

ALL ABOUT SPORTS GAMBLING

# GAMBLING ALL YOU'VE GOT?



# WILL YOU WIN IF YOU KNOW MORE?

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.
- ✗ 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 and live bets lure you in with their high prizes and are also really exciting. But it is precisely this that makes both forms of betting extremely risky.



# LEGAL OPPORTUNITIES?

Are you under 18? Then you are prohibited from gambling. It doesn't matter whether you do it in a betting shop or online. You may not complete a betting slip yourself even if you are accompanied by an adult.

For everyone else: 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). Many sports betting providers have not been granted this licence. Some of their headquarters are also abroad. It is therefore very difficult for them to pay out possible winnings. Therefore, always make sure that you are gambling with a licensed betting provider. This is the only way to ensure that you are gambling legally and that adolescents and other gamblers are protected.



CHANGE

# ALL ON ONE CARD?

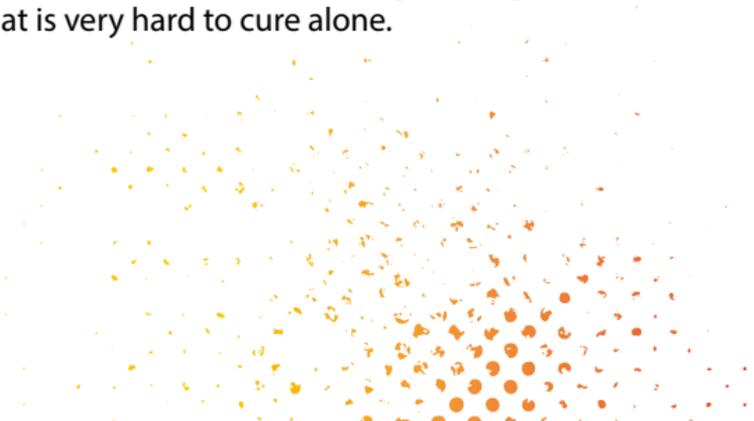
Sports betting can very quickly turn into a gambling addiction.

It often starts with a win. The temptation is then great to continue betting.

But if you bet more, you'll lose more often. At some point, betting becomes a compulsion.

If you lose, you find yourself wanting to win the money back quickly. If you win, you want to win more. But, at the end of the day, the provider is always the winner.

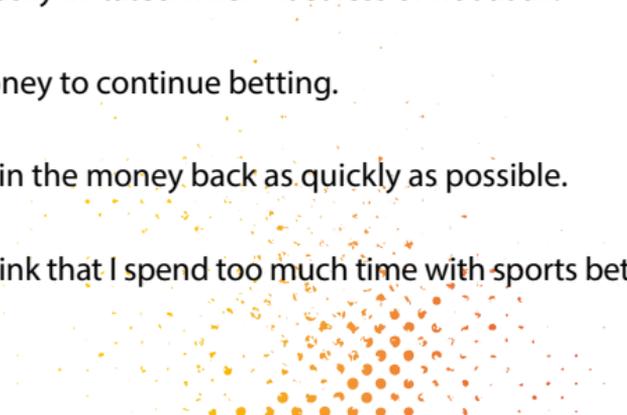
If you find yourself unable to freely decide whether to bet or not, then gambling has become addictive for you. It is an illness that is very hard to cure alone.



# TAKE OUR TEST!

## Gambling for fun? Risky gambling behaviour? How do you gamble?

	YES	NO
I keep on betting when I have reached my limit and have no more money.	<input type="checkbox"/>	<input type="checkbox"/>
I have often tried to bet less.	<input type="checkbox"/>	<input type="checkbox"/>
I become restless and easily irritated when I bet less or not at all.	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes borrow money to continue betting.	<input type="checkbox"/>	<input type="checkbox"/>
When I lose, I want to win the money back as quickly as possible.	<input type="checkbox"/>	<input type="checkbox"/>
My family and friends think that I spend too much time with sports betting.	<input type="checkbox"/>	<input type="checkbox"/>





Sometimes I feel bad, rather guilty when I bet.

YES

NO

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.

## YOUR RESULT

Were you honest? 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 0800-1 37 27 00 from the BIÖG Gambling Addiction Advice Line.

You can also find more information at [www.check-dein-spiel.de](http://www.check-dein-spiel.de).

# 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.

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

# INSIDER HINTS FOR FAMILY AND FRIENDS

Addicts need help, but so do their friends and family. It helps if you:

- X Do not lend them money.
- X Support the gambling addict when they are seeking help.
- X Look after yourself.
- X Ask for advice from professionals at an addiction counselling centre or on an advice line.

# WHAT YOU CAN DO

**Click on:** [www.check-dein-spiel.de](http://www.check-dein-spiel.de)

You will find detailed information, news, an online withdrawal programme, a chat clinic and lots more besides.

**Visit: Addiction advice centres for gambling addiction**

You can get help for your personal situation in addiction advice centres. Find the addresses of advice centres near you at [www.check-dein-spiel.de](http://www.check-dein-spiel.de) or on the BIÖG advice line.

**Call: BIÖG Gambling Addiction Advice Line: 0800-1372700**

**Foreign language phone advice on gambling addiction:**

[www.check-dein-spiel.de/hilfe-fuer-spieler/fremdsprachige-telefon-beratung](http://www.check-dein-spiel.de/hilfe-fuer-spieler/fremdsprachige-telefon-beratung)



# HAVE YOU BET IT ALL?

You can find more information on sports betting and other types of gambling at [www.check-dein-spiel.de](http://www.check-dein-spiel.de).

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