

Here's the truth: not everyone can gamble in a safe, responsible way. For some, gambling can become a problem. The signs below may indicate a problem for you or a loved one.

- Gambling for longer periods of time.
- Lying about the extent of gambling.
- Missing work or school to gamble.
- Neglecting responsibilities to gamble.
- Using gambling as an escape.
- Gambling with money that's needed to pay bills.
- Believing the 'big win' will bring gambling under control.

The more signs a person shows, the greater the likelihood that he or she may have lost control of their gambling.

Help is available all day, every day for free. Call the toll-free Alberta Health Services Addiction Helpline at 1-866-332-2322.

Find out
more...

GameSenseAB.ca

Quiz Answers

1. **b) Same.** The chances of winning are always the same. The number of past wins and losses has nothing to do with when the next payout will come. All vlt payouts are random and therefore unpredictable.
2. **b) Set percentage.** Vlt's are programmed to keep a set percentage of the money played over time. This is referred to as a "house advantage." The exact percentage varies from game to game.
3. **a) "Hope to win, expect to lose"** is a healthy attitude to have when gambling. We all hope to win, but if you recognize that the more you play, the more you pay, then you can set limits and spend only what is affordable for you.
4. **c) Take a break from gambling** and re-evaluate whether this is an enjoyable and affordable activity for you. If you think gambling is becoming a problem for you or someone you know, call the 24-hour, toll-free confidential *Addiction Helpline* at 1-866-332-2322.

Do you have a general question about gambling?
Visit the GameSense Info Centre at this location
or **GameSenseAB.ca**.

Video Lottery Terminals (Vlt's)



engage your **GameSense**



GameSense

Playing vlts should be fun!

As with all forms of entertainment, there is a cost to play.

Play for fun, not to make money.

Video Lottery Terminals (VLTs) are a form of gambling entertainment. As with all forms of entertainment, there is a cost. Although players may win occasionally, **the longer you play the more money you will lose over time.** Nothing you do can change this fact.

The more you know, the better equipped you can be to keep gambling safe and fun.

When playing vlts, engage your GameSense with these tips:

- **Play for fun, not to make money.**

VLTs are programmed to take in more money on average than they pay out in wins. So look at gambling as entertainment, like catching a concert or a movie, not a source of income.

- **Know how the game works and what the odds are before playing.**

The more you know about the games, the better equipped you are to make informed decisions before and while you play.

- **Set a budget and stick to it.**

Keeping it fun means playing within your means. When you set and stick to a budget, you spend only money you can afford to lose.

- **Set a time limit before you play.**

When you make a plan for how much time you can afford to spend gambling (and stick to it), you are more likely to stay within your set budget and not miss out on the other things you need.

- **Don't chase losses.**

Accept them as the cost of entertainment. Wondering if you can win back losses by playing more? It's possible, but unlikely. "Chasing losses" almost always leads to bigger losses.

- **Balance gambling with other types of leisure activities.** Finding other types of entertainment to enjoy will help make sure that gambling doesn't become your main activity or a big part of your life.

- **Take frequent breaks.** Every once in a while, it's a good idea to walk away from the game you're playing. Taking a break can help you make smarter decisions.



QUIZ QUESTIONS

How much do you really know?

1. A vlt machine has just paid out a big win. What are the chances another big win will occur soon?
 - a) Very high because the machine is "hot"
 - b) The same as before the big payout
 - c) Very low because the machine is now "cold"
2. The concept of 'house advantage' in vlt gambling means:
 - a) The vlt will beat all but the most experienced gamblers
 - b) Every vlt keeps a set percentage of the money wagered over the long term
 - c) Hotel and bar operators can adjust the vlt so that the "house" can make more money
3. "GameSense" thinking would include which of the following statements:
 - a) Hope to win, expect to lose
 - b) If I'm optimistic when I play a vlt, it will improve my chances
 - c) It's best to go on your hunches when gambling. They are usually right
4. If you are gambling and consistently spending more than you can afford, a good strategy is to:
 - a) Borrow some money and keep gambling to get your money back
 - b) Increase the amount of your bets to win your money back
 - c) Take a break and reassess the situation. Consider seeking help if this is an ongoing concern
 - d) Quit for today, but try again tomorrow as your luck is bound to change