

WHAT IS GAMBLING?

Gambling is “the act of risking money or something else of value on an activity with an uncertain outcome.”

Playing cards or video games for money, buying raffle tickets, betting on who’s going to win the next game of pool, or wagering your favorite CD on the outcome of a sports event – it’s all gambling.

For most of you, it’s just for fun. It’s a way of making the game more challenging, more exciting. But for some of you, gambling becomes a serious problem.

WHAT IS PROBLEM GAMBLING?

Problem gambling is any gambling behavior that has a bad effect on your life or the lives of people close to you, parents, brothers and sisters, your friends.

If your gambling is causing you to fall behind on your schoolwork, have arguments with family or friends, or worry about money you have lost, it is considered to be “problem gambling.”

WHO IS AT RISK FOR GAMBLING PROBLEMS?

Anyone who gambles can develop a gambling problem. If you begin at a young age and if gambling is a frequent activity in your home or among your friends, you are at greater risk for developing a problem with gambling. You may not experience any problems at first, but problems may develop later.

Often, people with gambling problems have troubles in other areas of their lives that they need to sort out, such as feeling lonely or arguing a lot with parents.

WHAT ARE THE SIGNS OF PROBLEM GAMBLING?

People don’t usually start out as problem gamblers. Somewhere along the way, though, the casual bets stop being “just for fun” and begin causing problems.

How would you know if your betting was becoming a problem?

It may be a problem if you:

- Spend more time or money gambling than you intended to spend.
- Go back another day to try to win back money or possessions you lost.
- Feel badly about the way you gamble or about what happens when you gamble.
- Tell others you’ve been winning money from betting, when you really haven’t.
- Want to stop betting money, or gambling, but don’t think you can.
- Hide signs of betting or gambling from your parents, friends or others.
- Are being criticized for your gambling or told you have a gambling problem.
- Have arguments at home about money and gambling.
- Skip school or work for reasons related to gambling.
- Borrow money from someone and don’t pay them back as a result of gambling.

If you are worried that you or someone you know may be having problems related to gambling, help is available. Call the toll-free Oregon Gambling Help Line at 1-877-2-STOP-NOW (877 278-6766) or contact your school’s counseling office.

WHERE CAN YOU GO FOR HELP?

If you are worried that you or someone you know may be having problems related to gambling, help is available.

Call the toll-free Oregon Gambling Help Line at **1-877-2-STOP-NOW** or contact your school advisor.

On the help line, you will be able to talk to someone who can answer your questions. Sometimes just talking about a problem can help.

**Department of Human Services
Office of Mental Health and Addiction Services:**
www.dhs.state.or.us/addiction

Oregon Lottery Problem Gambling:
www.oregonlotteryhelp.com

Oregon Gambling Addiction Treatment Foundation:
www.gamblingaddiction.org

Responsible Gambling:
www.responsiblegambling.org/index.cfms

Youth Gambling International:
www.youthgambling.com

Gambling is Risky Business. Know the Odds.

