

SEARCH GUIDE SUMMARY BIEN JOUER

An educational prevention action on the risks associated with gambling

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Introduction

Prevention of the associated risks of gambling among young people is wrongly considered at a second-rate topic. Yet, despite the 2010 law [1], (law that defines a legal offer of gambling and redefines the legal framework of all these activities), the latest Health Barometer 2014 study highlighted that 32.9% of 15- to 17-year-olds have gambled.

Before the implementation of the project, there were no validated tools or prevention methods in France that were adapted to young people in the field of Gambling.

In the "BIEN JOUER project" initiated by SEDAP, the first step was to take stock of the existing at the international level, especially in countries more advanced in Gambling research such as Switzerland and Canada. Then, the Canadian tool "Bien Joué" developed by Jean-François Biron and his team [2] was chosen for an adaptation to the French context.

The program is divided into six awareness-raising activities : five derived from the Canadian tool, among two of which are optional and the

last one is a budget balancing games from Cresus Association.

From 2014, Year 12 of secondary level classe were selected throughout the research protocol and the interventions took place mainly on the personalized coaching times enjoyed by the students. To monitor the project, an operational steering committee of experts has been appointed.

The international literature review

It is divided into three parts : firstly, an epidemiological review on youth gambling practices, secondly a summary of risk factors, and at last, a prevention actions and programs' review that have been experienced for more than 30 years.

Epidemiological data

In France, in the early 2010's, several studies measured and analysed the prevalence gambling rates among French teenagers : the high-risk games prevalence would be 0.6% for 17-year-olds (ESCAPAD 2011 and 2017 olds (ESCAPAD 2011 and 2017) [3] and 11.0% of young people ranged 15 to 17 years are said to have "problem" gambling (ENJEU, 2014). [4]

Internationally, various studies of young people since the 1990s indicate that, on average, between 4% and 8% are measured as excessive gamblers or players with pathological behaviours. However, the behaviour is rather occasional for the majority of these teenagers.

The risk factors

The presence of comorbidities is proven among young players: low self-esteem, higher depression score, less appropriate coping mechanisms, higher anxiety, presence of suicidal risk. More recent studies have shown the importance of working on the regulation of emotions in excessive gambling prevention programs. A characteristic that frequently returns in the literature is the cognitive approach: the most important is the "illusion of control" i.e. the belief that the outcome of an event may be influenced or controlled by one's own skills or personal skills.

Actions and programmes prevention

The literature review has led to a consensus on early prevention among young people in the field of gambling and validated strategies for intervention with adolescents. It also provided some clues for future prevention programs:

- The role of erroneous beliefs, perception of chance and control of chance, and the perception of risk that need to be addressed in these programs.
- Psychoeducation on the negative consequences of excessive gambling essential in the prevention of gambling problems.
- Preventive interventions should be carried out early with young people.

« BIEN JOUER » program

The action is divided into four interventions planned over 4 sessions but which can be grouped into three sessions according to the practical possibilities

Intervention #1: Let's be critical (1 hour)

The objective is to raise awareness of the various advertising strategies and to refine their critical thinking on this subject, and to evaluate their knowledge of gambling.

➤ Intervention #2 : Dilemme® (2-hour)

A budget education tool that aims to learn how to better manage its budget, in the form of a board game with a tray.

➤ Intervention #3: No Influence Strategy (1 hour)

A card game animates the discussion about gambling, chance and probabilities while addressing different cognitions: false beliefs, erroneous thoughts, superstitious rituals...

Two optional activities can complement the intervention : " Heads and tails " in order to deepen the notion of tower independence and/or "The Ladder of Luck" to address superstitious rituals and erroneous thoughts.

➤ Intervention #4 : Beyond appearances (1 hour)

Participants question four characters to discover their player profile (non-player, recreational player, at-risk player or excessive player). Here, the facilitator gives keys to identifying excessive players.

Findings and Trends

Results of gambling practices

The experimentation of BIEN JOUER has allowed to have context elements on the practice of gambling of young people. Of all participants, 48.7% reported gambling in their lifetime and they remember playing for the first time at the average age of 12 (SD: 3.65). Of all players, a quarter of them play at least once a month

(25.0%) and one in six (17.6%) plays more regularly. Among the JAH, scratch games are the most used (55.1%). The sums wagered remain minimal, they do not exceed 20 euros and the predominant gaming locations are the FDJ outlets (62.9%).

Evaluations findings

The results are convincing and statistically significant. After the intervention, on the analog visual scale (EVA from 1 to 100), participants' assessment of the risks associated with JAH increases significantly.

After the intervention, young people's knowledge of chance and probability also increases significantly and erroneous beliefs decrease.

The evolution of the perception of the share of chance in gambling, before and after the intervention is variable : on the one hand, there is no significant difference for scratching ticket games and slot machines, and in the other hand, the perception of the share of chance increases significantly for poker (from 41.7% to 52.4%) and sports betting (from 44.8% to 50.7%), games as requiring some expertise.

With regard to DILEMME® questions, through this financial approach, young people have a better understanding of banking and financial concepts.

The majority of the teenagers (78.7%) say that they have been interested in the "BIEN JOUER" program.

Conclusions and discussions

The BIEN JOUER experiment has some limitations which have been corrected in part during the various stages of its implementation. However the results of this multicentre study are very encouraging and have given significant

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The BIEN JOUER intervention diminishes the irrational beliefs associated with the practice of gambling among young people. At the end of the program, these teens learned that the tricks or strategies used in gambling cannot help win. They also gain knowledge about the notion of chance, the share of chance in gambling, erroneous cognitions, and the management of a budget and the financial elements of everyday life.

First program validated in France, based on training for specialists, its implementation throughout the territory, should provide solutions to the problems related to gambling and respond to the protection of young minors enacted by the law of 2010.

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Box 1 : How to intervene

This action is planned among young people aged 15 to 17 in school, without excluding major students, with a preference for Year 12 of secondary level classe, in order to facilitate the integration of the action into the school programme. Interventions need to focus on personalized coaching times to better encourage the involvement of teachers and students.

Ideally, the groups should be made up of 9 to 12 students because a small number of students helps to foster exchanges with and between young people.

As regard the course of activities, at least two experts in addictology and trained in the BIEN JOUER program must be involved.

Information to head teachers, students and their parents should take place 2 to 3 weeks before.

References

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 <https://www.bien-jouer.com>

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To FDJ's responsible gambling program

To partner CSAPAs: AVASTOFA, APS, AMT Arc-en Ciel

To heads of schools, to teachers and pupils of high schools



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