

"GAMBLING"

(or "betting" or "gaming") is risking money or something of value on a game, contest, or any other event.



Problem gambling often starts with a seemingly innocent "big win."

COMMON TYPES OF GAMBLING:

- ◆ Cards
- ◆ Sports bets
- ◆ Betting on games of skill
- ◆ Dice games, board games
- ◆ Bingo, raffles
- ◆ Lottery tickets & games
- ◆ Online betting

KNOW THE RULES OF THE GAME.

KNOW THERE ARE RISKS.

It's not always just fun and games.

- ◆ While most people can gamble responsibly, many become problem gamblers.
- ◆ People who start gambling at a young age are more at risk of having gambling problems later in life.



After a while, the odds catch up with us. Some people try to "chase" their losses by gambling even more. They lose more, getting into even more debt.

KNOW THE ODDS.

Some win, most lose. Think about it.

- ◆ Odds of being struck by lightning: 1 in 280,000.
- ◆ Odds of winning Lottery jackpot: 1 in 146,107,962.

DON'T LET THE GAME PLAY YOU.

CONSEQUENCES OF PROBLEM GAMBLING INCLUDE:

- ◆ Family and school problems
- ◆ Loss of friendships, jobs
- ◆ Debt
- ◆ Crime
- ◆ Depression
- ◆ Suicide

THINK IT'S NOT AN ISSUE? THINK AGAIN.



One in every 25 Oregon teens already have problems with their gambling.

Some people can reach the point where they can no longer control their need to gamble (much like alcohol or drug addiction).

WHAT'S THE DIFFERENCE? ***

RESPONSIBLE GAMBLING:

- ◆ sticks with \$ and time limits
- ◆ doesn't borrow to gamble
- ◆ knows the odds and plays for fun
- ◆ gambling doesn't get in the way of life

PROBLEM GAMBLING:

- ◆ can't stick with \$ or time limits
- ◆ keeps playing to win back losses
- ◆ expects to win & needs to win
- ◆ gambling is interfering with other activities

"But it used to be fun..."



1-877-
MY LIMIT

SIGNS OF A PROBLEM

GAMBLING PROBLEMS CAN BE EASY TO HIDE. BUT HERE ARE SOME SIGNS YOU CAN LOOK FOR:

- ❏ Not sticking with limits on time and money
- ❏ Making more bets to try and win back lost bets
- ❏ Borrowing money or stealing to gamble
- ❏ Missing important events to gamble
- ❏ Lying to people or arguing with them about gambling
- ❏ Saying that gambling is a good or easy way to make money
- ❏ Using gambling as a way of escaping from problems
- ❏ Seemingly irritated or restless when not able to gamble
- ❏ Spending more time at online betting sites, looking at sporting odds, etc.

IF SOMEONE YOU KNOW HAS SIGNS OF A PROBLEM, CALL

1-877-
my LIMIT

for free and confidential help.

Don't Let
Gambling
Take Over Your
Mind!



*Above: Oregon Problem Gambling Awareness Week Poster.
by Kevin Gleim, 7th grade, of Eugene.*

1-877-
my LIMIT

for free and confidential help.

"Know the Rules of the Game"
Problem Gambling Prevention Program
Lane County H&HS / 541.682.3928
julie.hynes@co.lane.or.us

www.lanecounty.org/prevention/gambling



know the rules of the game.

KEEP
GAMBLING...



...from
becoming a

mind GAME

know the rules of the game.