



Name: _____

Class: _____ Date: _____

Don't Get Addicted!

An activity of "How a simple bet can lead to problem gambling".

Addiction to online gambling is a growing problem. Many of those who are addicted are young people. Noah Vineberg started gambling at 10. Read "How a simple bet can lead to problem gambling" (page 7, *What's Up* October 2025) to learn about his journey to kick his addiction.

ON YOUR OWN

A) Using the *What's Up* story, list details of Mr Vineberg's journey from addiction to recovery.

Noah Vineberg's journey
<p>How he got addicted</p> <ul style="list-style-type: none">◆◆◆◆
<p>How he kicked the addiction</p> <ul style="list-style-type: none">◆◆
<p>How he stayed off gambling</p> <ul style="list-style-type: none">◆◆

IN GROUPS

B) Form four groups. Each group picks one of these topics, with no replication.

Sports gambling	Using smartphones	Online gaming	Vaping
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Have a group discussion: How can the activity lead to addiction? What are some ways in which this type of addiction may affect a person's life? How can kids and teens avoid getting addicted to it? Fill in the table below.

How a person can get addicted to _____	
How being addicted to _____ affects a person's life	
Family life	School life
Personal health	Others
How to avoid getting addicted to _____	

C) Present your group's answers to the class.

D) Discuss as a class:

- What would you say to a friend who offers you an addictive substance?
- What other ways are there to resist peer pressure?