

WHAT EXACTLY IS GAMBLING?

Every time you risk money or an object of value on a game with the chance of winning more, you are gambling.

EXAMPLES INCLUDE:

Lottery tickets/Scratch tickets

Bingo

Poker/Blackjack

Sports betting/Sports lottery

Money gambled on a game of pool or any other game of skill

Casino games

Video lottery terminals (VLT)

Internet gambling

Dice

MYTHS AND FACTS ABOUT GAMBLING

MYTH: Teenagers can't develop gambling problems.

FACT: About 4% of teenagers have a gambling problem. That means that in a typical high school class of 25, one student likely has a serious gambling problem.

MYTH: When you know the rules of a game (e.g., poker), you increase your chances of winning.

FACT: Knowing the rules of a game, such as poker, can help you to a certain extent but the odds are always stacked against you. Plus, you have no control over the cards being dealt.

MYTH: If you are a good video game player, you will be a good VLT player.

FACT: A videogame requires skill; the more you play the better you become. A VLT machine, just like any other game of chance, does not require skill. The results are completely random and you cannot influence the outcome of a VLT game.

MYTH: If you keep track of previous results, you can figure out what the next results will be.

FACT: The nature of gambling is such that every event is independent of the previous one. For example, each roll of the dice is an entirely new random event and has absolutely nothing to do with the previous roll, nor will it influence the next.

MYTH: It doesn't matter if you lose; eventually, if you keep gambling, you will win your money back.

FACT: It's a fact that over time you will lose more and more money, even if you do win occasionally.

MYTH: If you are a "lucky" person in life, you will be lucky when gambling.

FACT: Many people who gamble believe they are lucky, yet they still lose money. Having a good luck charm or praying cannot influence the result of gambling activities.

MYTH: Knowledge about teams and players will make you more likely to win when you place a bet on a sports game.

FACT: Many things can happen during the game (e.g., a key player being injured) that can turn things around completely.

While sports betting is very popular amongst teens, it is the gambling activity most often associated with loss of control over gambling.



Help is available

GAMBLING HELP AND REFERRAL

514 527-0140

1 800 461-0140

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