



Play it Safe: Responsible Gaming & Gambling

SET A BUDGET.

Only bet what you can afford to lose.

SET A TIME LIMIT.

Don't let betting take over your day.

TAKE BREAKS.

Get up to take a walk or eat food.
Balance betting with other activities you enjoy.

KNOW THE REALITY.

Betting is not a good way to make money. The house usually wins, or the gambling industry wouldn't be a multi-billion-dollar industry.

NEVER CHASE LOSSES.

Accept losses, it's part of the game.

KEEP YOUR HEAD CLEAR.

Don't gamble while under the influence of alcohol or other substances.

SEEK HELP IF NEEDED.

You're not alone. Millions of Americans struggle with their gambling habits. Support is available.

Need Support?

If gaming or gambling
is affecting your life,
help is available.

You are not in this alone.
Whether you're worried about
yourself or a friend, reaching
out is strong, not weak.

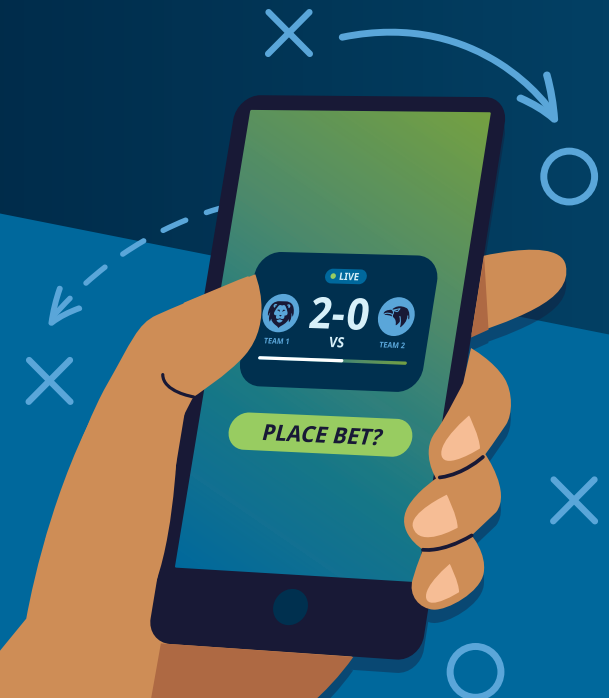
Help For Problem Gambling

-  **CALL** 1-800-GAMBLER
-  **TEXT** 800-GAM
-  **CHAT** 1800GAMBLERchat.org
-  **VISIT** VCPG.NET

Support is confidential, free,
and available 24/7.

Gaming & Gambling 101

What's at Risk and How to
Gamble Responsibly



Why it Matters:

Games and betting are everywhere, but knowing how they work helps you play responsibly.

WHAT IS GAMING?

Gaming involves playing video games, card games, or any type of game that requires skill.

Examples:

- Console or mobile video games
- Card and board games
- Online multiplayer games



WHAT IS GAMBLING?

Gambling is risking money or something of value on an outcome largely based on chance.

Examples:

- Lottery
- Slot machines
- Casino games
- Poker
- Fantasy sports
- Sports betting

How Are Gaming and Gambling Connected?

Some games include features like:

- Loot boxes or mystery prizes
- In-game purchases that mimic real money
- “Spin to win” or gambling-style mini games

These features can make gaming feel like gambling, and sometimes, it's hard to tell the difference.

They might seem fun at first, but they can lead to real money spending or even betting without you realizing it.



RISKS TO BE AWARE OF

Financial problems such as increasing debt and an urgency to pay it off quickly.

Mental health concerns like stress, anxiety, or anger.

Damaged relationships with friends or family.

Legal issues from placing illegal bets, such as betting underage or with unauthorized operators or bookies.

Identify the Warning Signs



- Continuing to bet after losing money thinking that you will win your money back, otherwise known as **chasing losses**.
- Having **financial problems** such as not paying your bills, making late payments, or owing money to friends or family.
- **Neglecting responsibilities** such as having trouble or missing work or school.
- Not focusing on friends and family when you need to, leading to **relationship issues**.
- Feeling anxious, irritable, or other **changes in mood** when you're not gaming or gambling.
- **Lying** about the time or money you spend on bets or **hiding** your bets.