



# Responsible Gambling Resources

ICNC Center for Responsible Gambling and Youth Prevention [icnc.home.blog/crg]

## Freedom From Problem Gambling – UCLA Gambling Program

[uclagamblingprogram.org/treatment/wb/US\_WB.pdf]

“Do you want to stop gambling altogether or do you just want to reduce the amount of time or money spent?

We strongly recommend that you quit gambling completely for three or four weeks before making your final decision.”

### 3 Types of Gamblers

1. Social gamblers
2. Professional gamblers
3. Problem gamblers

### 5 Characteristics of Social Gamblers

1. Gamble for entertainment, typically with friends
2. Don't risk more than they can afford
3. Accept losing as part of the game
4. Don't “chase” their losses
5. Their gambling doesn't interfere with their work or life with their family.

### 4 Characteristics of Professional Gamblers

1. Show tremendous discipline and don't take unnecessary risks
  2. Stop when they are ahead
  3. Do not have problems caused by gambling
  4. Are always ahead at the end of the month or the year.
- “Many professional gamblers become problem gamblers over time.”

### 4 Benefits of Gambling

“Gambling has caused problems, but it also has benefits.”

1. The feeling of excitement after a big win
2. Making fast money
3. Gambling is fun
4. Gambling helps people forget their troubles and escape from problems

### 7 Positive Impacts of Responsible Gambling

“Think about how gambling can impact peoples' lives in both positive and negative ways.”

1. Physical health
2. Emotional health
3. Work situation
4. Financial situation
5. Social life
6. Legal situation
7. Family life

### 5 Keys to Responsible Gambling

1. Set a budget for how much you will spend in one session and in one week.
2. Develop ways to avoid “chasing your losses” (that is, trying to win back what you have lost).
3. Limit the time you will spend gambling.
4. Keep a daily diary to record your gambling. Use a notebook to record: the amount of time gambling, number of occasions, wins and losses, etc.
5. If you are exceeding your gambling limits, in either frequency or amounts, and are still experiencing problems, you should stop gambling.

## What Should I Do If My Friends Ask Me To Join Them In Gambling? – International Centre for Youth Gambling Problems and High-Risk Behaviors

[youthgambling.mcgill.ca/Gambling2/en/adolescents/faqs.php]

“Before you make your decision, be aware of the risks of gambling. If you do decide to play, play responsibly by:

1. Placing limits on the amount of time you will play, and
2. The amount of money you are willing to gamble.
3. Never bet more than you can afford to lose, and
4. Don't make the mistake of trying to win back losses by betting more money.”

## Positive Play Strategies – YMCA Youth Gambling Awareness Program

[youthbet.com/gambling/#positive-play]

“The vast majority of people that gamble do so without a problem. If you engage in gambling there are a number of strategies to keep in mind to reduce the harm that could be associated with gambling and keep gambling play positive.”

1. Gamble with others
2. Set time limits
3. Hope to win, expect to lose
4. Have a plan B – other things to do
5. Alcohol and gambling do not mix
6. Don't carry more money than you are prepared to lose
7. Keep in mind gambling is entertainment that has a cost
8. Understand that losing a game does not change who you are

## **Responsible Gambling Checklist** – ICNC Center for Responsible Gambling [icnc.home.blog/crg]

### 1. *Run your own game.*

- Don't support predatory unethical gambling systems like casinos, government lotteries, or usurious private betting services. Responsible gambling is fully controlled by the gamblers themselves.

### 2. *Gamble very small amounts of money.*

- To follow cultural and religious customs against profligate gambling and gaming, players should generally only gamble very small amounts of money or items of value (pennies, pebbles, penne, etc). This also reduces the odds of drama.

### 3. *Gamble at the proper times.*

- To follow cultural and religious customs against idleness, players should gamble temperately. Generally, during daylight hours, you should only gamble for very short periods of time on work breaks. At night time, responsible street gambling becomes part of family game night (one human family, one family of creation).

### 4. *Gamble in the right places.*

- The optimal place to play is outdoors, in an area where you won't be in anybody's way. Seek out comfortable settings with plenty of plant life, because plants help clean the air and calm our minds.

### 5. *Gamble to improve your life.*

- To truly be considered "responsible," gambling must positively impact your (1) physical health, (2) emotional health, (3) work situation, (4) financial situation, (5) social life, (6) legal situation, and (7) family life. For extra credit, improve two other areas of your life: (8) mental health, and (9) spiritual life.

## **Religious Resources**

### **Tony Evans' Responsible Gambling Checklist** – *Tony Evans Speaks Out on Gambling and the Lottery (2000)*

1. Responsible gambling is not motivated by greed (*is motivated by caritas*).

2. Responsible gambling does not use luck to try to replace providence (*trusts in providence*).

3. Responsible gambling does not displace productivity (*increases productivity*).

4. Responsible gambling is a wise risk.

5. Responsible gambling is not an addiction (*is temperate*).

6. Responsible gambling is not exploitative (*is just*).

7. Responsible gambling helps society.

8. Responsible gambling does no spiritual harm to others (*does spiritual benefit to others*).

9. Responsible gambling can be considered legitimate fun.

10. Responsible gambling is good stewardship.

"The issue of stewardship says that God is not just a passive observer in gambling. He must actually be bankrolling me since everything I have belongs to Him. My money is really his money."

"There is nothing wrong with the game of bingo in itself, or providing prizes for winners. Many churches use bingo to raise revenue, and say a prayer over it."

### **Developing Outreach to Problem Gamblers** – Gambling Recovery Ministries (GRM) [grmumc.org/facts]

"It is a myth that prayer and to 'just stop it' is all one needs to be rid of gambling problems. The fact is, recovery involves physical, emotional, and spiritual healing with regard to disordered gambling."

"Gambling support workers should expect resistance and a lack of understanding about what is involved in outreach endeavors to problem gamblers. Don't get discouraged! This kind of outreach is cutting edge, on the frontier of mental health and ministry."

### **Study Guides for The Gambling Culture** – Baylor University Center for Christian Ethics

[<https://www.baylor.edu/content/services/document.php/145421.pdf>]

"The primary concern is the social harm done by the gambling industry, not the effects of social forms of gambling like Friday night poker games."

### **Catechism of the Catholic Church**

Paragraph 2413 - Games of chance (card games, etc.) or wagers are not in themselves contrary to justice. They become morally unacceptable when they deprive someone of what is necessary to provide for his needs and those of others. The passion for gambling risks becoming an enslavement.

- *Gambling can be in keeping with justice.*

- *In order for gambling to be morally acceptable, it must not deprive people of what is necessary to provide for their needs and those of others.*

- *The passion for gambling risks becoming an enslavement. Responsible gambling means freedom from addiction.*

**Christian Saints** – Saint Cajetan is the patron saint of gamblers and Saint Sebastian is the patron saint of athletes.

## **Family Game Night Resources**

### **Helping Your Child: Tips for Parents and Other Caregivers** – National Institutes of Health

[[niddk.nih.gov/health-information/weight-management/healthy-eating-physical-activity-for-life/helping-your-child-tips-for-parents](http://niddk.nih.gov/health-information/weight-management/healthy-eating-physical-activity-for-life/helping-your-child-tips-for-parents)]

“To reduce your child's screen time, set up a family game night and turn off all the screens in your home.”

### **Healthier Holidays in 1–2–3!** – Centers for Disease Control and Prevention

[[cdc.gov/nccdphp/dnpao/features/stay-active/index.html](http://cdc.gov/nccdphp/dnpao/features/stay-active/index.html)]

“If the weather prevents you from heading outdoors, try planning a family game night.”

### **Family Game Night** – Metro Nashville Public Schools [[mnps.org/cms/one.aspx?portalId=32970327&pageId=36682480](http://mnps.org/cms/one.aspx?portalId=32970327&pageId=36682480)]

“It’s important for families to have fun together and Family Game Night is one way to do it.”

### ***3 Ways Making Time For Fun Affects Families***

“When you make time for fun, your family:

1. builds stronger relationships,
2. learns new life skills, and
3. creates memories that will last a lifetime.”

### ***8 Game Night Tips***

1. Set a time that works for everyone.
2. Have different games to choose from; add variety and choice.
3. Turn off or put away all screens.
4. Have snacks or dinner together.
5. Relax and enjoy, be mindful of the moment.
6. Be patient. Kids (and adults) might argue over the rules, etc. You are teaching your children to
  - a. take turns
  - b. cooperate
  - c. problem solve
  - d. resolve conflicts
  - e. win and lose with grace
7. Thank each other for playing and plan the next one.
8. At the end, reflect on what was fun or what you learned while playing.

### **Ideas for Family Game Night** – Seattle YMCA [[seattleyymca.org/blog/ideas-family-game-night](http://seattleyymca.org/blog/ideas-family-game-night)]

“Take a moment to laugh, play, and connect during a family game night.”

“Add some friendly competition and rotate trophies.”

“End your family game night with compliments. This is an opportunity for us to reflect and appreciate those in our family. Be thoughtful and specific with your compliments. Identify who will be in the compliment chair first. Next, let the compliments begin! Make sure everyone has a chance to share a compliment with that person. Take turns, making sure everyone including adults get a chance to be complimented. This is a sure way to end your family game night in gratitude!”

### ***3 Most Important Aspects Of Family Game Night***

“The most important aspects of family game night are to:

1. laugh,
2. play, and
3. have fun together as a family!”

### **Additional Resources**

Mariano Chóliz. “Ethical Gambling: A Necessary New Point of View of Gambling in Public Health Policies”

[[ncbi.nlm.nih.gov/pmc/articles/PMC5797763/](http://ncbi.nlm.nih.gov/pmc/articles/PMC5797763/)]

### **Resources for Teaching And Practicing Good Sportsmanship**

– Teaching Children Good Sportsmanship – Stanford Children’s Health [[stanfordchildrens.org/en/topic/default?id=teaching-children-good-sportsmanship-1-4524](http://stanfordchildrens.org/en/topic/default?id=teaching-children-good-sportsmanship-1-4524)]

– 10 Ways To Be A Good Sport – YMCA of Greater Brandywine [[ymcagbw.org/blog/10-ways-be-good-sport](http://ymcagbw.org/blog/10-ways-be-good-sport)]

– Teaching Children To Win and Lose Gracefully – Shauna Tominey, Ph.D, College of Public Health and Human Sciences, Oregon State University [[synergies.oregonstate.edu/2020/creating-compassionate-kids/](http://synergies.oregonstate.edu/2020/creating-compassionate-kids/)]

– The Art of Peace – Morihei Ueshiba [[geocities.ws/tijeloum/virtualbook/artofpeace.pdf](http://geocities.ws/tijeloum/virtualbook/artofpeace.pdf)] [[web.phys.cmu.edu/~sgaan/webfiles/THE%20ART%20OF%20PEACE.pdf](http://web.phys.cmu.edu/~sgaan/webfiles/THE%20ART%20OF%20PEACE.pdf)]

**ICNC Center for Responsible Gambling and Youth Prevention  
Gambling Ministry Code of Ethics**

- ✓ Ministers' primary goal is recovery for the client and their family; ministers have a total commitment to provide the highest quality of care for those who seek their service.
- ✓ Ministers shall evidence a genuine concern in all clients, and dedicate themselves to the best interest of the client, and to helping them to help themselves.
- ✓ Ministers shall maintain at all times an objective, non-possessive, professional relationship with all clients.
- ✓ Ministers shall be willing to recognize when it is in the best interest of the client to release them or refer them to another program or individual. Ministers shall adhere to the rule of confidentiality of all records, materials, and knowledge concerning the client.
- ✓ Ministers shall not in any way discriminate against clients or fellow professionals.
- ✓ Ministers shall respect the rights and views of other counselors and professionals.
- ✓ Ministers shall maintain respect for institutional policies and management functions within agencies and institutions, but take the initiative toward improving such policies when it will better serve the interest of the client.
- ✓ Ministers have a commitment to assess their own personal strengths, limitations, biases, and effectiveness on a continuing basis. Ministers shall continuously strive for self-improvement. Ministers have a personal responsibility for professional growth through further education and training. Ministers have an individual responsibility for their own conduct in all areas, including abuse or misuse of alcohol, drugs, and gambling.

“PLEASE GAMBLE RESPONSIBLY”