Sports Betting & Online Gambling: Know your odds.

Online Gambling is big business. Ontarians wagered **$82.7 billion** in the past year. That amount is equal to every person in the province betting over $5000 a year.

Smartphones and online platforms have made gambling more accessible than ever.

- Approximately **10%** of Canadians present a moderate to high risk of problem gambling (gambling that persists despite negative personal or financial harms), with a higher rate even higher among emerging adults aged 18 to 34 (**15%**).
- The earlier you begin (less than 12 years old) the more likely you are to experience problems with gambling.
- Using substances, such as alcohol, while gambling is associated with increased intensity of gambling behavior and greater harms.

Sports and Gambling: The difference.

Sports require skills that can be improved through practice. Gambling is a chance-based activity. Many factors are out of our control when betting on sports (i.e. like player performances, injuries, referee decisions and final outcomes).

Staying safer: Explore ways to reduce harms.

- Expect to lose at chance-based games
- Set time and money limits
- Avoid using credit cards or money you don't have (i.e. student loans or credit).
- Avoid chasing losses
- Avoid gambling while under the influence of alcohol, cannabis or other substances
- Become knowledgeable about the harms and potential outcomes
- Be aware of the influence of sign up incentives and bonus bet offers
- Participate in other activities that promote balanced and healthy enjoyment

Learn the facts:

- Gambling has the potential to cause harm to our finances, mental health, physical health, and relationships.
- Gambling advertisements are 4 times more appealing for emergent adults (under 24 years of age).
- Gambling rarely results in winning. Gambling platforms have a built-in advantage to ensure they always make a profit (often called the "House Edge").
- Online accessibility can increase risk factors (i.e. time played, links to credit cards, frequency of bets, and amount wagered).
- Online sports betting is associated with 5 times higher rates of problem gambling:
  - "In-play" or "live sports betting" during sporting events triples the likelihood of experiencing problem gambling.

Youth Gambling Awareness Program (YGAP)

Ottawa Public Health

Carleton University | Umbrella Project

Shine On

Financial management

- Gambling is a form of entertainment. It's not a reliable source of income.
- Like for other activities, developing a detailed budget can help you know how much you can comfortably spend each month.
- Establish your "needs" (essential for daily life) vs. your "wants" (desired luxuries).
- Allot a % of your weekly income towards all "entertainment activities", including gambling.
- Avoid linking your credit cards or banking cards to online gambling platforms.
- The volatility of digital currencies (Crypto, Bitcoin, etc.) and unregulated platforms can lead to greater risk of financial harm when using these currencies as wagers and relying on cryptocurrency investments as guaranteed income.
- The Lower Risk Gambling Guidelines recommend spending no more than 1% of pre-tax annual income on gambling. Ex: For an individual whose income is $20,000 per year this results in $17 per month

Quick Tip: If you know your weekly income, you can use this formula to determine the recommended monthly gambling spending limit:

(My Weekly Income) x 0.01 =
[recommended gambling spending limit per month]

Income per week	Recommended gambling spending limit for the month
$100 per week	$1.00 per month
$500 per week	$5.00 per month
$750 per week	$7.50 per month

Know the warning signs

- Absences from school, work, or extracurricular activities
- Experiencing strong emotions during sporting events (known as "Gamer Rage")
- Changes in behaviour (i.e. need to check devices or websites with changes in a sports game)
- Difficulty focusing on anything other than gaming/gambling
- Pulling away from friends, family, or social activities
- Difficulty sleeping at night or falling asleep during school hours
- Borrowing against future games or using "IOU's"
- Using new language (i.e. "dime", "nickel", "line", "juice", "spread", "dog", "action", etc.), see Gambling Glossary & Slang

Tips for talking to a friend...

- Know that stigma (feelings of shame) can prevent people from asking for help.
- Educate yourself about the topic to feel more equipped.
- Choose a private place and low-stress time.
- Say what you notice while avoiding judgmental language.
- Show you care. Remind them of their strengths.
- Listen and be open to talking more.
- Offer help by connecting them with local resources.

Know where to access resources and supports

- ConnexOntario: 1-866-531-2600
- AccessMHA
- Good2Talk
- have THAT talk about Gambling - Ottawa Public Health
- Learn more by listening to the YGAP Sports Betting Webinar **HERE**
- To book a free YGAP gambling awareness workshop, visit: **ymcagta.org/gambling**
- Reach out to a financial counsellor or consider using a budget tracker to help manage your finances

Scan the QR code

ygta.ca/6qwbrc
to download this information sheet