

# 10 RULES OF RESPONSIBLE GAMBLING

1. If you choose to gamble, hope to win, but expect that you will likely lose and accept it as the cost of entertainment.
2. Determine the appropriate amount of money that will be used and stick to it.
3. Don't borrow money from family or friends to finance your gambling.
4. Gambling on credit is often a slippery slope.
5. Educate yourself about the odds you are up against when you gamble.
6. Money lost gambling is gone. You are likely to lose even more if you chase after it with increased gambling.
7. Avoid drinking alcohol when gambling, as it may influence your decisions with money.
8. Don't gamble as a way to cope with emotional or physical stress.
9. Become educated about the warning signs of problem gambling.
10. Don't make gambling your primary social activity; create a healthy balance in your life.



**The odds are that you will lose. Losing is a part of the game.**

**The more you know, the better choices you can make.**

If you are unable to follow these rules, and you believe that gambling is getting out of control, please call the Problem Gambling Helpline at:  
1-800-346-6238/1-800-34 NO BET.