

CONNECTICUT COUNCIL on
PROBLEM
GAMBLING

Gambling Quick Quiz

- | | <u>True</u> | <u>False</u> |
|--|--------------------------|--------------------------|
| 1. Connecticut college students have a much higher rate of gambling problems than the general adult population. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Raffle and lottery tickets are not considered gambling. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Gambling can be as addictive as alcohol and other drugs. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Gamblers Anonymous, Bettor's Choice, and Gam-Anon are forms of help available for gamblers and their families. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. All of the below are examples of advice for responsible gambling.
Which one is BAD ADVICE? | | |
| <input type="checkbox"/> A— Wait to be of legal age before gambling, in any form | | |
| <input type="checkbox"/> B—It's OK not to gamble, don't be pressured into it to be accepted | | |
| <input type="checkbox"/> C— Know that the odds are always against winning | | |
| <input type="checkbox"/> D—Gamble legally , and only with money you can afford to lose | | |
| <input type="checkbox"/> E— Never borrow money to gamble, it's a sign that you're in trouble | | |
| <input type="checkbox"/> F— Try to make up for gambling losses by increasing your bets | | |

Gambling Quick Quiz Answer Key

1. **True.** Approximately 11% of CT college students have some degree of a gambling problem. In comparison, approximately 5% of adults in Connecticut have some degree of a gambling problem. Research suggests that problem gamblers are almost five times more likely to begin gambling at age 8 or younger than those who are non-problem gamblers.
2. **False.** The definition of gambling is *the act of risking money, property, or something else of value on an activity with an uncertain outcome*. Spending money on raffle and lottery tickets with the hope of winning a prize is gambling because you don't get your money back if you lose.
3. **True.** You don't have to drink, snort, or smoke anything, but to the brain, gambling becomes an addictive behavior.
4. **True.** Bettor's Choice is a gambling treatment program run by the CT Department of Mental Health and Addiction Services' Problem Gambling Services. Gamblers Anonymous is a group that follows a twelve-step program much like Alcoholics Anonymous, and Gam-Anon is a problem gambling program like Al-Anon, a support group for family members of alcoholics. They all have local meetings around the state.
5. Know what kind of advice is good or bad when you are faced with a decision about gambling. **When** you are old enough to gamble, please do so responsibly.
 - a. **Good advice.** Legal gambling age is 18 years old in CT for all forms except the tribal casinos where you need to be 21 years of age to enter and gamble. For high stakes bingo and pull tabs at Foxwoods Resort Casino the legal age is 18. For some charitable gambling, no age is specified.
 - b. **Good advice.** You don't have to gamble to be accepted or to be cool.
 - c. **Good advice.** Gambling is recreation with risk, not a source of income.
 - d. **Good advice.** Ask yourself before any gambling, will any bills or other obligations not be paid if I lose?
 - e. **Good advice.** Ask yourself before borrowing to gamble, what will happen if I lose the borrowed money? If you don't borrow money to involve yourself in other forms of recreation, don't borrow money to gamble.
 - f. This is **BAD ADVICE**. Although it is common for people to increase the amount of money they bet in hopes of winning back losses, this is not a winning strategy. Every bet is a risk and betting more means you might lose more. Repeated betting does not increase one's chances of winning. The term "chasing" refers to when gamblers become desperate to recover their losses and become falsely convinced that if they keep gambling, they are bound to win sooner or later.