

**ALL ABOUT SPORTS GAMBLING**

# **GAMBLING ALL YOU'VE GOT?**





# CONTENTS

## TEST

Checklist – are you at risk? 4

## WILL SKILL WIN?

What are the odds? 5

## ALL ON ONE CARD?

From game to addiction 6

## HOT TIPS FOR GAMBLERS

Can you handle it? 7

## HOT TIPS FOR FAMILY AND FRIENDS

Help for relatives 8

## IS IT LEGAL?

What the law says 9

## PUT YOUR MONEY ON THIS

Addresses and contacts for gambling addiction 10

Imprint 11

# TEST

**Are you interested in sport? Do you enjoy placing a bet?**

**Do you bet for fun? Is your behaviour risky? Answer “yes” or “no” honestly to the following statements.**

	YES	NO
Even when I've reached my limit and have no money left, I carry on gambling.	<input type="checkbox"/>	<input type="checkbox"/>
I've often tried to cut down my gambling.	<input type="checkbox"/>	<input type="checkbox"/>
If I gamble less or not at all, I feel uneasy and quickly lose my temper.	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes borrow money so I can carry on gambling.	<input type="checkbox"/>	<input type="checkbox"/>
When I lose, I try to win the money back as quickly as possible.	<input type="checkbox"/>	<input type="checkbox"/>
My friends think I spend too much time gambling.	<input type="checkbox"/>	<input type="checkbox"/>
Sometimes I feel bad when I'm gambling – kind of guilty.	<input type="checkbox"/>	<input type="checkbox"/>
I've had to ask my friends for money to pay my gambling debts.	<input type="checkbox"/>	<input type="checkbox"/>
If I have to, I steal money or commit fraud to get it.	<input type="checkbox"/>	<input type="checkbox"/>

Every “Yes” is a sign of possible addiction. One or more “Yes” responses means that your gambling behaviour is a concern. Take it seriously and ask for help – call the BZgA gambling helpline free of charge on 0800 -1372700. More information at [www.check.dein-spiel.de](http://www.check.dein-spiel.de) and in the rest of this brochure.

# WILL SKILL WIN?

All sports are about winning or losing. The fans love to watch the thrilling fight, right up to the final whistle. They always hope that they'll come out the winners. It's an indescribable feeling.

Placing a bet on the outcome makes the game even more exciting. And, unlike the lottery or the roulette table, your own knowledge of the game can be valuable. Or that's what a lot of people think. But gambling is just like any other game of chance. However much you know about a player or team, you can never predict the winning goal.

Sports gambling is a game of chance. And the risk of becoming addicted is especially high:

- ✗ If you know a lot about sport, you can easily think you're on to a sure-fire winner. But sports gambling is ultimately governed by chance.
- ✗ You enjoy gambling and you love sport – it's a dangerous combination. The risk of addiction is especially high in these circumstances.
- ✗ Lots of different sports and lots of opportunity for betting increases the temptation to just carry on gambling.
- ✗ You don't need cash to gamble online. You can do it with just one click instead of counting out cash. Soon you find you've bet much more than you intended.
- ✗ Multiple bets offer a high payout if a whole set of results is correctly predicted. Live bets are made particularly exciting by changing odds and possibilities for betting. This is what makes both types of bet extremely risky.

WHEEL

# ALL ON ONE CARD?

**Sports gambling, particularly live betting, can create an addiction very quickly. Often, it all starts with a win. It's then very tempting to carry on gambling.**

But if you bet more often, then you'll lose more often. You tell yourself it's no big deal. Just a patch of bad luck. You keep hoping that you'll win in the end. A person at risk of gambling addiction will very often try to win back the money they have lost by betting again.

At some point, gambling stops being fun. Betting becomes a compulsion. A gambling addict has to keep gambling. If they lose, they want to make good their losses. Often they will resort to fraud or theft to get hold of money. If they win, they will want to win more – until they lose again. In the end, it is always the betting company that wins.

When you can't handle it. When you can't choose whether or not to bet. Your gambling has become an addiction. Gambling addiction is an illness, and you can't get over it alone.

# HOT TIPS FOR GAMBLERS

Have you ever thought about cutting down your betting? Here are a few tips to reduce your risk of becoming addicted.

## THESE TIPS MAY HELP:

- X Decide how often you are going to bet, and for how long.
- X Set a limit on the amount you're going to spend.
- X Only bet money you can afford.
- X Don't drink alcohol while betting.
- X Don't bet when you're frustrated or angry.

If you want to give up gambling, you will find it easier if you have something else to think about. Anything distracting and fun is good. For instance, you could visit friends, play a sport, watch a film. It helps to set yourself a goal: you could spend the money you save by not gambling on something special. Perhaps there's something you've wanted for a long, long time.

If you find you can't control your gambling any longer, get help!



# HOT TIPS FOR FAMILY AND FRIENDS

**Do you know or suspect that a relative or friend is addicted to gambling? Gamblers need help – but so do family and friends.**

## THESE TIPS MAY HELP:

- ✗ Know that sports gambling can become a serious problem.
- ✗ Don't blame yourself for someone else's addiction.
- ✗ Don't lend them money.
- ✗ Block access to any joint accounts.
- ✗ Say you're worried about them instead of blaming them.
- ✗ Support an addict who is trying to get help.
- ✗ In a quarrel, only threaten things you are really prepared to follow through with.
- ✗ Take care of yourself.
- ✗ Talk to your friends.
- ✗ Ask for expert advice from addiction centres or helplines.

Lies and deception are all part of a gambling addiction. Relatives often don't realize how serious things are for a long time. Even then, people sometimes don't want to admit there's a problem, and deny it. Whether you only suspect that your partner or child has a gambling addiction, or you have suffered for a long time: it's always difficult to deal with alone. Experienced experts will help you to cope – dealing with addiction, family problems and any questions about gambling debts.



# IS IT LEGAL?

Are you under 18? Young people under 18 are not permitted to gamble, either online or at the bookmaker's. Even if they are with an adult, they cannot fill out a betting slip themselves.

For everyone else: gambling online is illegal, with very few exceptions. That means online betting is banned, even for adults. Most betting sites are based in other countries. This means that the big profits they promise are not guaranteed. There's no way of ensuring you get your payout, and you'll have lost your money.

Another reason not to gamble: even sporting events can be fixed. New betting scandals are always being discovered. Players, trainers or referees are bribed to alter the result, for instance by deliberately missing a goal.

# NEED

# PUT YOUR MONEY ON THIS

## CALL NOW:

**BZgA gambling addiction helpline: 0800-1372700**

**Mon–Thu 10.00–22.00; Fri–Sun 10.00–18.00**

Free, anonymous expert advice on gambling addiction – including specialist advice on sports gambling.

**Turkish-language gambling addiction helpline: 0800-3264762**

**Mon 18.00–20.00; Tue/Thu 20.00–22.00**

**Russian-language advice and help with gambling problems: 0511-7014664**

**Mon 16.00–18.00**

## ONLY A CLICK AWAY:

[www.check-dein-spiel.de](http://www.check-dein-spiel.de)

All about gambling addiction: test yourself, test your knowledge and start the cessation programme. More information at [www.bzga.de](http://www.bzga.de)  
> Infomaterialien > Suchtvorbeugung > Glücksspielsucht

## DROP IN:

### Gambling addiction advice centres

Find your nearest centre at [www.check-dein-spiel.de](http://www.check-dein-spiel.de) or via the BZgA helpline.

### Debt advice centres

Get professional advice about paying off your debts.

Find your nearest debt advice centre at:

[www.schuldenhelpline.de](http://www.schuldenhelpline.de) or

[www.meine-schulden.de/beratungsstellen\\_in\\_ihrer\\_naeh](http://www.meine-schulden.de/beratungsstellen_in_ihrer_naeh)

### Self-help

Self-help groups enable addicts or their relatives to exchange experiences and support one another. Find self-help groups at

[www.check-dein-spiel.de](http://www.check-dein-spiel.de).

### Family and parenting advice centres

Here you can get help, e.g. with relationship or parenting issues.

Find a centre near you at [www.dajeb.de](http://www.dajeb.de) or [www.bke.de](http://www.bke.de).

## IMPRINT

Published by	Federal Centre for Health Education (BZgA), Cologne All rights reserved.
Project leader	Christine Schoelen, BZgA, Cologne
Text and layout	Barbara Renz, <a href="http://www.b-renz.de">www.b-renz.de</a> , Cologne
Printed by	Rasch, Bramsche
Version	September 2015
Edition	1.50.10.15
	This brochure is distributed by BZgA free of charge. It is not intended for resale by the recipient or any third party.
Order no.	33211570



**BZgA**

Bundeszentrale  
für  
gesundheitliche  
Aufklärung