

## 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.

## Did you know?

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

## Gambling



(Or "betting" or "gaming") is risking money or something of value on a game, contest or other event with an uncertain outcome.

Examples of gambling include:

Cards, sports bets, betting on games of skill, dice, bingo, lottery and online betting.

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

### 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.

### 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.
- ✓ Your odds of making it to the NBA or NFL are better than making it as a professional poker player.

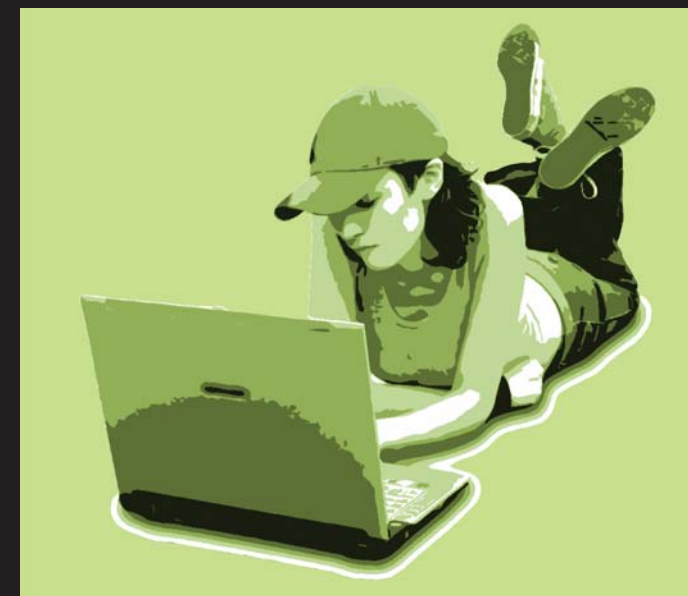
Online gambling:

- ✓ Is illegal.
- ✓ Messes with your head. Sites make it look easy to win, so once you're winning while you're playing free they try to suck you into paying. Then the odds get worse.

### THINK IT'S NOT AN ISSUE? THINK AGAIN!

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

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.



## Did you know?

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

If you or someone you know has signs of a problem, go to [1877MYLIMIT.ORG](http://1877MYLIMIT.ORG)

**KEEP gambling**  
from becoming a  
**mind game**

## 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.

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