

Study Update



Growing Up in Australia | Issue 2 | June 2023

▶ **Study findings**

Is there a link between video gaming and gambling?

▶ **Did you know...**

Growing Up in Australia is turning 20!

▶ **What's been happening**

An update from the *Growing Up in Australia* Project Lead



Thank you

From our family to yours, thank you!

Your contribution to the *Growing Up in Australia* study has been, and continues to be, invaluable in shaping the future of our country. The *Growing Up in Australia* study has been used in thousands of publications by both local and international researchers. Your participation in this unique study ensures it continues to be a key source of evidence which regularly contributes to research findings on families, relationships, education, child and adolescent development, and much more.

We value each and every one of you and the time you so generously give to *Growing Up in Australia*. Thank you.

What's been happening



Hello! Lisa Mundy here, the Project Lead for the *Growing Up in Australia* study at the Australian Institute of Family Studies. I have been part of the study for the past year and am so excited to continue to lead such an incredibly important project.

We have had some exciting developments since our last Study Update, including the release of some new study findings, we call 'snapshots'. The *Growing Up in Australia* Snapshot Series is made up of brief and accessible summaries of policy-relevant research findings. These snapshots use *Growing Up in Australia* data to highlight important topics such as teenagers' experiences of discrimination, and adolescents combining school and part-time employment. In this issue of the Study Update we have included a recent snapshot for you to read: **The link between video gaming and gambling**. You can read the full report on this and all other topics on the *Growing Up in Australia* website.

As we head towards the 20th year of the study, we reflect on how grateful we are to you and your family's continued support and contribution. Your input into this important study continues to inform researchers and policy makers about young Australian's experiences of life in this country. We look forward to this next chapter as we learn more about your journey to adulthood and beyond.

With many thanks,

Dr Lisa Mundy



Link between video gaming & gambling

Researchers have been using *Growing Up in Australia* data to examine the link between playing video games during adolescence and monetary gambling in young adulthood. By analysing *Growing Up in Australia* data from when participants were aged 12 to 18, we have discovered there could be a link between video gaming and later problem gambling. This research will help to inform policy responses on how to reduce gambling.

We found a causal link between **simulated** gambling games (not betting with real money) and **real money** gambling



Young people* who play **simulated gambling** games on apps or social networking sites were **more likely** to **gamble** as young adults†

*aged 16–17 †aged 18–19



Exposure to **parent gambling** & higher levels of **alcohol consumption** were associated with **gambling** as **young adults**

Simulated gambling games appear to have

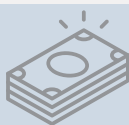
more effect



on
than

young men

young women



9%

of young adults were classified as being **at risk** of experiencing gambling-related problems

To read the full report or to view other reports in the series, head to growingupinaustralia.gov.au/research-findings/snapshots



Support for you



Need to talk? Sometimes life can get unexpectedly complicated and you might just need to talk it out. We have put together a list of readily available public resources for you to access – whenever you might need them. You can also scan this QR code to access a more comprehensive list on the *Growing Up in Australia* website.



In an emergency,
always call
000

Lifeline
anyone having
a personal
crisis
13 11 14

**Suicide Call
Back Service**
anyone thinking
about suicide
1300 659 467

1800 Respect
anyone
concerned about
domestic, family,
or sexual violence
1800 737 732

Health Direct
anyone needing
immediate health
advice from a
registered nurse
1800 022 222

Did you know...

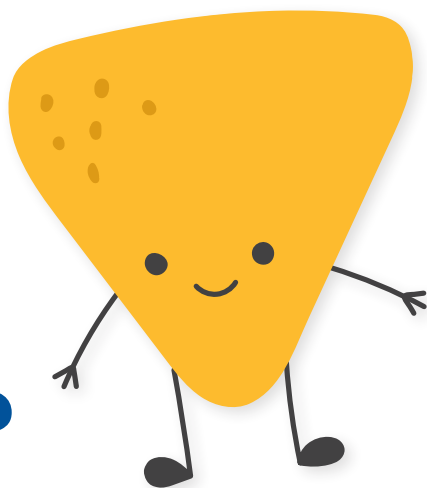
In 2024, the *Growing Up in Australia* study will celebrate turning 20!

The journey we have been on together has been invaluable in shaping the future of Australia – and that is because of you. Your continued enthusiasm in the study means so much to us and we would love for you to stay in touch. We will contact you soon so we can share the 20th birthday celebrations with you.



Update your details by going to the *Growing Up in Australia* website (growingupinaustralia.gov.au/update-your-details) or by calling 1800 005 508 to ensure you are informed about the celebrations!


Wait! That's nacho number?





If we don't have your up-to-date information, we won't be able to contact you. The study then becomes less important - because you won't be in it.

Securely update your contact details (new phone number, new address, new email) using the information below, or by scanning the QR code.



 growingupinaustralia.gov.au

 1800 005 508

 info@growingupinaustralia.gov.au

YPSU2306

Acknowledgement of Country

The Australian Institute of Family Studies acknowledges the traditional Country throughout Australia on which we gather, live, work and stand. We acknowledge all Traditional Custodians, their Elders past, present and future, and we pay our respects to their continuing connection to their culture, community, land, sea and rivers.

