

KNOW YOUR ODDS

How to keep them in your favor.



Have You **EVER...**

- Challenged a friend to a free-throw competition for your basketball shoes?
- Scratched a winning lottery ticket from a stack you got for your birthday?
- Paid for more levels so you could dominate your friends in Candy Crush?
- Bet money you earned from work on an online fantasy baseball game?
- Used your allowance to play a few hands of poker on a school bus trip?

Odds Are, You Probably Have.

For most teens, these activities are fun, exciting and relatively harmless. But, if you find that your wallet is usually empty, your closet is looking a little bare or your idea of math is adding up your hand, then you might want to step back and take a look at things.

Ask Yourself These **QUESTIONS...**

- Have you turned in school assignments late or seen your grades drop recently?
- Have you been playing games on your phone, computer or with friends more often?
- Have you felt the need to lie to your family and friends about things you've done?
- Have you lost interest in hobbies or activities you used to enjoy?
- Have you spent a lot of time thinking about money or possessions?

If you answered yes to any of these questions and you've taken part in any of the activities mentioned, you might have a problem with gambling. While it may not seem like it, if you can't predict how an activity will end up and you have the chance to win or lose something significant, you're actually gambling.

Gambling Can **IMPACT...**

- Your ability to perform your best in classes, sports and extracurricular activities
- Your quality of relationships with family, friends, teachers, coaches and others
- Your potential to secure and maintain a job that helps pay for everyday expenses
- Your reputation for future opportunities throughout college and beyond
- Your physical, mental and emotional health and overall well being

...But You Can Be **RESPONSIBLE.**

- Think about gambling as an entertaining activity, not as a way to make money or win prizes
- Set limits on the time and money you spend on gambling, and stop if you reach either limit
- Never borrow money or possessions or use credit or debit cards to gamble
- Don't bet anything you can't afford to lose, and don't try to win it back if you've lost
- Avoid gambling when you're feeling stressed out, depressed or upset

If you're worried you might have a gambling problem, it's important to ask for help before it becomes a bigger deal. Counseling is available at no out-of-pocket cost to Kansas residents, so if you need more information, visit our website or call our confidential phone number to speak with someone who can help.

Getting Help is your BEST BET

800-522-4700
KSGamblingHelp.com

