



Gambling and Gaming On Campus: A Hidden Problem?

Gambling is a common and increasingly popular activity, especially among young adults. It can be a healthy form of entertainment for most of the population- but for some it can negatively impact their physical and mental health, as well as strain social and cultural ties. Technological advances have increased the accessibility of gambling beyond traditional land-based activities (e.g. casinos), allowing individuals to gamble from the comfort of their computer or smartphone, any time they feel like it. These advances have also blurred the line between gambling and gaming, with many traditional smartphone or computer-based games now including gambling elements (e.g. loot-boxes).



Defining gambling:

Gambling is the wagering of money or something of value on an event with an uncertain outcome with the primary intent of winning money or material goods (Williams & Volberg, 2013).
Example:

- Lottery tickets
- Raffle tickets
- Instant win tickets
- Electronic Gambling
- Social gambling
- Bingo
- High risk stocks



Gaming that resembles gambling:

- Social Casino Gaming (free-to-play)
- Gambling mini-games
- Betting with/on virtual items (e.g., skins betting, loot-boxes)



Gambling that resembles gaming:

- Gambling based on gaming themes
- Virtual casinos that look like games
- Watching and betting on people playing games (E-sports)

