

# GUIDELINES for Responsible Gambling

In Oregon, most adults (87%) AGREE that if people choose to gamble, they should have their own guidelines for gambling responsibly.

## Reflect on these questions which can prevent problems with gambling.

### Is gambling only for entertainment?

Most adults (8 out of 10) agree that if people choose to gamble, they should do it for entertainment.

### How much is gambling costing you?

Most adults (9 out of 10) agree that people should understand how much gambling costs them. See [www.oregonlottery.org/play-responsibly](http://www.oregonlottery.org/play-responsibly)

### Are losses the cost of entertainment?

Most adults (8 out of 10) agree that people should treat the money they lose as the cost of entertainment.

### Is a dollar limit set and followed?

Most adults (9 out of 10) agree that people should set a dollar limit on how much they will gamble and stick to it.

### Are losses expected more than winnings?

Most adults (8 out of 10) agree that people should expect to lose when they gamble.

### Is trying to win back lost money avoided?

Most adults (9 out of 10) agree that people should avoid "chasing" lost money, that is, they should avoid trying to win back lost money.

### Is borrowed money or credit being used for gambling?

Most adults (9 out of 10) agree that people should NOT gamble using borrowed money or credit.

