Española de Jugadores de Azar Rehabilitados

Financed by:

MINISTERIO DE SANIDAD, SERVICIOS SOCIALES E IGUALDAD

SECRETARÍA DE ESTADO DE SERVICIOS SOCIALES E IGUALDAD

DELEGACIÓN DEL GOBIERNO PARA EL PLAN NACIONAL SOBRE DROGAS

Material

- Manual with activities for teenagers and youngsters.
- DVD. Video for children/youngsters (adapted to Spanish) for training actions regarding knowledge on and perception of games of chance.





Schedule



- Initial evaluation questionnaire (10-15 min.)
- Video (20 min.) + video comment
- Supplementary Activity 1 (30 min.)



- Brief summary of the previous session (5 min.)
- Supplementary Activity 2 (35 min.)



- Brief summary of the previous session (5 min.)
- Supplementary Activity 3 (35 min.)
- Final Supplementary Activity (15-20 min.)

Video



‘There’s no influencing chance Lucky’

AIM: to increase the knowledge of youngsters on the characteristics of games of chance and to offer a more realistic perspective.

IMPACT: this can be optimised by adding some exercises in class designed to increase problem awareness and showing students the main theoretical concepts before presenting the video.

What types of game is Lucky talking about?









Games of skill

- Darts
- Chess
- Vide games (Mario Bros)...

These are games in which persons can learn and acquire abilities as they play.

Games of chance

- Bingo
- Lotteries
- Sports betting
- Fruit machines
- ...

These are games of **chance,** involving **money,** in which **no ability intervenes.**

What happened to Lucky with gambling?

He started winning and thought he would continue winning.

The money he bet kept on increasing.

He lost everything in the end.

He has had legal problems due to gambling.

What games can be considered to be of chance?



Aim: to know how to recognise games of chance.
Material: slides as a guide in this activity.

Naming different games of chance.
Common characteristics.
Differentiation between games of chance and games of skill.

La Primitiva



Activity

Aims:

To illustrate the principle of independence between events and the illusion of control.

To prove the real chances of winning the jackpot.

To show prize assignation in La Primitiva.

Debunking the myth regarding the chance of becoming rich with La Primitiva.

La Primitiva game simulation:

Pupils choose numbers and the extraction is performed.

How many numbers were obtained 6, 5, 4, 3...?

Reasons for choosing the numbers.

Superstitions



Activity

Aims:

To introduce the subject of superstitions.

To identify superstitions related to games of chance.

To acknowledge the uselessness of superstitions.

Material:

Slides as a guide in this activity.

Introduction:

Superstitions related to 'good' and 'bad' luck.

Superstitions related to the game of chance.

Script and drawings/cartoons of situations in which superstitions related to gambling appear.

Evaluation



> Pretest and retest (1st and last session)

Evaluation of the effect of the programme:

- Information of/knowledge on games of chance.
- Attitudes regarding games of chance.
- Satisfaction (3rd session)

Evaluation of the professional:

- Information of/knowledge on games of chance.
- Attitudes regarding games of chance.
- Satisfaction (3rd session)

Questionnaire

	Never heard about this game	Heard about it but know little about it	I know a little about this game	I know the rules of this game, its workings, the chances of winning, etc.
Lotería Nacional				
Lotería Primitiva				
Bonoloto				
EuroMillions				
Football pools				
Casino				
Fruit machines				
Online betting				
Cupón de la ONCE				
'Rasca' de la ONCE				

Questionnaire

	T	F
When you play the lottery it is possible you will be luckier if you choose your favourite numbers or those which are important to you for some reason.		
Games of chance and games of skill are different.		
It is difficult to become a millionaire by playing the lottery.		
Some people get into serious problems with games of chance.		
Amulets help people win games such as Bingo.		
If someone loses money gambling it is best if he stops playing, it being difficult to recover lost money in games of chance.		
If it has been some time since the prized number has ended in 3 (for example) it is more probable a combination ending in 3 is the winner in the next draw.		

A few conclusions

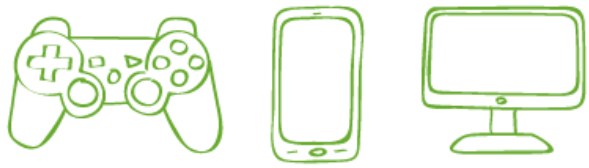
'Games of chance are different from games of skill'

'Winning in the lottery or in a game of chance is not easy, and winning a "big" prize even less'

'Superstitions are of no use at all'

'Gambling can lead us to problems (losing money, excessive gambling, legal problems, etc.)'

'When someone has a problem with gambling this is referred to as Pathological or Compulsive Gambling'



Good practice guide for the use of Information Technologies and online gambling.

PREVENTION
IS UP TO US ALL

- **New technologies** have revolutionised many aspects in our lives.
- They offer **many advantages, attractive aspects and possibilities** (communication, fun, tools, applications, etc.).
- **Children, adolescents and youngsters** are the **main characters:** they are 'digitally native' and usual and advanced users of these technologies.
- **Inadequate use** exposes minors to certain **risks.**
- **It is necessary for parents to get to know them, while encouraging their shared use and the habits for the responsible use of same.**

> Aims:

To help get to know the main attractive aspects new technologies offer our children.

To acknowledge the possible symptoms and consequences of a problematical use of the Internet and social networks, mobiles, los video games and online gambling in children and adolescents.

To provide guidelines to parents for the prevention and early detection of the problem.

> Material:


Guía de buenas prácticas
de uso de las Tecnologías de la
Información y del juego online
LA PREVENCIÓN
ES COSA DE TODOS
PROGRAMA DE PREVENCIÓN
DE CONDUCTAS ADICTIVAS
PARA FAMILIAS Y MENORES
EDUCACIÓN PARA LA SALUD | 2014
Guía de buenas prácticas
de uso de las Tecnologías de la
Información y del juego online
LA PREVENCIÓN
ES COSA DE TODOS
PROGRAMA DE PREVENCIÓN
DE CONDUCTAS ADICTIVAS
PARA FAMILIAS Y MENORES
EDUCACIÓN PARA LA SALUD | 2014
Guía de buenas prácticas
de uso de las Tecnologías de la
Información y del juego online
LA PREVENCIÓN ES COSA DE TODOS

> Structure of the Guide

Differences between use, problematical use and addiction

Characteristics of adolescence

The Internet and social networks

Mobile phones and Smartphones

Video games

Online Gambling

The Internet and social networks

Mobile phones and Smartphones

Video games

- Why is it attractive? (Advantages)
- What are the inconveniences?
- Guidelines for adequate use.
- Homework or activity proposal for parents.

Online Gambling

- Why is it attractive?
- What are the possible problems?
- What can be done at the family level?
- Advertising of online gambling.

TecNOadicciÓN

> Multimedia Presentation

The problems deriving from the use of new technologies and their progress to addictions (development) are tackled from a child's point of view.





Gaming and Technologies



> Structure

A case of addiction / problematical use			
Presented by means of a **story, comic** or **video** (testimony)	**Simple language and support** in the **audiovisual** material.	**The development** is shown (initial use, use increase, loss of control, problems generated, etc.)	**Specific solutions to each** of the cases are proposed.

> Example: Social Networks





Initial situation and start of the use of social networks.

Berta y las redes sociales

Al final de este año se conectaba cinco horas al día y terminó aceptando solicitudes de amistad de gente que no conocía.

Ahora Berta era incapaz de estar un día entero sin conectarse a Internet. Lo necesitaba. No podía resistirse a compartir cualquier hecho de su vida en las redes sociales.



Berta y las redes sociales

En cuanto al colegio, cada vez sacaba peores notas y suspendía las asignaturas, porque se pasaba la mayor parte del tiempo conectada a Internet.

La relación con sus padres empeoró porque ellos no toleraban el engaño continuo de que usaba el ordenador para hacer trabajos de clase, cuando en realidad estaba conectada a las redes sociales.



Use increase, appearance of dependency and first negative consequences.

Berta y las redes sociales

La situación fue empeorando... Berta intentaba pasar menos tiempo en Internet para evitar las discusiones, pero esto le creaba mucha **ansiedad, inquietud e irritabilidad cuando lo intentaba.**

Muchas veces se conectaba **para reducir el desasosiego (desamparo, culpabilidad, ansiedad)**



Berta y las redes sociales

Llegó un momento, en el que lo primero que hacía al despertarse, era coger el móvil y revisar una a una cada red social para ver si tenía alguna novedad.

No podía pasar más de 10 minutos sin revisar sus seguidores en Twitter o novedades en Facebook.



The situation worsens...

Berta y las redes sociales

Lo primero que hizo la psicóloga es hacer que Berta fuera consciente del problema.

Berta, por primera vez, se planteó dejar de utilizar tanto las redes sociales.

Valoró las buenas cosas de usarlas menos, porque volvería a sacar buenas notas y disfrutaría más con las amigas.



Berta y las redes sociales

Al principio le costaba mucho pero, poco a poco, se fue poniendo límites. Se dio cuenta que era muy difícil, pero estaba satisfecha porque:

- DISFRUTABA MÁS DE LA GENTE
- MEJORÓ SU AUTOESTIMA
- YA NO DEPENDÍA DE LOS "FOLLOWERS" NI DE LO QUE DECÍAN DE ELLA EN INTERNET
- ESTUDIABA MÁS Y MEJORÓ MUCHO EN SUS ESTUDIOS.
- Y VOLVIÓ A AYUDAR A SUS PADRES

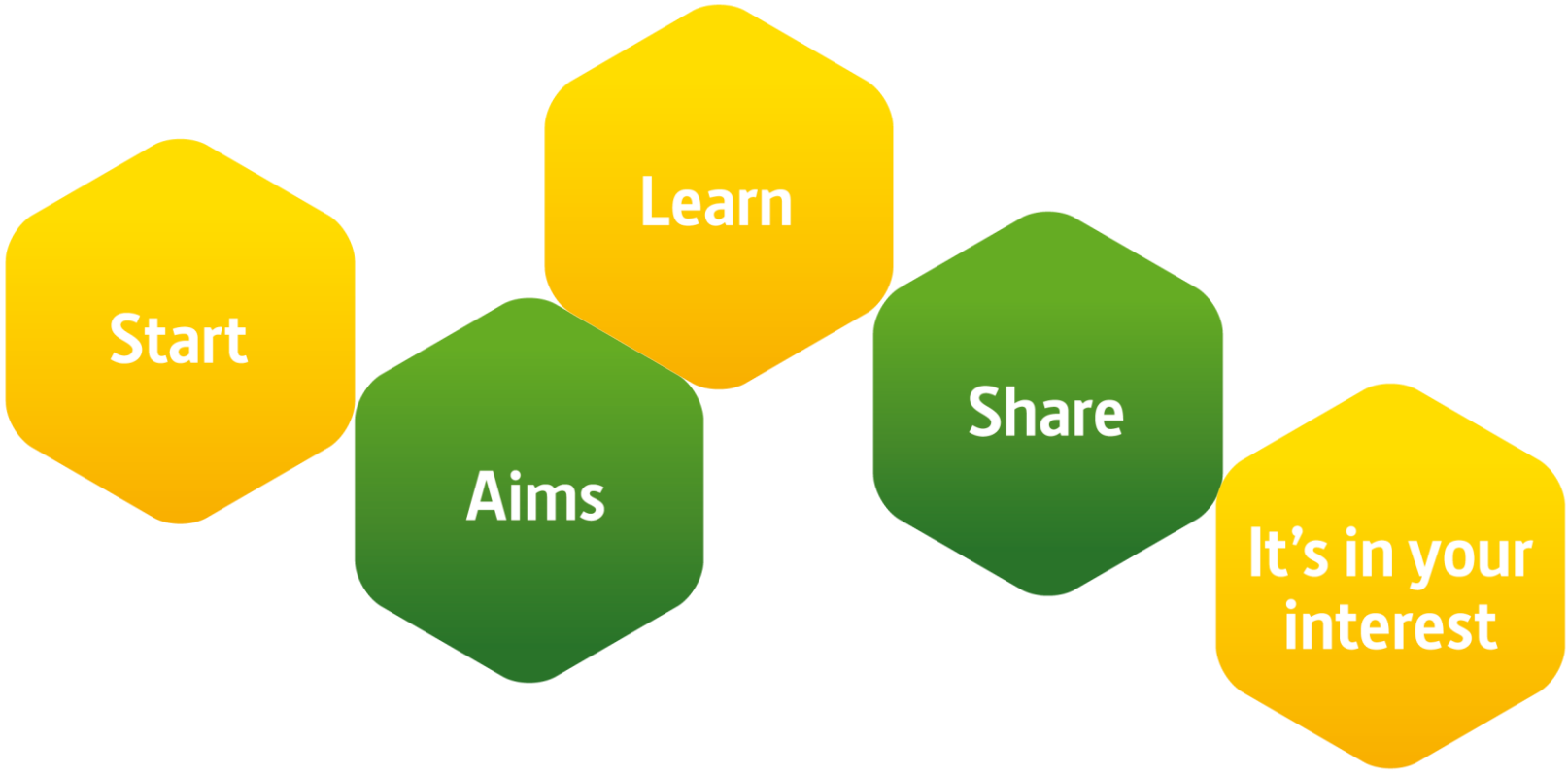


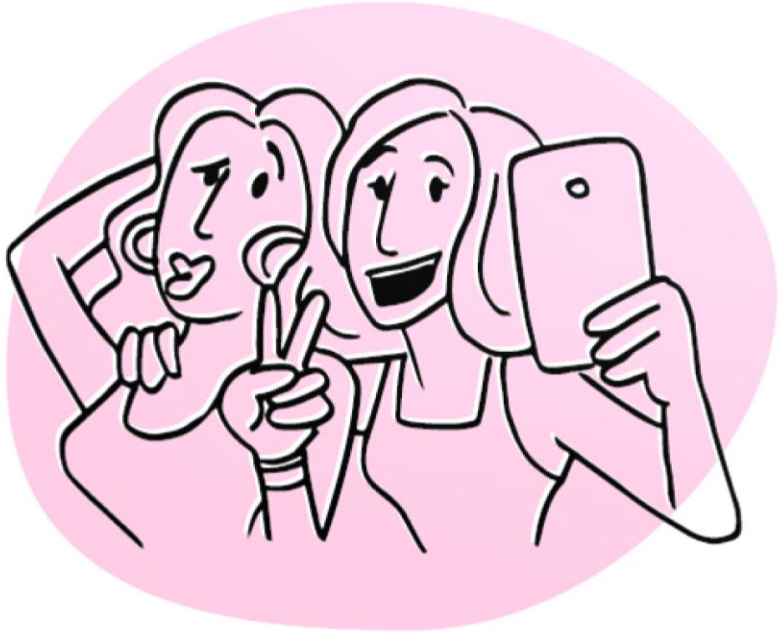
In view of the problem, Berta's parents **seek aid from a professional.** Becoming **aware of the problem and a change** in the way social networks are used are considered. Finally, the improvement of **the main character is portrayed,** together with **the benefits obtained** by using social networks responsibly.

NOCAIGAS.com



> Structure

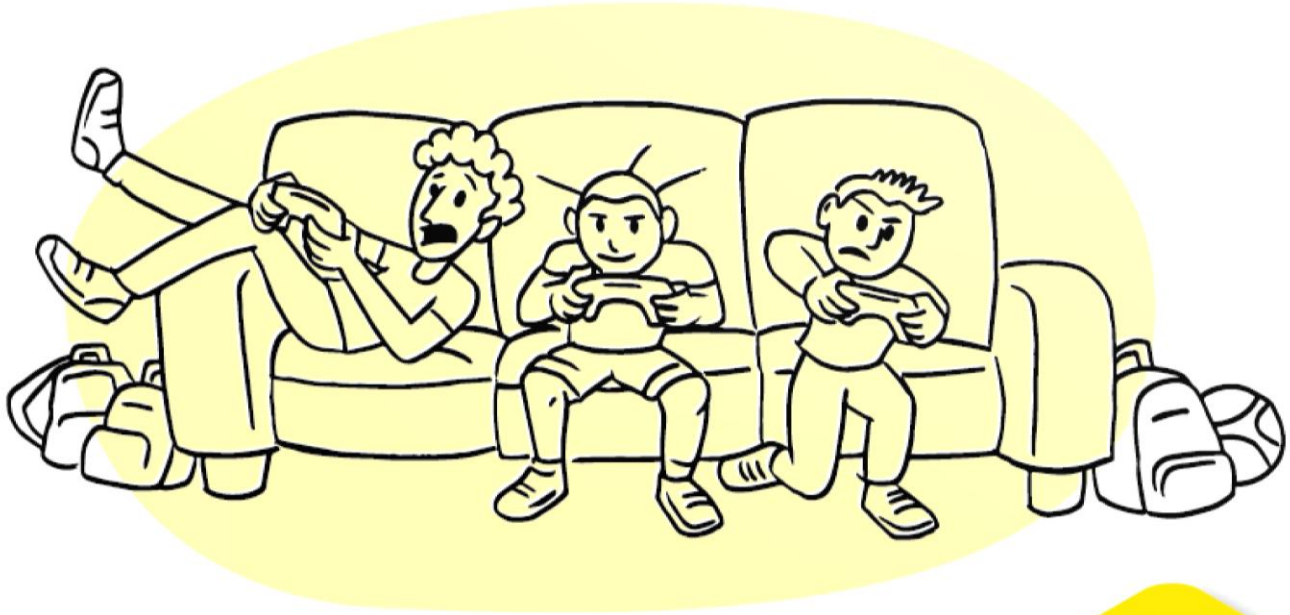




DO YOU HAVE FUN OR IS IT SIMPLY AN ILLUSION?

Do not get your real life confused with the virtual one. Make use of time, enjoy your friendships, holidays, family, the beach, etc. There are thousands of things to do! **It is always better to really have fun than to just look as if you are.**

NO CAIGAS com



DO YOU PLAY OR GIVE IT A PASS?

Leave social networks and video games for a while to look around you. Have fun with your friends, mates, brothers, cousins, etc. Enjoy the open air and exercise your imagination.
Reality is always better.

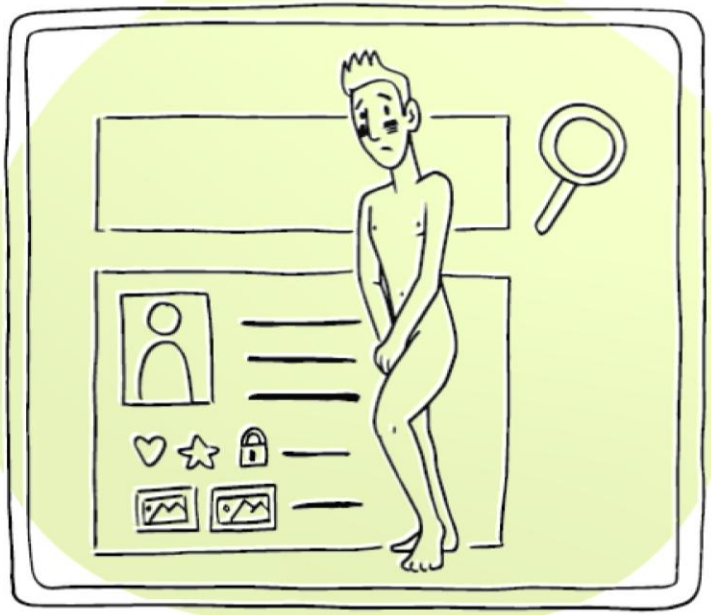
NO CAIGAS .com



¿3k FOLLOWERS?

You should not worry just about 'k's', real friends can be counted with one's fingers. Enjoy having real friends, their friendship, loyalty, support, etc. Do not abandon them for virtual friends. **There is time for everything.**

NO CAIGAS .com



WOULD YOU WALK OUT NAKED INTO THE STREET?

It is exactly the same in social networks. Never show or publish more than what you would in the street or to your friends. Your personal information or private photos are precisely that: personal and private. **Think things right through before publishing anything.**

NO CAIGAS com



Thank you for your attention!

Any questions?

Juan Lamas Alonso
Technical Director & FEJAR Consultant

Federación Española de Jugadores de Azar Rehabilitados

MINISTERIO DE SANIDAD, SERVICIOS SOCIALES E IGUALDAD

SECRETARÍA DE ESTADO DE SERVICIOS SOCIALES E IGUALDAD

DELEGACIÓN DEL GOBIERNO PARA EL PLAN NACIONAL SOBRE DROGAS