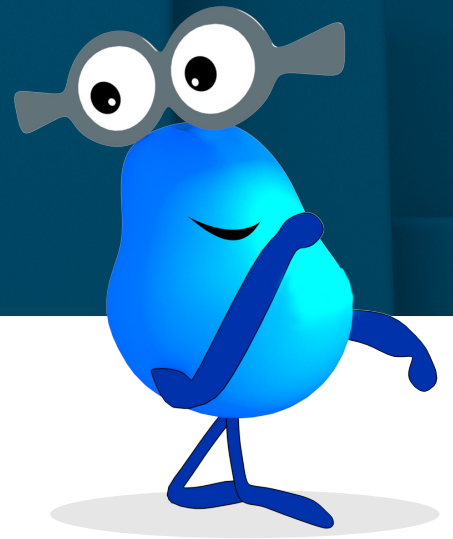


# Responsible Gameplay

## The Facts about Gambling

As at 22 July 2021



### What responsible gameplay looks like?

To help play responsibly, players are advised to consider the following.

- Don't gamble when you're upset or stressed
- Limit your alcohol and/or cannabis intake while gambling
- Know how the games work before you wager
- Set budget and time limits
- Take frequent breaks – move around, get some fresh air, have something to eat or a coffee
- Only gamble with money you have – never borrow money or use money intended for necessities, like rent or food
- Don't try to win back what you've lost
- Gambling is not a way to make money so don't think of it as a chance to win money for a trip, to pay bills or to pay off debt
- Stick to your budget by leaving your credit and debit cards at home
- Balance gambling with other recreational activities
- If you're no longer having fun, stop playing
- Don't depend on "good luck" strategies – they don't increase your chances of winning<sup>1</sup>

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<sup>1</sup> Adapted from the Responsible Gambling Council's [website](#) on 'What Is Safer Gambling?'