

Understanding the Risks and harm of Gambling:

Building Self-Control over Gambling

(1) Features of gambling:

- i. Gain or loss in the blink of an eye.
- ii. Rely on luck, beyond the control of participants.
- iii. Dissociate from reality due to excitement.
- iv. Addictive with far-reaching impact.

(2) Scourges of gambling:

Individual level

- i. Lowered self-image leading to emotional irritability, anxiety, tension and other psychological phenomenon.
- ii. Overspending leads to financial difficulties. It is also easy to develop a habit of squandering and affect the correct concept of financial management.
- iii. Absent from school or work due to gambling, unable to concentrate on work, reduced work ability and academic performance.
- iv. Reduce time for normal rest, sleep and exercise. It will seriously endanger our health even more if we eat high-sugar and high-fat snacks, together with smoking or drinking during gambling.

Interpersonal and social level

- i. Estranged from friends. Lose credit and increase conflicts in interpersonal relationships due to long-term debts.
- ii. Using lies to conceal the truth and destroy the trust among family members. At the same time, conflicts over money affect the harmonious atmosphere of the family.

Society level

- i. It is an offense for teenage under the age of 18 to participate in football and horse racing betting.
- ii. Gambling is purely based on luck and taking chances to obtain satisfaction, which promote speculation in the society.
- iii. Falsely report their income to apply credit loan, and even collect illegal betting on their behalf, leading to an increase in social crime rates.
- iv. Gambling increase society's burden on handling family problems, pathological gamblers and gambling crimes.

(3) Fallacies of gambling:

- i. “Gambling is a healthy entertainment”: Gambling can be addictive which affect individuals and the society.
- ii. “Gambling can reduce stress and eliminate worries”: This is just an illusion, gambling addiction could increase stress.
- iii. “Gambling could reap without sowing; windfall is at your fingertips”: Greed leads to poverty.
- iv. “Losing money = Doing charity”: Just a self-comforting mentality of gamblers after losing money.
- v. “Having the ‘Sure Win tactic’”: Winning is just by chance, losing money is the reality, no one can avoid.
- vi. “I will never get addicted to gambling”: Without self-control, you will eventually find yourself in the quagmire of gambling addiction.

(4) Tips to refuse gambling, including:

- i. Just say NO: Resolutely say NO and refuse firmly.
- ii. Gain initiative: Actively suggest for other recreational activities.
- iii. Refuse to be a follower: Clearly stated that you will not follow the gambling trend.
- iv. Leave the scene: Find an excuse to leave the scene and avoid being tempted again.
- v. Be Knowledgeable: Speak out the scourges of gambling.



(5) A long-term and effective ways to avoid gambling:

- i. Avoid engaging in any gambling activity.
- ii. Develop healthy financial habits.
- iii. Establish healthy social activities and entertainment.
- iv. To learn about emotion and stress management.
- v. Establish correct values.
- vi. Seek help from elders or call the gambling counselling hotline for advices and assistance if one finds addicted to gambling.