



# Give a Child a **TOY** Not a Ticket.

## CT LOTTERY RESPONSIBLE GAMBLING HOLIDAY CAMPAIGN

During the holidays, the CT Lottery helps spread the responsible gambling message to adults that lottery tickets are not suitable gifts for children under 18.

### WHAT IS PROBLEM GAMBLING?

Problem gambling (sometimes referred to as “gambling disorder” or “disordered gambling”) is gambling behavior that is damaging to a person or their family, often disrupting their daily life and career. Anyone who gambles can be at-risk for developing a gambling problem. Gambling disorder is a recognized mental health diagnosis.

Some warning signs of a gambling problem are:

- Thinking about gambling all the time.
- Feeling the need to bet more money and more often.
- Going back to try to win your money back (“chasing losses”).
- Feeling restless or irritable when trying to stop or cut down.
- Feeling like you can’t control yourself.
- Gambling despite negative consequences.

In extreme cases, problem gambling can cause bankruptcy, legal problems, losing your job or your family, and thinking about suicide.

### WHO IS AT RISK FOR PROBLEM GAMBLING?

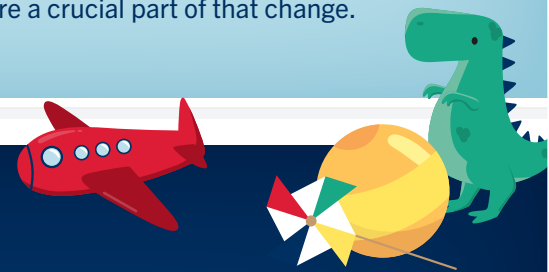
Problem gambling does not discriminate and can impact anyone who gambles regardless of economic, social, cultural or levels of education. Anyone who gambles can develop a gambling problem. Certain factors can increase your risk of developing a gambling disorder, genetics, environment, medical history and age may all play a role.

### CAN CHILDREN OR TEENAGERS DEVELOP GAMBLING ISSUES?

Children and teens are at higher risk than adults for developing a gambling problem. Additionally, individuals who start gambling at a young age are also more likely to develop a gambling disorder later in life.

### IS PROBLEM GAMBLING JUST A FINANCIAL PROBLEM?

No. Problem gambling is an emotional problem that has financial and other consequences. Even if the person pays off their gambling debts, they can still have other problems caused by gambling. The only way to overcome problem gambling is to change harmful gambling habits, and social support and encouragement are a crucial part of that change.



Help is available for problem gambling. Call **888.789.7777** or visit **CCPG.ORG**.





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## GAMBLING MYTHS

During the holidays, the CT Lottery helps spread the responsible gambling message to adults that lottery tickets are not suitable gifts for children under 18.

Here are some common myths and the truths behind them.

**MYTH:** You have to gamble every day to have a gambling problem.

**TRUTH:** A person impacted by problem gambling may gamble frequently or infrequently. If your gambling is affecting other areas of your life, you may have a gambling problem.

**MYTH:** Gambling isn't really a problem if the gambler can afford it.

**TRUTH:** Problem gambling isn't just a financial problem; it's also an emotional problem. It's about loss of control and isn't limited to how much you win or lose.

**MYTH:** Teenagers can't develop gambling problems.

**TRUTH:** Problem gambling impacts 4-6% of youths ages 12-17, compared to 1% of adults. Another 10-14% are considered at risk for gambling problems.

**MYTH:** If I keep gambling, my luck will change and I'll win back the money I've lost.

**TRUTH:** Each time you place a bet, the outcome is completely independent of the previous one. This means that the odds are no more in your favor on the tenth bet than they were on the first bet. Over time, the more you risk, the more you'll lose.

**MYTH:** As long as I play within a budget, I'm gambling safely.

**TRUTH:** Playing with a set budget is a great way to stay away from financial harms. But if your gambling impacts other important areas of your life like time spent with loved ones, it may be a sign you need help.



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