

Did you know that approximately **75 percent of college students** gambled during the past year?

About **18 percent gambled** at least once a week or more.

COLLEGE GAMBLING – PLAY IT SAFE!

WHAT IS GAMBLING?

3 Criteria for a Game to be Considered **Gambling** ▶▶▶

- 1** Players wager money on an object of value

- 2** Once you place a bet, you can't change it

- 3** The game's outcome relies on chance


THERE ARE MANY DIFFERENT TYPES OF GAMBLING

LOTTERY
Casino games
CARD GAMES
Placing a bet at the racetrack

YES, BETTING ON YOUR FAVORITE COLLEGE SPORTS TEAM IS CONSIDERED GAMBLING!

Fantasy sports leagues
BETTING on college and professional sports
Raffles POOLS Bingo

GAMBLING CAN BE FUN, BUT... IT IS NOT A RISK-FREE ACTIVITY

For 6% of college students, **GAMBLING** can become a **serious problem** that can result in issues like **Psychological difficulties**, **UNMANAGEABLE DEBT**, and **Failing grades**



Having problems as a result of your gambling doesn't mean you necessarily have a gambling disorder, but it COULD SIGNAL FUTURE PROBLEMS.

WARNING SIGNS OF A GAMBLING PROBLEM

Frequent unexplained absences from classes

Sudden drop in grades

Withdrawal from friends and family

Decline in **health**, increased symptoms of **depression**

Feels compelled to **chase losses**

Feels need to **increase** betting amounts

Unsuccessful attempts to cut back or stop

Gambles to **escape worry or problems**



Feast or famine cash flow

 Progressive **preoccupation** with gambling

Visible changes in mood and behavior

Lies about gambling

Showing off new money or material possessions

Unexplained debt

MAKE RESPONSIBLE DECISIONS ABOUT GAMBLING

Set your limits before you start

Understand the odds of the bet you're making



If you are not of legal age, there is **NO** level of responsible gaming!



Know your state's laws and restrictions!

RESOURCES FOR HELP

CollegeGambling.org

Learn about college gambling and start the conversation on your campus



Evaluate your own gambling behavior

CollegeGambling.org/BetOnU



National Problem Gambling Helpline

800-552-4700

Call the 24/7 confidential helpline

Find help on your campus

Talk to a health counselor at your school



Know the facts - Talk about it with your friends!

www.CollegeGambling.org
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NATIONAL CENTER FOR RESPONSIBLE GAMING
Advancing Research, Education and Awareness