

Online Gambling A Resource for Young People

Online gambling via websites and apps is rapidly growing in popularity, especially for betting on sports and racing – it is important to understand the risk involved.

Online gambling activities include:

- Sports betting
- Horse and dog racing
- Buying scratch and lotto tickets
- Playing keno
- Betting on fantasy sports
- Betting on casino table games like blackjack, roulette, and poker
- Buying raffle tickets or entering sweeps or other competitions

Why is online gambling risky?

- You can do it anytime of the day or night without taking a break
- It only takes a few minutes on your phone, so there's less time to change your mind
- Using credit or debit cards can make it feel like you are not betting with real money
- Online betting companies send lots of ads to make you think about gambling all the time
- Special offers can convince you to spend more time and money on gambling than you had planned
- They can make it seem easy to win money. But most people lose more than they win
- Some overseas gambling companies are not allowed to operate in Australia, but they do. If you win, you may not get your money

Tips to make it less risky

- Make gambling something you do sometimes, just for fun
- Don't expect to make money from gambling
- Set a weekly limit of how much money you can spend on gambling and stick to it
- Keep a record of how much you spend
- Set time limits for gambling and stick to them
- Take regular breaks when you gamble so you don't lose track of time
- Don't drink alcohol while you gamble
- Don't gamble when you should be doing other things, like working or spending time with your family

**For more information, contact
Gambler's Help at Bethany**

Bethany Community Support 5278 8122 www.bethany.org.au
Gamblers Help 1800 858 858 www.gamblershelp.com.au

