GAMBLED AWAY
INFORMATION FOR YOUNG PEOPLE ON GAMBLING ADDICTION
GOT EVERYTHING UNDER CONTROL?

YOU SURE?
TEST YOURSELF

Off the top of your head:

1. Is a 16 year-old allowed to play the games machines in a pub?

2. Can anyone offer gambling services in Germany?

3. Is playing the lottery (“6 of 49”, “Super 6”, etc.) gambling or a prize-winning game?

4. Do you have a better chance of winning sports bets if you know a lot about the sport?

5. Is poker a sport or is it gambling?

6. If there’s a big jackpot, do you have a better chance of winning?

7. Are addiction counselling centres only for addicts?

8. Can computer games be addicting?

Go to page 12 for the answers

BY THE WAY ...

Although games machines are available in public bars and restaurants, it is forbidden by law to use them if you are under the age of 18.
Most people don’t have a problem with gambling. But the more you play, the greater the risk becomes. Some people can’t stop. They keep on playing in the hope of winning back the money they’ve lost and bet more money than they can afford. They become addicted to gambling.
THE HIDDEN TRICKS

A lot of games use hidden tricks that make it harder to stop playing. For example ...

NOW OR NEVER?!
A player frequently is forced to make fast decisions that increase the risk. This is intentional, for instance on games machines or in roulette. A player quickly gets confused and loses control of his or her spending.

APPARENT CONTROL
Take the start/stop button on slot machines: it’s nothing but a scam. In truth gambling is what it is: A game of luck.

IF ONLY: NEAR WINS
We’re all familiar with the situation: If only one of the symbols on the slot machine had been different, ... If only the roulette ball had dropped one field over, .... The feeling that the next win is within grasp motivates players to keep going. But that’s a mistake.

CONCEALED BETTING
Because you don’t have real money in your hands, you don’t notice how much you’ve really bet. But it’s not play money. Tokens or virtual points are worth just as much as the money you used to buy them.

BY THE WAY ...
There are many winners in the gambling trade: Machine operators, gambling hall owners, betting offices – even local authorities and the government. It’s only the players who throw good money after bad. The more they play, the more certain they are to lose. Only you can decide when to stop.
ME, ADDICTED?
NO WAY, I HOPE

ALL
JUST
A
GAME?
WHERE ARE YOU AT?

IT ALL STARTS OUT CASUALLY ...
Of course playing games is fun. Gambling is too. But there’s a critical difference. With gambling, it’s money that’s at stake. And if you play for money, you want to win – at all costs. And that’s where the problem begins.

... THEN IT GETS DANGEROUS ...
Because you want to win, you bet more money and play more frequently. When you lose, you want to win back what you’ve lost. But it doesn’t work that way.

... UNTIL FINALLY, GAMBLING IS AN ADDICTION.
When you spend more than you can afford, you’re already trapped. You begin to lose control. Gambling becomes the only thing that’s important to you. Nothing matters anymore, not friends, not family, not school, not work. You borrow money from others and run up debts. Addiction has taken hold of you. But even at this stage, you can get help.

BY THE WAY ...
Take the test on page 7 to find out if you’re still ok or need help. To find out where you can get it, go to page 11.
WARNING!

A gambling addiction develops gradually. Almost unnoticeably.

IT GETS CRITICAL WHEN ...

- You can’t stop playing.
- You gamble away all the money you have on you.
- You constantly think about gambling and about how to improve your game in future.
- You have an urge to gamble again and again.
- You get other people involved in order to get access to more money.
### CHECK YOUR GAME

Are you still ok? Be honest with yourself.

<table>
<thead>
<tr>
<th></th>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Do you sometimes bet more money on gambling than you can afford?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Do you try to play less, but find that you can’t?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Do you get nervous and irritable when you play less or not at all?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Do friends or family members criticize you because you gamble?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Do you feel guilty when you gamble?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Do you try to win back money you’ve lost by gambling more?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Do you sometimes borrow money to be able to gamble?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Do you do things that are wrong to get access to money for gambling?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Do you ask other people for money to pay your gambling debts?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### TEST RESULTS

Every single “Yes” is a sign that something’s wrong. Take your answers seriously. The more boxes you ticked with “Yes”, the more problematic your relationship to gambling.
One of many ways out of a gambling addiction is to get your kicks elsewhere. For example through sports or meeting up with friends. Or support a cause that matters to you or interests you. That way you can work together with others to make a difference. There are a lot of things out there that can be empowering. You decide when to put an end to gambling.
WHAT ELSE CAN YOU DO?

Also think of obvious solutions.

TALK TO SOMEONE

Talk to someone you trust about your worries and doubts. Call the BZgA helpline. They will give you information and tell you where the nearest addiction counselling centre is in your area. This service is free. More information is provided on page 11.

FIND OUT MORE

At www.check-dein-spiel.de (English: “check your game”), you can take a more detailed test. It tells you right away whether your gambling behaviour is within the limits.

INCIDENTALLY, HERE’S WHAT THE LAW SAYS:

The law protects young people under the age of 18. They are not permitted to participate in any gambling activities. They are not permitted to enter gambling halls or casinos. Gambling providers are guilty of an offence if they permit young people to gamble. These regulations are set forth by the German Youth Protection Act and the State Treaty on Games of Chance, ratified by all the German states.

This also applies to the Internet. Online gambling is strictly regulated in Germany. It is likewise prohibited for young people under the age of 18. Online casino games, such as poker, are not permitted in Germany (with the exception of Schleswig-Holstein).
It’s very straightforward. After all, you’re not alone, and there are people who know a lot about this subject. Why not try one of them? It’s always good to talk to an expert.
BZGA HELPLINE: 0800-1 37 27 00 (in German)
Free, personal counselling, on request anonymous. Information on the subject of gambling addiction. Monday – Thursday 10 a.m. – 10 p.m., Friday – Sunday 10 a.m. – 6 p.m.

WWW.CHECK-DEIN-SPIEL.DE
Comprehensive information and help portal with detailed self-tests, online rehabilitation programme and counselling centre addresses.

COUNSELLING CENTERS
Addiction counselling centres can be found in every major city. They can provide you with information and help, free of charge and, on request, anonymously. Look up a counselling centre near you at www.check-dein-spiel.de or www.bzga.de.

HELPLINE “NUMMER GEGEN KUMMER”: 11 6 111
Helpline for children and young people. Free, anonymous counselling. Monday – Saturday 2 p.m. – 8 p.m. E-mail counselling at: www.nummergegenkummer.de. Young people help each other: Saturday 2 p.m. – 8 p.m., same number.

CRISIS HELPLINE: 0800-111 0 111
Free, anonymous counselling around the clock. Send an e-mail or chat at: www.telefonseelsorge.de. Alternative number: 0800-111 0 222.

HELPFUL LINKS
Fachverband Glücksspielsucht e. V. (Gambling Addiction Association): www.gluecksspielsucht.de.
Internet forum of the Fachverband Glücksspielsucht e. V.: www.forum-gluecksspielsucht.de.
Information on computer game and Internet addiction: www.ins-netz-gehen.de.

BY THE WAY …
You don’t have to give your name during a counselling session. In other words, you can remain anonymous.
ANSWERS FROM THE EXPERTS

1. No. You have to be 18 years old to gamble in any way.

2. No. You can only offer gambling services if you have a government license to do so.

3. Playing the lottery is gambling. It costs money. Prize-winning games, such as prize contests, are a different matter. They are usually free.

4. No. Knowledge of the sport may help you to better evaluate the bets offered, but ultimately, sports betting is gambling. Only one person wins for sure: The one offering the bets.

5. No bluffing: Poker is pure gambling.

6. No. When there’s a lot of money in the jackpot, it doesn’t increase the chances of winning. Consider an example: In the lottery game “6 of 49” with a bonus number, the probability of winning is 1 to 140 million.

7. No. Addiction counselling centres offer information and counselling to anyone who turns to them for help. For example, you can go to a centre if you suspect that a friend of yours has a gambling problem or if you want to know how to best protect yourself against becoming addicted to gambling. There are counselling centres in every major city. Their services are free of charge and anonymous if you prefer. In other words, you don’t have to tell them your name.

8. Yes. Online roll-playing games in particular, such as “World of Warcraft”, are highly addictive. Although they are not classical games of chance, the providers know exactly how to take money from players’ pockets.
Tell other people affected by addiction about the BZGA’s support programmes. If you would like to distribute this brochure, just order a few copies from us.
INFORMATION ON GAMBLING ADDICTION

BZGA HELPLINE: 0800-1 37 27 00 (in German)
Free, personal counselling, on request anonymous. Information on gambling addiction.
Monday–Thursday 10 a.m.–10 p.m., Friday–Sunday 10 a.m.–6 p.m.

WWW.CHECK-DEIN-SPIEL.DE
Comprehensive information and help portal with detailed self-tests, online rehabilitation programme and counselling centre addresses.

This information is distributed by:

This information is provided free of charge by the BzgA. It is not intended for further sale by recipients or third parties.