

**PARENTS & TEENS LEARN TO ASK THE
RIGHT QUESTIONS ABOUT POKER**

Asking questions sincerely and answering them honestly may help some teens avoid having a problem with gambling.

1. Do you think poker is the most exciting activity you do?
2. Do you often spend your free time involved in poker?
3. Do you try to prevent your family and friends from knowing how much you gamble?
4. Do your friends gamble? Are you considered to be part of the “gambling crowd?”
5. Do you often daydream about playing poker?
6. Do you often play poker during lunch breaks, after school hours, or on weekends?
7. Do you miss school or other important events due to gambling?
8. Do you often dream of solving your problems by making a big win?
9. Do you ever lie about whether you play poker or how much you lose?
10. Is gambling the main source of what you do to feel good about yourself?
11. Do you play poker with money that is supposed to be used for other reasons like lunch, clothes, or car insurance?
12. Have you ever borrowed money to gamble?
13. Have you ever stolen money or property in order to play poker or pay gambling debts?
14. Do you get upset or irritable if you are unable to play poker?
15. Do you most want to play poker when you are upset?
16. Do you feel upset or guilty because you lost money at the poker table?
17. Is it hard for you to stop gambling after you lose money?
18. Do you often gamble longer than you wanted to and lose more money than you intended?
19. When gambling, do you tend to lose track of time or forget about everything else?
20. Do you find that thinking about gambling makes it hard for you to do school work?

If you're answering **YES** to a lot of these questions, it may be time to look for help!

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