

Gambling with GameSense



It just makes sense

- Play for entertainment, not to make money.
- Know how the game works and what the odds are before playing.
- Use your entertainment budget, not money for everyday expenses.
- Set a budget and stick to it.
- Only play with money you can afford to lose.
- Consider leaving your ATM cards at home.
- Plan how long you will play before you go.
- Take frequent breaks.
- Don't borrow money to gamble.
- Don't chase losses, accept them as the cost of entertainment.
- Balance gambling with other types of leisure activities.

Find out
more...

GameSense

bclc
playing it right

engage your **GameSense.ca**