In the last decades gambling has gained ground both in life and occupations of adults and youth from high school years even sports betting and playing electronic games for money.

Because it is possible to play the various gambling devices such as electronics, computers online betting, mechanical appliances which are not only casinos, but the devices installed in restaurants, bars and even gas stations.

Both internationally and in Romania, there are associations, societies and institutes dealing with both therapeutic and medical treatment of gambling addiction.

A current theme addressed by these governmental and nongovernmental institutions is the how they became addicted, and how they started to play games win money. Therapeutic programs can range from the simplest to the most complex. Thus, both youth and adolescents enrolled in these programs in turn tell how the interest started to make bets, depending playing cards, roulette, electronic games or sports betting.

The beginnings of gambling and sports betting have their roots in childhood for some dependent, often from friends; families, even movies on TV. Others of gambling addicts become dependent only on mature age, after having obtained a higher gain both at the mall game stations and slot machines in the casino. With the discovery pleasure of winning, it blends with the passion of being defeated and emotional profile and low self-esteem. Once triggering interest, the individual addicted to gambling will start to play and place bets and start stealing money from parents, family members, friends, love or even marriage to fulfill his passion.

Results of international clinical research demonstrate that gambling behaviors are already present in a large proportion of adolescents and more disturbing is the prevalence of pathological gambling at this age, which is higher than among adults.
In Romania, the major commercial gambling activity in adolescents is the playing of slot machines, commonly known as “fruit machines” and lottery.

Concerning lottery, most adolescents think they can win lots of money on lottery games and these activities are in general not perceived to be forms of gambling.

Adolescence is a critical period for the development of pathological gambling and it is imperative to develop prevention programs for pathological gambling among adolescents. Young people gamble to earn money, because it is fun or exciting and because they want to become proficient gamblers. Adolescents also have some cognitive distortions – they believe that their knowledge, skills and superstitious rituals can help them control the game outcome.

As reported in many studies, family members reported that gamblers themselves sometimes deny they have a problem. Both gamblers and their families described how problem gambling may not be obvious to an observer and cited difficulties convincing people that the problem was real.

The preventive interventions among adolescents should include two components: the transfer of relevant information and the development of skills to cope with high risk situation.

The solutions lie in the upbringing and continuous education that will create a society in which protective factors, and not the risk ones, will prevail. Experts should conduct continuous psycho-education programs that would be directed to children and adolescents.

Until recently, adolescent gambling has almost totally been ignored by researchers.

Suppression of addiction behaviors would not be even thought of nor carried out without constant pedagogical work in school institutions and through educational system, with full support of families. Our suggestion is that school system should implement well planned and systematical programs of education of non-addiction behavior in school through classes, workshops, as well as through other aspects of pedagogical work.