

PAUSE BEFORE YOU PLAY

KEEPING SPORTS BETTING FUN



MY FAMILY AND I ENJOY MAKING FRIENDLY BETS ON OUR FAVORITE SPORTS TEAMS. IS THAT GAMBLING?

Yes, even “off the book” bets are considered gambling. It’s common to think that sports betting isn’t really gambling because the bettor knows the rules of the sport or is a fan of the team, and thus is sure they’ll win the bet. But in reality every bet is all up to random chance, which makes any form of sports betting gambling. And as with any other type of gambling, sports betting is best done responsibly.

KEEPING BETTING FUN

It can be enjoyable to place a bet on your chosen team or the big game, especially when you’re doing it with friends or family. Almost half of American adults have participated in sports betting and many of them have done it socially. But more people playing and betting could lead to a problem.

That’s why it’s important to keep betting fun. Betting shouldn’t be a replacement for your hobbies or a way to earn income, and winning a bet shouldn’t be more important than cheering on your hometown team with your friends and family.

RESPONSIBLE BETTING TIPS

There are ways to make sure you, your family, and your friends keep your sports betting responsible and fun. Follow these tips:

- Set limits on how much you bet and how often you bet
- Use apps that set restrictions on your online betting
- Keep betting social and accountable by talking about your bets with your loved ones and asking about bets they have made
- Do activities other than betting with friends and family
- Know when it’s time to stop betting

THE WARNING SIGNS

It’s not always easy to tell if you or someone you know is struggling with a problem with gambling. Look for these common signs:

- Withdrawing from relationships with family and friends
- Hiding gambling behavior from loved ones
- Gambling more often or with more money
- Borrowing money with no explanation
- Gambling more to make up for previous gambling losses



Online betting takes just seconds. But betting too quickly could put you at-risk. Learn why you should pause before you bet at [PauseBeforeYouPlay.org](https://www.pausebeforeyouplay.org).