

GUIDELINES

for Responsible Gambling

In Oregon, most adults (87%) AGREE that if people choose to gamble, they should have their own guidelines for gambling responsibly.

Reflect on these questions which can prevent problems with gambling.

Is gambling only for entertainment?

Most adults (8 out of 10) agree that if people choose to gamble, they should do it for entertainment.

How much is gambling costing you?

Most adults (9 out of 10) agree that people should understand how much gambling costs them. See www.oregonlottery.org/play-responsibly

Are losses the cost of entertainment?

Most adults (8 out of 10) agree that people should treat the money they lose as the cost of entertainment.

Is a dollar limit set and followed?

Most adults (9 out of 10) agree that people should set a dollar limit on how much they will gamble and stick to it.

Are losses expected more than winnings?

Most adults (8 out of 10) agree that people should expect to lose when they gamble.

Is trying to win back lost money avoided?

Most adults (9 out of 10) agree that people should avoid "chasing" lost money, that is, they should avoid trying to win back lost money.

Is borrowed money or credit being used for gambling?

Most adults (9 out of 10) agree that people should NOT gamble using borrowed money or credit.

Is a time limit set and followed?

Most adults (8 out of 10) agree that people should set a limit as to how long they will gamble and stick to it.

Is gambling interfering with friends, family, work, or other worthwhile activities?

Most adults (9 out of 10) agree that gambling should not interfere with or be a substitute for friends, family, work or other worthwhile activities.

Is gambling used to cope with emotional or physical pain?

Most adults (9 out of 10) agree that people should not gamble to cope with emotional or physical pain.

Is drinking while gambling avoided?

Most adults (6 out of 10) agree that people should not drink alcohol and gamble at the same time.

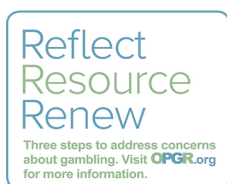
Is gambling under the age 21 avoided?

Most adults (8 out of 10) agree that people under the age of 21 should not gamble.

Resource Check out **Oregon Problem Gambling Resource (OPGR.org)** if you're concerned about your own or someone else's gambling. **OPGR.org** has free, confidential resources.

Most Oregon Adults (73%) AGREE they would want someone to intervene if they personally had a problem with gambling.

Renew your commitment to gamble responsibly and consider using these questions to create guidelines if you choose to gamble.



OPGR.org

Center for Health and Safety Culture. (2019). *Oregon Problem Gambling Survey on Guidelines*. Montana State University, Bozeman, Montana (n=734).

Center for Health and Safety Culture (CHSC). (2018). *Oregon Problem Gambling Survey*. Montana State University, Bozeman, Montana. (n=1225).