DID YOU KNOW...

Little known facts to help TEENS stay healthy.

Teens Gambling Warning Signs

- Unexplained absences from school or classes
- Sudden drop in grades
- Change of personality or behavior
- Exaggerated display of money
- Bragging about gambling activities
- Intense interest in gambling conversations
- Unusual interest in sports scores
- Unaccountable explanation for new items of value in possession
- Borrowing or stealing money
- Using earmarked money for gambling
- Withdrawing from family and friends
- Uncharacteristically forgetting appointments or other important dates
- Exaggerated use of word ‘bet’ OR OTHER gambling language in conversations

Get help or more information today:

1-877-8-HOPENY

Find Help for Alcoholism, Drug Abuse, Problem Gambling
Dentists recommend your toothbrush be kept at least 6 feet away from a toilet to avoid airborne particles resulting from the flush.

Laughter helps improve the immune system, increase pain tolerance, and reduce stress.

The stall closest to the restroom door consistently has the lowest bacteria levels.

Gambling is NOT a safe activity for teens. The earlier you start gambling, the more likely you are to become addicted.

In the long run, you’ll profit more by putting your money in the bank than you will gambling it away.

Teens who gamble are more likely to...

- Have depression issues
- Get lower grades
- Use illegal drugs
- Get into fights
- Have a low self-esteem
- Attempt suicide

Gambling can very quickly turn into an addiction.