Why Do Students Gamble?

- Curiosity/experimentation
- The promise of quick riches
- To combat boredom and depression
- For entertainment purposes
- Increased campus proximity to casinos
- To add more excitement to sporting events
- Fascination with the stroke of luck
- Natural adrenaline-induced high
- To relieve stress
- Availability of credit cards and ATM machines
- Free alcohol in casinos

Warning Signs To Watch Out For!

- Preoccupied with gambling
- Secretive about his/her gambling habits, and defensive when confronted
- Trying unsuccessfully to control, cut back or stop gambling
- Increasing bet amounts when gambling in order to achieve the desired excitement
- Restless or irritable when not gambling
- “Chasing” losses with more gambling
- Lying about the extent of time and/or money gambled
- Using financial aid money, or committing crimes to finance gambling
- Missing classes, work, or social events because of gambling
- Relying on family or friends to bail him/her out

Why Should You and Your Campus be Concerned?

85% of college students in the U.S. report having been involved in some form of gambling and 23% report being involved on a weekly basis.

Studies suggest that 4-8% of college students can be classified as problem/pathological gamblers.

Studies show that another 10% of college students can be considered serious social gamblers where several negative consequences are still experienced.

Tips for Responsible Gambling

Gamble for fun. *Think of the money you lose as the cost of entertainment. Set a dollar limit and stick to it.* Set a time limit and stick to it. *Accept losing as part of the game.* Don’t borrow money to gamble. Don’t let gambling interfere with family, friends, or work. *Don’t gamble to win back loses.* Don’t use gambling as a way to cope with emotional or physical pain. *Know the warning signs of problem gambling.*

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Indiana Problem Gambling Awareness Program ♦ Indiana Prevention Resource Center
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