DECALOGUE

FOR HEALTHY AND RESPONSIBLE GAMING

1

Fun

Remember that gaming is a form of **fun** and entertainment — not a way to get rich.

2

Small amounts

Start by setting aside a **small amount** you can afford to spend and potentially lose without impacting your finances. Stick to that limit.

3

Breaks

Decide in advance how much time you want to spend playing, and take **regular breaks**.

4

Don’t chase losses

If you lose, **don’t try to win it back**. You may end up losing even more.

5

Borrowing Money

Never **borrow money** to gamble.

6

Random Outcomes

Remember: the result of the game is **random**. You can’t influence it with willpower.

7

Other Activities

Make sure to also spend time on **other hobbies**, interests, family, and friends — not just gaming.

8

Play for Fun Only

Don’t use gaming as a way to escape problems or unpleasant emotions — **play only for enjoyment.**

9

Clear Mind

Avoid gambling if you’ve consumed alcohol or drugs — they affect your **clarity** and sense of time.

10

Talk Openly

If you lose, **talk openly** with those close to you. Don’t hide it, and don’t lie

CODERE CON IL GIOCO RESPONSABILE ADM 18+

IL GIOCO PUÒ CREARE DIPENDENZA PATOLOGICA. È VIETATO GIOCARE AI MINORI DI ANNI 18.
È possibile consultare le probabilità di vincita dei singoli giochi su www.adm.gov.it nelle sezioni dedicate.

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