

For adolescents



# **GAMBLER AWAY**

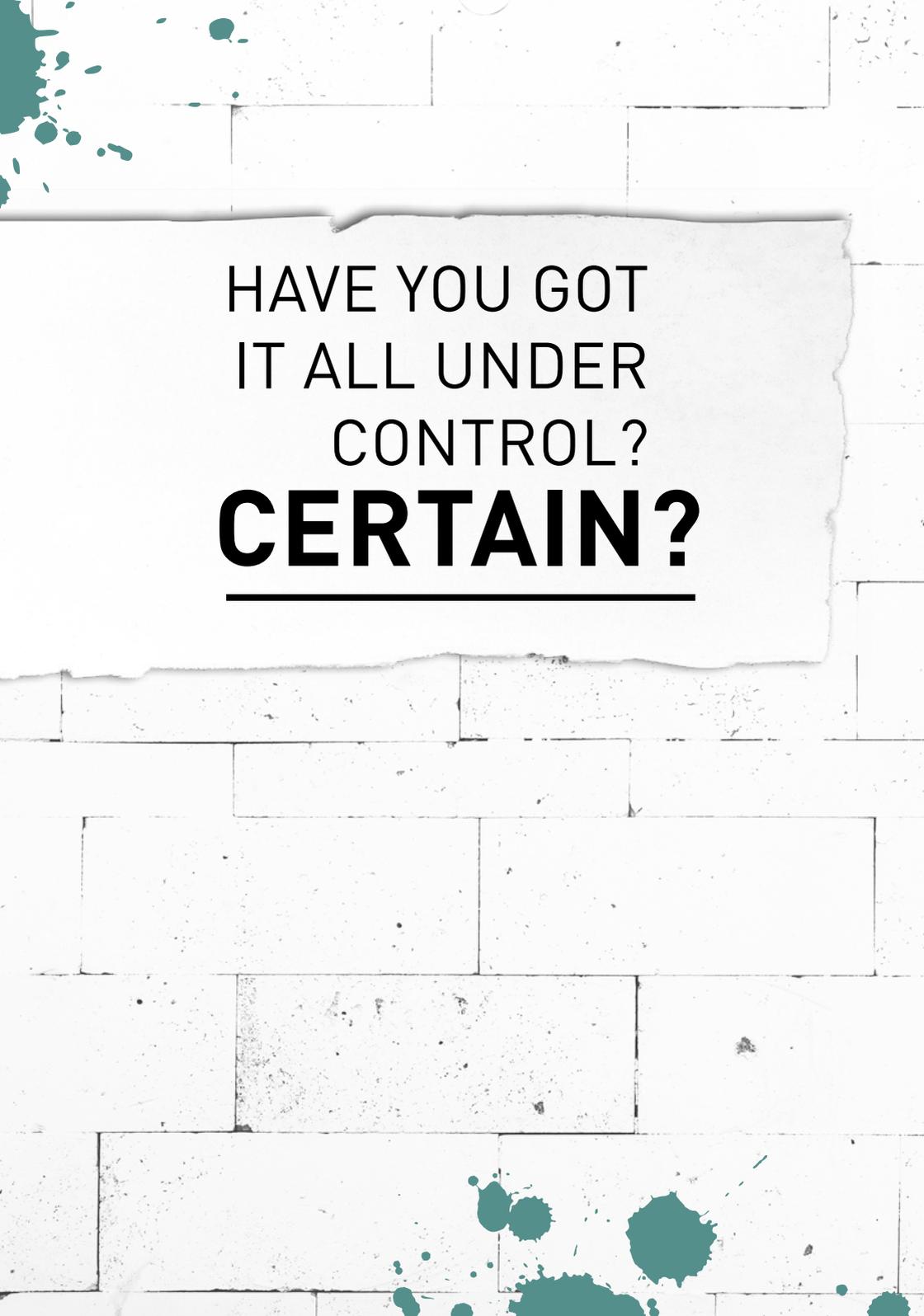
## INFORMATION ON GAMBLING ADDICTION FOR YOUNG PEOPLE



Bundesinstitut für  
Öffentliche Gesundheit

**CHECK  
DEIN  
SPIEL**





HAVE YOU GOT  
IT ALL UNDER  
CONTROL?  
**CERTAIN?**

# CHECK YOUR KNOWLEDGE

Say the first answer that comes into your head:

1

Are 16-year-olds allowed to play on the slot machines in a club or pub for example?

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2

Is anyone allowed to offer gambling in Germany?

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3

Are the various lottery games gambling or a competition?

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4

Is there a better chance of winning in sports betting if you know a lot about the sport?

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5

Is poker a game or gambling?

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6

Do you have a better chance of winning with a high jackpot?

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7

Are addiction counselling centres only responsible for addicts?

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8

Can computer games become addictive?

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Turn to page 12 for the answers

## OH RIGHT ...

Although slot machines are installed in public restaurants, adolescents under the age of 18 are prohibited from playing on them.

# DO YOU KNOW THE **LIMITS?**

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Most people have no problem with gambling. But the more often you gamble, the greater the danger. Some people are unable to stop. They continue gambling – in the hope of winning back their lost money. They spend more money than they can afford. They become addicted to gambling.



# THE SECRET TRICKS

Many gambling games use hidden tricks. This makes it harder to stop gambling. For instance ...

## **NOW OR NEVER?!**

Often the game forces the gambler to make quick decisions, increasing the risk. This is intentional, for example, with slot machines or roulette. It makes people quickly lose sight of the situation – and also control over their own wallet.

## **APPARENT CONTROL**

The Start-Stop buttons on slot machines. Nothing other than a trick. In truth, gambling is what it is: luck.

## **COULD HAVE, WOULD HAVE, SHOULD HAVE: FAST WINS**

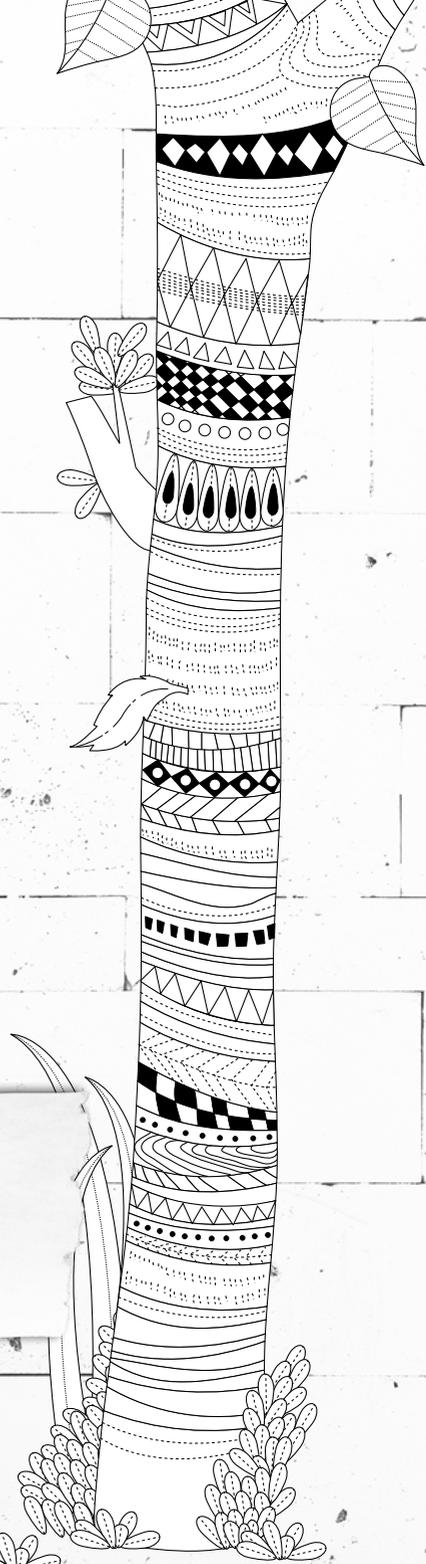
Who hasn't been there: if only one of the symbols on the slot machine had been a different one, ...If only the ball had gone one square further on the roulette wheel, .... The impression that the next win is within your grasp motivates you to continue. A mistake.

## **USE OF HIDDEN MONEY**

Because you don't have real money in your hand, you don't realise how much you are actually spending. But this isn't pretend money. Chips or virtual points are as expensive as the money you used to pay for them.

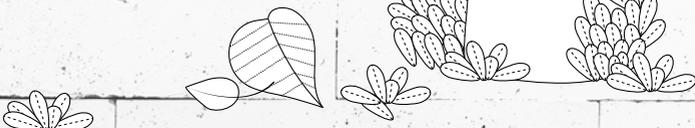
## **OH RIGHT ...**

Many people earn money from gambling: slot machine operators, gambling hall owners, betting offices – even local authorities and the state. Only the gamblers end up paying. The more they gamble, the more certain is their loss. Only you decide when to stop.



ALL  
JUST A  
**GAME?**

ME ... ADDICTED?  
NAH ... OR AM I?



# WHERE ARE YOU AT?

1

## **IT'S EASY TO GET STARTED ...**

Sure, playing is fun. Gambling too. But there is an important difference. Gambling is about money. And if you gamble for money, you really want to win. At all costs. And this is where the problem starts.

2

## **... THEN IT BECOMES DANGEROUS ...**

You end up spending more money because you want to win. You gamble more often. If you lose, you want to get back what you lost. But that doesn't work.

3

## **... AND FINALLY GAMBLING HAS BECOME AN ADDICTION.**

You are trapped if you spend more than you can afford. A loss of control sets in. Nothing apart from gambling is important. Not friends, not family, not education, not job – nothing else matters. You borrow money from others and get into debt. You have become addicted to gambling. But you can still get help at this stage.

## **OH RIGHT ...**

Take the test on page 7 to see if you are still in the green zone or if you need help. Go to page 11 for details about where to get help.

# ALERT!

Gambling addiction develops slowly.  
Almost imperceptibly.

## THINGS BECOME CRITICAL WHEN ...

- 🔥 you can no longer stop gambling.
- 🔥 you have squandered all the money you had with you.
- 🔥 you keep thinking about gambling and how to improve your game.
- 🔥 you have the urge to gamble again and again.
- 🔥 you bring other people in to get money.

# CHECK DEIN SPIEL

## Check your gambling.

		Yes	No
1	Do you sometimes use more money than you can afford when gambling?	<input type="checkbox"/>	<input type="checkbox"/>
2	Are you trying to gamble less, but it is not working?	<input type="checkbox"/>	<input type="checkbox"/>
3	Are you restless or irritated when you gamble less or not at all?	<input type="checkbox"/>	<input type="checkbox"/>
4	Do friends or family members criticise you for gambling?	<input type="checkbox"/>	<input type="checkbox"/>
5	Do you feel guilty when you gamble?	<input type="checkbox"/>	<input type="checkbox"/>
6	Do you try to recover lost money by continuing to gamble?	<input type="checkbox"/>	<input type="checkbox"/>
7	Do you sometimes borrow money to gamble?	<input type="checkbox"/>	<input type="checkbox"/>
8	Do you do anything illegal to get money to gamble?	<input type="checkbox"/>	<input type="checkbox"/>
9	Do you ask other people for money to pay off your gambling debts?	<input type="checkbox"/>	<input type="checkbox"/>

## ASSESSMENT

Every "yes" is a sign that something is wrong. Take your answers seriously. The more crosses you put against "Yes," the more problematic your relationship with gambling is.

# WHO'S IN CONTROL? **YOU ALONE!**

One of many ways out of a gambling addiction: get your kicks in another way. Either by playing sport or getting together with friends. Or get involved in things that affect or interest you. Then you can make a difference with others. There are so many things that give you the power. You decide when to stop gambling.

# INCIDENTALLY: WHAT THE LAW SAYS

The law protects adolescents under the age of 18. They are not allowed to participate in gambling. They are not allowed to enter gambling halls and casinos. Providers of gambling games who allow adolescents to gamble are liable to be prosecuted. This is regulated in the Youth Protection Act and the State Treaty on Gambling (GlüStV 21), which all the German federal states have signed.

## THE NEW STATE TREATY ON GAMING 2021 – WHAT YOU REALLY NEED TO KNOW?

The gambling market in Germany is governed by what is known as the State Treaty on Gambling, which all the federal states have signed. The new State Treaty on Gambling (GlüStV 2021) has been in force since 1st July 2021 and stipulates that gambling – even online – is only legal in Germany if the company has been granted a state licence (concession). But not all gambling providers have been granted this licence. Therefore, always make sure that you are gambling with a licensed gambling provider. This is the only way to ensure legal gambling and protect adolescents and gamblers. You can find licensed providers online on a joint official list (White List) at: <https://www.gluecksspiel-behoerde.de/de/erlaubnisfaehigesgluecksspiel/whitelist>. This is updated monthly.

Anyone who gambles 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-und-kommunales/gluecksspiel/spielersperrsystem-oasis/spieler-faqs>). If you wish to be blocked, this self-block is valid for at least three months, usually for one year.

The following also applies to online gambling: You can use the “Emergency button” on the gambling provider’s website. This lets you block yourself for a short period of time without having to complete an application. The block ends automatically after 24 hours.

You may also only spend up to €1,000 of your own money each month on online gambling. 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.



WHO  
CAN  
YOU  
**ASK?**

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It's really straightforward. After all, you're not alone – and there are people who know all about this. And why not? After all, it's always good to speak to the experts.

## **BIÖG ADVICE LINE: 0800-1 37 27 00**

Free personal counselling, anonymous on request. Information on gambling addiction. Monday – Thursday 10:00 – 22:00, Friday – Sunday 10:00 – 18:00.

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## **WWW.CHECK-DEIN-SPIEL.DE**

Extensive information and help portal with detailed self-tests, online withdrawal programme and addresses of advice centres.

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## **ADVICE CENTRES**

Every major city has addiction advice centres. They can provide information and help you free of charge, in person, and anonymously on request. Find an advice centre close to you at [www.check-dein-spiel.de](http://www.check-dein-spiel.de) or <https://www.bioeg.de/>.

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## **“NUMMER GEGEN KUMMER” ANONYMOUS HELPLINE: 11 6 111**

Children’s and adolescents’ helpline. Free anonymous advice. Monday to Saturday 14:00 – 20:00. E-mail advice at: [www.nummergegenkummer.de](http://www.nummergegenkummer.de). Peer-to-peer advice: Saturday 14:00–20:00, same phone number.

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## **TELEFONSEELSORGE PASTORAL HELPLINE: 0800-111 0 111**

Free and anonymous advice around the clock. Advice by e-mail or chat on: [www.telefonseelsorge.de](http://www.telefonseelsorge.de). Other phone number: **0800-111 0 222**.

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## **USEFUL LINKS:**

Association for Gambling Addiction e.V.: [www.gluecksspielsucht.de](http://www.gluecksspielsucht.de).

Association for Gambling Addiction Internet Forum e.V.:

[www.forum-gluecksspielsucht.de](http://www.forum-gluecksspielsucht.de).

Information on computer gaming and online addiction: [www.ins-netz-gehen.de](http://www.ins-netz-gehen.de).

## **OH RIGHT ...**

You don’t have to give your name when asking for advice.  
So you can remain anonymous.

# THE EXPERTS' ANSWERS

1

No. You can only gamble from the age of 18 onwards.

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2

No. You can only offer gambling if you have an official licence to do so.

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3

Playing the lottery is gambling. It costs money. Contests with prize money are different. Participation is then usually free of charge.

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4

No. Knowledge may help to better assess the bets offered. But ultimately, sports betting is gambling. Only one party is certain of winning: the one that offers the bets.

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5

No. Bluff: poker is pure gambling.

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6

No. It doesn't mean that the chance of winning increases when there is a lot of money in the jackpot. For instance, when you play the German "6aus49" lottery with a "super number", the likelihood of winning is 1 to 140 million.

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7

No. Addiction advice centres provide information and advise anyone who approaches them. For example, you can go there if you suspect a friend of yours has a gambling problem or if you want to know how to best protect yourself from gambling addiction. Every major city has advice centres. Their service is free of charge and anonymous on request, which means that you don't have to tell them your name.

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8

Yes. Especially online role-playing games like "World of Warcraft" are a huge potential source of addiction. They are not traditional forms of gambling, but, once again here, the operators know how to get money out of people's pockets.



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