



**PAUSE  BEFORE
YOU PLAY**

**DO YOU ENJOY SPORTS
BETTING, LOTTERY,
OR ONLINE GAMING?**

**PLAY FOR ENTERTAINMENT,
NOT FOR INCOME.**

-  SET LIMITS
-  RECOGNIZE THE RISKS
-  KNOW WHEN TO STOP

Life can be complicated, but responsible betting doesn't have to be. Gauge your risk for problem gambling and take the quiz at PauseBeforeYouPlay.org.