

ALL ABOUT SPORTS GAMBLING

GAMBLING ALL YOU'VE GOT?





CONTENTS

TEST YOURSELF

Take our test – and find out whether you are at risk. 4

WILL YOU WIN IF YOU KNOW MORE?

The risks of sports betting. 5

ALL ON ONE CARD?

From gambling to addiction. 6

INSIDER HINTS FOR GAMBLERS

Do you still have control? 7

INSIDER HINTS FOR FAMILY AND FRIENDS

Help for relatives. 8

WHAT DOES THE LAW SAY?

What the law says. 9

WHAT YOU CAN DO

Gambling addiction addresses and contacts. 10

Publication 11

TEST YOURSELF

Are you interested in sport and also like placing a bet?

Do you gamble for fun? Is your gambling behaviour risky?

Answer the following statements honestly.

Take our test!

YES NO

I keep on betting when I have reached my limit
and have no more money.

☐☐

I have often tried to bet less.

☐☐

I become restless and easily irritated
when I bet less or not at all.

☐☐

I sometimes borrow money
to continue betting.

☐☐

When I lose,
I want to win the money back as quickly as possible.

☐☐

My family and friends think
that I spend too much time with sports betting.

☐☐

Sometimes I feel bad,
rather guilty when I bet.

☐☐

I had to ask my family and friends for money
to pay off my gambling debts.

☐☐

If there's no other way,
I steal or cheat to get money.

☐☐

Every 'yes' answer is a sign that you have a possible addiction problem.

If you answered yes once or more than once, then your gambling
behaviour is of concern. Take the danger seriously and seek advice – free
on 080-1 37 27 00 from the BZgA Gambling Addiction Advice Line.

You can also find more information at www.check-dein-spiel.de.

WILL YOU WIN IF YOU KNOW MORE?

There are winners and losers with every sport. Fans love the thrilling competition right up to the last minute. And they always hope that they will be going home as the winner. An indescribably good feeling.

Betting on the result can make the game even more exciting. And unlike the lottery or roulette, your own sporting knowledge can even be of some use here. Or at least that is what many believe. But sports betting is gambling. No matter how much you know about the players or team, you cannot predict the decisive goal.

Sports betting is gambling. And there is a serious risk of you becoming addicted.

- ✗ If you know a lot about sport, you're possibly thinking that you are onto a safe bet. But ultimately it's all down to chance with sports betting.
- ✗ Fun betting coupled with an enthusiasm about sport – a dangerous combination. There is a very high risk of you becoming addicted to gambling.
- ✗ So many different types of sport, and so many opportunities to bet. The temptation increases to continue betting.
- ✗ You can bet without cash online. Just click instead of paying with hard cash. You can quickly find yourself betting more money than you wanted to.
- ✗ Combination bets lure you in with high prizes if an entire series of results is completely correctly bet. Live bets are equally thrilling because of their changing rates and betting opportunities. But it is precisely this that makes both forms of betting extremely risky.

WHEEL

ALL ON ONE CARD?



Sports bets, particularly live bets, can very quickly lead to a gambling addiction. It often starts with a win. The temptation is then great to continue betting.

But if you bet more, you'll lose more often. You persuade yourself that it's not so bad. It's just a run of bad luck. The hope of finally winning again grows in you. A person at risk of becoming addicted to gambling tries as often as possible to win back their lost money by placing more bets.

It reaches the stage that gambling is no longer fun. Betting becoming a compulsion. A person addicted to gambling needs to keep on gambling. When they lose, they have to offset the loss. Often they can end up cheating or stealing to get money. When they win, they want to win more – until they lose the next time. But, at the end of the day, the provider is always the winner.

Do you no longer have control? Are you no longer able to freely decide whether to bet or not? Then gambling has become an addiction. Gambling addiction is an illness. It is an illness that is very hard to cure alone.

INSIDER HINTS FOR GAMBLERS

Have you ever thought about betting less?

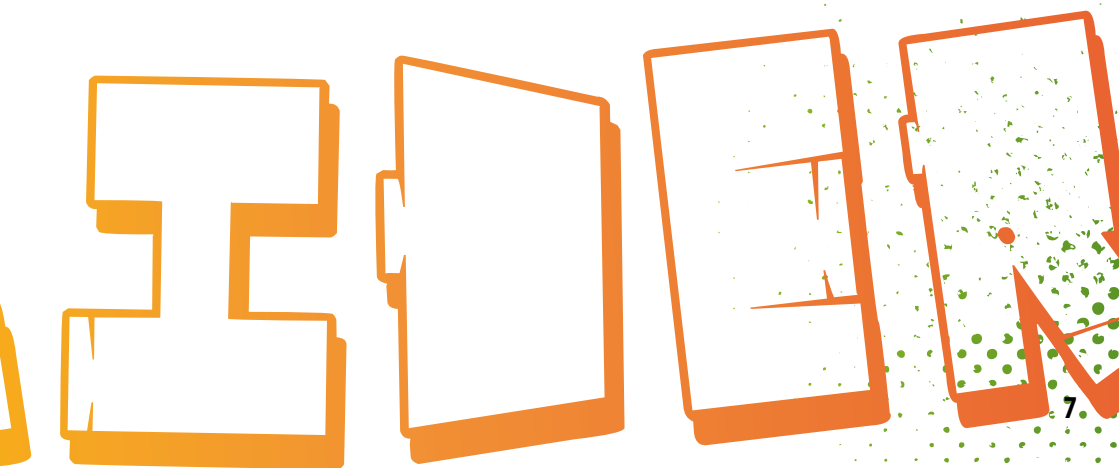
Then here are a few hints and ideas about how to minimise the risk of becoming addicted.

IT HELPS IF YOU:

- ✗ Define how often and for how long you bet.
- ✗ Set yourself a limit about how much money you will spend.
- ✗ Only bet money you have spare.
- ✗ Never drink alcohol when betting.
- ✗ Never bet when you are cross or angry.

Diversion helps when you want to give up gambling. Anything that diverts you and is fun is good: visiting friends, playing sport, watching films. Having a goal helps too: you could put the money that you save from not betting towards something special. Perhaps there is something that you have been wanting for some time.

Get help if you notice that you can no longer control your gambling!



INSIDER HINTS FOR FAMILY AND FRIENDS

Do you suspect or even know that relatives or a friend are addicted to gambling?

Addicts need help – their family and friends do too.

IT HELPS IF YOU:

- ✗ Know that sports betting could become a serious problem.
- ✗ Don't blame yourself for the other person's addiction.
- ✗ Do not lend them money.
- ✗ Block access to a joint account.
- ✗ Explain to the other person that you are worried about them instead of reproaching them.
- ✗ Support the gambling addict when they are looking for help.
- ✗ In a dispute, only threaten what you are also actually prepared to do.
- ✗ Look after yourself.
- ✗ Talk openly to friends.
- ✗ Ask for advice from professionals at an addiction counselling centre or on an advice line.

Lying and cheating is part of a gambling addiction. Relatives often only recognise how serious the situation is too late. Sometimes they simply do not want to accept that there is a problem and push it away. Whether you are only suspicious or have been suffering for some time because of your partner's or child's gambling addiction: it is always difficult coping with it alone. Experienced experts will help you to find a way of dealing with the gambling addiction, family problems, and also questions about gambling debts.

WHAT DOES THE LAW SAY?

Are you not yet 18 years old? Then you are not allowed to place sports bets. It doesn't matter whether you wish to gamble in a betting office or online. You may not complete a betting slip even if you are accompanied by an adult. Sports betting is permitted from 18 years of age – this is regulated by the German Youth Protection Act (JuSchG). There are a few things you should keep in mind even if you are 18 and like to bet: the State Treaty on Gambling (GlüStV 2021) stipulates that sports betting in Germany – whether online or in a betting shop – is only legal if the provider holds a state licence (concession) for this service. Many sports betting providers have not been granted this licence. Some of their headquarters are also abroad. This makes paying out possible winnings very difficult. Therefore, always make sure that you are gambling with a licensed betting provider. This is the only way to ensure legal gambling and protect adolescents and gamblers.

THE NEW STATE TREATY ON GAMBLING 2021 – WHAT'S IMPORTANT?

Gamblers who gamble a lot and perhaps too much can simply block themselves with a "Gambling block". If you would like to use this, simply submit an application on the gambling provider's website or at the Darmstadt Regional Authority (<https://rp-darmstadt.hessen.de/sicherheit/gluecksspiel/spielsuchtpraevention>). The Darmstadt Regional Authority is responsible for the "OASIS Central Blocking Directory". If you wish to be blocked, this self-block is valid for at least three months, usually for one year.

Alternatively, you can use the "Emergency button" on the online gambling provider's website. Then you do not need to apply; but this block ends automatically after 24 hours.

Gamblers are only allowed to spend up to €1,000 of their own money each month on online gambling. All gambling providers must submit a so-called "Limit file", for which a central gambling supervisory authority in Saxony-Anhalt is responsible. Please note: €1,000 a month is a lot of money. This equates to up to €12,000 of your own money being spent on online gambling each year. Do you really want that?

With very few exceptions, different bets cannot be placed in parallel online. A 5-minute break is needed if you switch online gambling provider. The "Activity file" ensures that this rule is adhered to.

You can find more information at www.check-dein-spiel.de.

WHAT YOU CAN DO



SIMPLY CALL:

BZgA Gambling Addiction Advice Line. 0 800-1 37 27 00

Mon to Thurs 10:00–22:00; Fri to Sun 10:00–18:00

Professionals provide free and anonymous advice on gambling addiction – especially on sports betting.

Foreign language phone advice on gambling addiction:

<https://www.check-dein-spiel.de/hilfe/fremdsprachige-telefon-beratung/>

JUST A CLICK AWAY:

www.check-dein-spiel.de

Everything you might want to know about gambling addiction with a self-test, knowledge test and online withdrawal programme. More information material at www.bzga.de
> Infomaterialien > Suchtvorbeugung > Glücksspielsucht

VISIT:

Addiction counselling centres for gambling addiction

You can find the addresses of advice centres near you at www.check-dein-spiel.de or on the BZgA Advice Line.

Debt Advisory Centre

Professionals here can help you to reduce your debt.

You can find the nearest Debt Advisory Centre at:

www.schuldenhelpline.de or

www.meine-schulden.de/beratungsstellen_in_ihrer_naehel

Self-help

Addicts or relatives share their experiences and offer each other mutual support in self-help groups.

You can find addresses at www.check-dein-spiel.de.

Family and Parenting Advice Centre

Get help with couple's problems or parenting questions here.

Visit www.dajeb.de and www.bke.de to find advice centres near you.

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für
gesundheitliche
Aufklärung**