



# CHANGE THE GAME

UNLOCK THE REALITY  
OF YOUTH GAMBLING

## TOOLS TO LOWER YOUR RISK

### Be Honest With Yourself

If you answer "Yes" to any of the questions below, you may be developing a gambling problem. Talk to your parents, a school counselor or someone else you can trust.

1. Do you often think about gambling when you are at school or with friends?
2. Are you spending more on gambling now than you were when you first started?
3. When you try to cut back on how often you gamble do you become angry, stressed, or easily irritated?
4. When you have problems with your friends, family, or school do you gamble to temporarily forget the problem?
5. When you lose money gambling, do you try to win it back?
6. Do you lie to your family and friends about how often you gamble or how much you have won or lost?
7. Do you spend money on gambling that is intended for other things (like lunch, clothing, transportation)?
8. Have you stolen money from friends or family members and used it to gamble?
9. Do you get into trouble with your parents or other family members because of your gambling?
10. Do you sometimes miss school or work because you would rather gamble?

The shift from gaming habit to gambling problem is subtle. But the risks aren't. Learn how to lower your risks at [ChangeTheGameOhio.org](https://www.ChangeTheGameOhio.org)

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