




TOP TIP TRICKS




I THINK THIS MACHINE IS DUE TO PAY OUT, BUT I SPENT ALL MY CASH SO I WON'T CHANCE IT.




MY FRIEND SAYS HE CAN RECOUP OUR LOSSES WITH THIS ONE BET, BUT I DON'T GIVE HIM ANY MONEY.




I ACCIDENTALLY WENT OVER MY BUDGET AND FEEL I COULD WIN IT BACK... BUT I CHOOSE TO STOP NOW.



I SPENT TONS TRYING TO GET A SPECIFIC ITEM IN A LOOT BOX. I CUT MY LOSSES AND STOP BUYING ANY.



I'M SUPER STRESSED AT WORK, BUT IT'S NOT A GOOD TIME TO GAMBLE.



I TURN MY PHONE OFF IF I GET TOO ANGRY BETTING WHILE WATCHING FOOTBALL.



I'M FEELING REALLY LONELY TODAY, BUT JUST CALL MY FRIEND RATHER THAN PLAYING MORE ONLINE BINGO.



I GOT FRUSTRATED PLAYING THIS GAME, SO I TURN IT OFF RATHER THAN BUYING MORE LOOT BOXES.

TOP TIP TRICKS



I PLAY VIDEO GAMES FOR 3 HOURS A WEEK.



I GO TO THE BINGO FOR 2 HOURS EVERY MONTH.



I WILL STAY IN THE CASINO FOR AN HOUR.



I SET A REMINDER TO SWITCH MY PHONE OFF AFTER 1H OF PLAY TIME.



I USE A GIFT CARD TO PURCHASE IN-GAME ITEMS SO I CAN STICK TO A MONTHLY LIMIT.



I TAKE CASH TO THE RACES THAT I'M HAPPY TO SPEND.

I ONLY BUY ONE SCRATCH CARD DURING MY MONTHLY SHOP.



I ONLY SPEND A FIVER AT THE ARCADES.



TOP TIP TRICKS



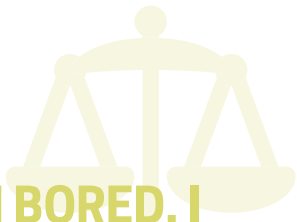
I LOVE MY VIDEO GAMES, BUT I ALSO HANG OUT WITH MY FRIENDS A LOT.



I GO TO THE RACES EVERY ONCE IN A WHILE, BUT MY OTHER HOBBIES ARE MORE IMPORTANT.



MY FAMILY, FRIENDS, SCHOOL AND HOBBIES COME FIRST. I DON'T LET GAMBLING GET IN THE WAY.



IF I'M BORED, I SEE ABOUT HAVING MY FRIEND OVER RATHER THAN GAMBLING.



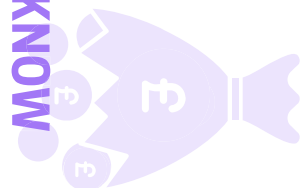
WHEN INSTALLING APPS, I SWITCH NOTIFICATIONS OFF SO I'M NOT TEMPTED TO PLAY MORE.



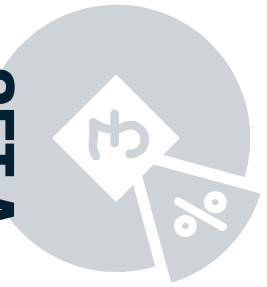
WHEN I GAMBLE, I DON'T EXPECT TO WIN.



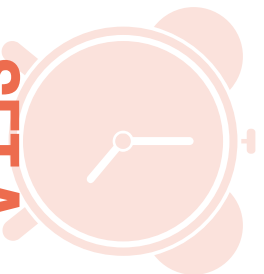
I DON'T FALL FOR "FREE SPINS" OR OTHER INCENTIVES TO PLAY MORE.



I LET MY FRIENDS KNOW ABOUT THE HOUSE EDGE BEFORE THEY GAMBLE.



**SET A
BUDGET
& STICK TO IT**



**SET A
TIME
LIMIT**



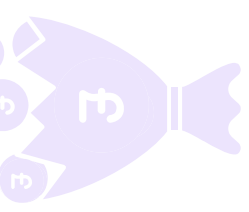
**DON'T
GAMBLE
TO COPE
WITH
NEGATIVE
FEELINGS**



**NEVER
CHASE
YOUR
LOSSES**



**BALANCE
GAMBLING
WITH
OTHER
HOBBIES**



**KNOW
THAT
GAMBLING
IS DESIGNED
TO TAKE
YOUR
MONEY &
KEEP YOU
PLAYING**