

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.



WWW.YOUTHGAMBLING.COM

Help is available

GAMBLING HELP AND REFERRAL

514 527-0140

1 800 461-0140

INTERNATIONAL CENTRE FOR YOUTH GAMBLING PROBLEMS & HIGH-RISK BEHAVIORS ♠ 514 398-1391 ♣ WWW.YOUTHGAMBLING.COM

WHAT DOES IT MEAN TO HAVE A GAMBLING PROBLEM?

It means experiencing a loss of control over your gambling. For example:

- ◆ Spending more money than intended
- ♣ Playing for longer than planned
- ♥ Wanting to gamble when you know you should be doing other things
- ♠ Not being able to stop thinking about gambling

GAMBLING TO ESCAPE PROBLEMS, TO FEEL IMPORTANT OR TO FEEL ALIVE CAN BE WARNING SIGNS THAT YOUR GAMBLING IS GETTING OUT OF HAND.



HOW TO IDENTIFY A GAMBLING PROBLEM?

Being preoccupied with thoughts of gambling

Needing to continuously increase your bets in order to keep it interesting

Experiencing mood swings and feeling stressed out when trying to cut down on or stop gambling

Gambling to escape or forget problems

Gambling to win back money previously lost

Being secretive or lying about your gambling activities

Gambling with money that should be used for other things or purposes

Using borrowed or stolen money to gamble

Friends and family making comments about your gambling

GAMBLING PROBLEMS CAN BE SERIOUS AND MAY LEAD TO:

- Money problems
- Difficulty in school
- Trouble keeping a job
- Problems with parents
- Troubled friendships and relationships
- Lying, stealing and problems with the law
- Feeling depressed and anxious
- Feeling irritable when trying to stop

While most teens start gambling for fun, some end up with serious gambling problems.

Gambling can easily become an addictive pastime.



IF YOU CHOOSE TO GAMBLE, HERE ARE SOME TIPS ON HOW TO PLAY RESPONSIBLY.

- ♣ Set and maintain limits on:
 - The amount of time you spend gambling
 - How often you gamble
 - The amount of money you bet
- ♥ Bet only what you can afford to lose

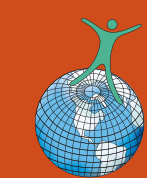
IF YOU FEEL YOU ARE LOSING CONTROL OVER YOUR GAMBLING, ASK FOR HELP!



TEEN GAMBLING



Bet you didn't know...



International Centre for Youth Gambling Problems and High-Risk Behaviors
Centre international d'étude sur le jeu et les comportements à risque chez les jeunes

www.youthgambling.com