

Did you know that athletes have rates of gambling related harm **4x** times greater than the general population?

## WHAT IS GAMBLING

Gambling is risking something of value on an activity with an uncertain outcome

Athletes can be more susceptible to problems with gambling due to personality traits such as:

- high levels of energy and commitment
- motivated by extrinsic rewards
- unreasonable expectations of winning despite the odds
- competitive spirit - they don't like defeat
- distorted optimism
- quest for perfectionism
- prepared to make sacrifices
- often intelligent with high IQ levels

## SPORTS ARE FAST, BETTING SHOULDN'T BE

- Understand everyone loses over time
- Recognize the risks
- Know when to stop and where to get help

If you or someone you know is experiencing gambling related harm, contact our helpline at 1-888-789-7777 or chat [www.ccp.org/chat](http://www.ccp.org/chat)



## AT A GLANCE

**10%-14%**

of youth ages 12-17  
are at risk

The Problem Gambling Network of Ohio

## WARNING SIGNS

- Missing class or school days with no explanation
- Grades that suddenly drop
- Secretive, defensive, or aggressive behavior
- Increased interest in money and value of possessions
- Less interest in extracurricular activities
- Speaks openly about gambling interest or borrowing money