

Online Gambling & College Students

Online gambling is a popular type of gambling among young adults, and full of unknowns.

Why the concern?

There's no limitation on availability. At home, in pajamas, it could hardly be more available.

There's no limitation on time. People playing at home can play hours and hours, anytime of day or night, before stopping.

There's little limitation on money. With credit, a whole lot of money can be won — and lost — before stopping.

Things to keep in mind.

You can lose your money. Online gambling operations are in business to make a profit. They take in more money than they pay out.

You can ruin a good credit rating. Online gambling generally requires the use of a credit card. If kids rack up debt online, they could ruin their credit rating—or their parent's.

Online gambling can be addictive. Because Internet gambling is a solitary activity, people can gamble uninterrupted and undetected for hours at a time.

Over \$15 billion spent worldwide in 2006. From poker sites to sports betting sites and more, gambling online is easy to find—and with current technology, can be accessed just about anywhere.

Warning Signs

- 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 gambling
- 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

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 up 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 losses. Don't use gambling as a way to cope with emotional or physical pain. Know the warning signs of problem gambling.*