10 Golden Rules

Support for Players and Families in Difficulty

1. Remember that gambling is a form of entertainment, a pastime — not a way to get rich.
2. Set a small amount of money in advance that you can afford to gamble and lose without affecting your finances. Stick to this limit.
3. Decide in advance how much time you will spend gambling and don't exceed it. Take regular breaks while playing — they'll help you check how much time has passed, how much you've won or lost, and prevent you from overdoing it.
4. If you lose, don't go back to gambling to try and win it back — you might lose again. Remember: losing is part of the game.
5. Never borrow money to gamble.
6. Make sure you understand the rules of the game and the house edge. Remember, you cannot predict or influence the random outcome of a game — it's all down to luck and chance.
7. Make time for other interests and leisure activities besides gambling — spend time with family and friends.
8. Don't gamble to escape problems or negative emotions. Only play for fun.
9. Don't gamble if you've consumed alcohol or drugs — they impair your judgment and sense of time.
10. If you lose, talk openly about it with people close to you. Don't hide it or lie.

Retrospective research studies have shown that most problem gamblers started gambling before the age of 20.

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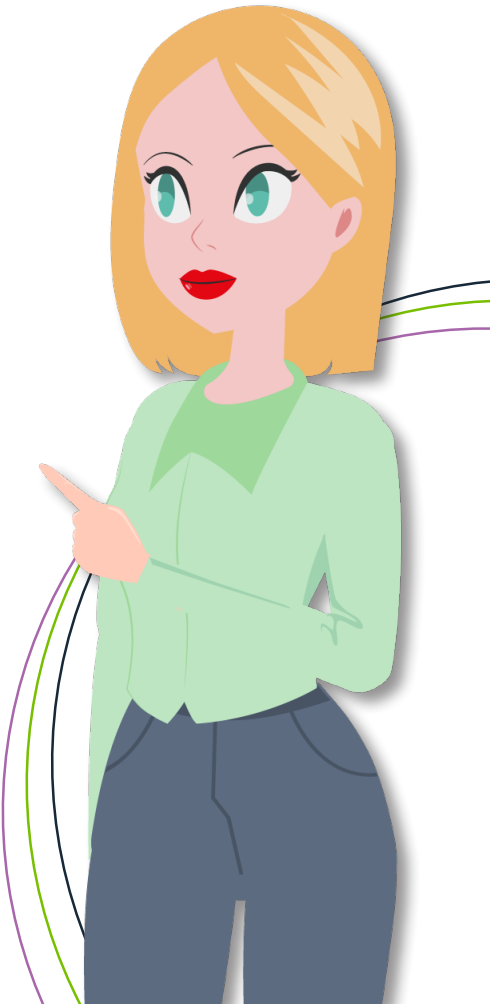
È possibile consultare le probabilità di vincita dei singoli giochi su www.adm.gov.it nelle sezioni dedicate.

TIPS FOR HEALTHY AND RESPONSIBLE GAMING

Risks Associated with Gambling



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When gaming becomes an Addiction:

Warning Signs and Consequences

Gambling is generally seen as an enjoyable pastime — a social habit much like browsing the Internet or watching TV. Traditionally associated with fun and leisure, it also plays a significant role in our social lives.

For many people, gambling remains a harmless and healthy form of entertainment. However, for others, it can shift from being a simple escape to a sign of a serious pathological condition commonly known as gambling addiction, and clinically referred to as GAMBLING DISORDER (GD) OR PROBLEM GAMBLING.

Signs not to be underestimated

• **Frequency of Gambling:** The gambler seeks ever greater involvement and can only stay away from gambling for very short periods of time. After a loss, they often return to gambling with the illusion of recovering the money lost.

• **Time Spent on Gambling**: The gambler establishes an exclusive relationship with gambling and devotes more and more time to it. Gambling therefore takes precedence over all other interests, overshadowing friends, family, work, hobbies, etc.

• **Money Spent:** The gambler needs to gamble increasingly larger amounts of money to achieve the desired excitement. They lose the ability to realistically assess how much money they can afford to spend based on their actual financial capacity.

• **Behavior:** The gambler becomes irritable when trying to reduce or stop gambling. They may rely on others and resort to illegal actions to acquire money. They also tend to lie to conceal their involvement in gambling and minimize losses.

• **Motivation for Gambling:** The gambler often turns to gambling as an escape from problems and negative emotions. Gambling is used to distance themselves from life's difficulties.

Risks and Consequences

The urge to gamble becomes irresistible and uncontrollable for the pathological gambler. The pursuit of intense emotions continues relentlessly until the person becomes dependent. The chase for lost money and the desire to recover it can lead, over time, to a complete financial disaster, often involving resorting to usurious loans and lies within the family to conceal the true financial situation. In some cases, personal and family crises become so severe that they drive the individual to extreme behaviors such as illegal actions (fraud, embezzlement, theft) or suicide attempts.

In Adolescence

The practice of gambling with monetary rewards is steadily growing among adolescents, and it is the specific characteristics of this developmental phase, such as impulsivity, the search for novelty, and the desire for new experiences, that increase young people's vulnerability to sometimes problematic gambling behavior.

Signs Not to Be Underestimated

- Unexplained need for money
- Unjustified absences from school
- Missing objects at home
- Withdrawal from family and friends
- Excessive concern with sports competition results
- Late-night calls
- Sudden drop in academic performance
- Abandonment of activities and loss of interest in things
- Unexplained credit card expenses

Unexplained need for money

Problematic gambling in adolescents often leads to broken social relationships and the breakdown of the family unit. Gambling issues negatively affect both school and work. Moreover, when the disorder arises during adolescence, it becomes deeply ingrained as a structural element of the developing personality. Attempts to eliminate this behavior may result in the reconsideration of the entire personality structure, with the risk of leading to the onset of further psychological disorders.