

GAMBLING with your FUTURE?



How do you *Spend* your time?



The popularity of gambling as a form of entertainment, has been increasing dramatically for many years now.

What is Gambling?

Gambling is any form of activity where you are risking something of value when there is an element of chance associated with the outcome.

Gambling can take many forms, such as:

- Lotteries
- Scratch tickets
- Pull tab/break-open tickets
- Sports betting/Sports pools
- 50:50 draws
- Bingo
- Video Lottery Terminals (VLTs)
- Horse and dog track racing
- Cards and craps
- Stock market
- Online poker
- Internet gambling
- Slot machines

Tips on how to gamble responsibly

If you choose to gamble, make your experience safe and more enjoyable by following these few tips.

- 1 Have a plan.** Before you start gambling, have an idea about the kind of experience you want to have.
- 2 Decide how much time and money you want to spend at gambling and stick to it.**
- 3 If you lose money, never try to get it back by going over your limit.**
- 4 Never borrow money to gamble.** When the amount is gone, call it a night and have fun another day.
- 5 Don't gamble to escape your troubles.** It's a form of entertainment. It's supposed to be fun.
- 6 If you decide to gamble for fun, stay within your limits and gamble safe!**

While most gambling doesn't lead to problems some people do become "hooked" on it. If you feel gambling has become a problem for you, contact your local base addictions counsellor or medical officer for assistance.

For more information on this or other health and wellness topics, contact your local Health Promotion Office or visit our website at:

www.CAFconnection.ca/moose-jaw



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