

# ONLINE SPORTS BETTING

## DON'T GAMBLE WITH YOUR FUTURE

### WHO IS BETTING?

- **Age:** Young adults (21-34) make up the largest group of online sports bettors.
- **Gender:** While most sports bettors are men, increasing numbers of women are participating, too.
- **Sports fans:** Avid sports fans are more likely to engage in online betting.



### WHY IS IT A PROBLEM?

#### Addiction

The ease of access to betting can lead to compulsive behavior.



#### Integrity of sports

Increased betting activity raises concerns about match-fixing and corruption in sports.



#### Youth exposure

Young people are increasingly exposed to betting culture.



#### Data privacy

Online betting platforms collect vast amounts of personal and financial data.



### CONSEQUENCES

1. **Financial ruin:** Large betting losses can lead to debt and financial instability.
2. **Mental health issues:** Anxiety, depression, and stress often accompany problem gambling.
3. **Relationship strain:** Betting addiction can damage personal and professional relationships.



### SYMPTOMS OF A GAMBLING ADDICTION

- **Preoccupation:** Constantly thinking about betting or planning bets.
- **Escalation:** Needing to bet more money to get the same thrill.
- **Lying:** Hiding betting activities from friends and family.
- **Failed attempts:** Inability to stop or control betting despite wanting to.
- **Withdrawal:** Feeling restless or irritable when trying to cut down on betting.

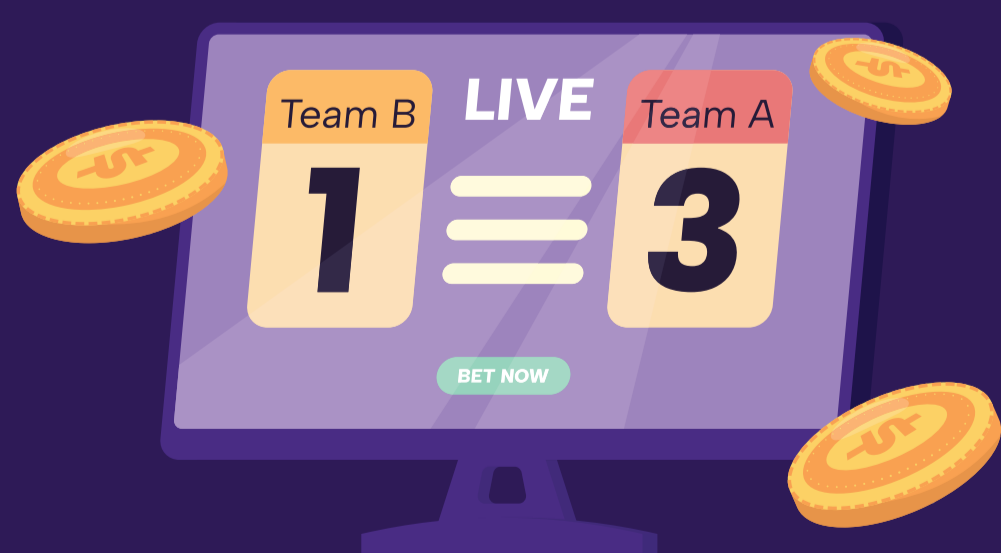


### SIGNS OF A PROBLEM

- **Borrowing:** Taking loans or using savings to fund betting.
- **Neglect:** Ignoring work, family, or personal responsibilities due to betting.
- **Loss chasing:** Trying to recoup losses by placing more bets.
- **Jeopardizing opportunities:** Risking one's job, education, or relationships for betting.
- **Reliance on others:** Seeking financial bailouts due to betting losses.

### GETTING HELP

1. **Professional counseling:** Seek help from therapists who specialize in gambling addiction.
2. **Block betting sites:** Most online betting platforms have tools that let you limit or block your access.
3. **Support groups:** Encourage family members to join support groups like Gam-Anon for guidance and understanding.
4. **Educate yourself:** Learn about the psychology of gambling addiction.



**THE ODDS ARE NOT IN YOUR FAVOR!**