

Gambling

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

COMMON TYPES OF GAMBLING:

- ◆ Betting on games of skill
- ◆ Sports betting
- ◆ On-line betting
- ◆ Cards
- ◆ Dice games
- ◆ Lottery tickets, lottery games
- ◆ Board games
- ◆ Races (car, dog, horse)
- ◆ Bingo, raffles

If you can answer "yes" to any of these questions . . .

Do you carry gambling materials with you, such as dice, cards, poker chips?

Do you carry large amounts of cash, that you have won or intend to gamble with?

Do you gamble with money that is supposed to be used for lunch, the bus, gas in your car?

Do you skip class or not do your homework so that you can gamble?

Do you lie to your friends or parents about your gambling?

Do you steal money or pawn things to get money to gamble?

Do you borrow money from friends or family to use for gambling?

Do you feel better after you've been gambling or are you gambling because you are sad, lonely, stressed, or angry?

. . . you might have a problem.

Please call someone who can help.

800.522.4700

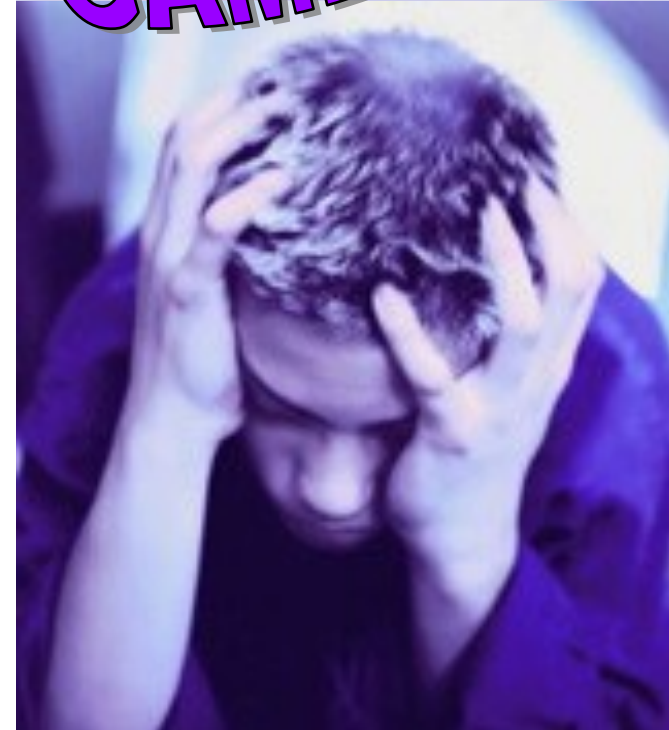
Gambling problem?

Getting Help is your **Best Bet.**

800.522.4700 ksgamblinghelp.com

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YOUTH GAMBLING



**DON'T LET THE
GAME PLAY YOU**

Signs of a Problem:

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

- ◆ Not sticking with limits; spending too much 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 your gambling
- ◆ Saying that gambling is a good or easy way to win money
- ◆ Using gambling as a way to cope with loneliness, stress, or depression
- ◆ Being irritated or restless when you are not able to gamble
- ◆ Spending more time at on-line betting sites, looking at sporting odds, planning your next gambling activity, etc.

"It was exciting for me. When I didn't want to deal with school or the things going on at home, I could go on-line and play the game. I could lose myself there. It felt good. I could forget about all the things I didn't like about my life... but I never thought it would end up ruining my life." - female, age 20

"Gambling became more important than anything else... my friends, my family, and even school."

- male, age 16

"I've been gambling for less than a year and my parents don't know. I've maxed out a couple of credit cards." - female, age 18

"When I was gambling, it was on my mind all the time. I woke up every day thinking 'today is the day - the win is going to be big.'" - male, age 19

IF YOU, OR SOMEONE YOU KNOW, HAS SIGNS OF A GAMBLING PROBLEM, PLEASE CALL:

800.522.4700

ksgamblinghelp.com

For free and confidential help.

CONSEQUENCES OF PROBLEM GAMBLING:

- ◆ Family and school problems
- ◆ Loss of friendships
- ◆ Loss of job
- ◆ Debt (\$\$ LOSS \$\$)
- ◆ Crime
- ◆ Depression
- ◆ Suicide

KNOW THE RULES OF THE GAME:

There are risks:

- ◆ Most people can gamble without having a problem, but the younger you start gambling... the bigger the risk of you having a gambling problem later in life!
- ◆ Some people win at gambling, and they may win BIG, but most people lose, and many lose BIG!
- ◆ Some people "chase" their losses, thinking that if they gamble just a little bit more or a little bit longer they might just win back what they've lost. Usually what happens - - more losses, bigger debt.
- ◆ Some people reach the point where they can no longer control their need to gamble... just like someone who can't control their drinking or their drug addiction.
- ◆ Gambling usually starts out fun!... but it often ends up not much fun at all!