

The Rise of Online Sports Betting

- 1. Legalization:** In 2018, a Supreme Court decision opened the floodgates for legal sports betting.
- 2. Technology:** Smartphones have made betting accessible anytime, anywhere.
- 3. Cultural shift:** Sports betting has become more socially acceptable, with major sports leagues partnering with betting companies.
- 4. Marketing:** Aggressive advertising campaigns have normalized betting as part of the sports-watching experience.
- 5. COVID-19 impact:** The pandemic accelerated the shift to online platforms for entertainment and gambling.

Who's Betting?

Recent studies have revealed interesting patterns in who engages in online sports betting:

- **Age:** Young adults (21-34) make up the largest group of online sports bettors.
- **Gender:** While most sports bettors are men, increasing numbers of women are participating, too.
- **Income:** Middle-to upper-middle-income individuals are more likely to bet online.
- **Education:** College-educated people are overrepresented among online sports bettors.
- **Sports fans:** Avid sports fans are more likely to engage in online betting.
- **Tech-savviness:** Those familiar with digital technology are more prone to online betting.



RESOURCES

National Problem Gambling Helpline

1-800-GAMBLER (426-2537)

Gamblers Anonymous

www.gamblersanonymous.org

ONLINE SPORTS BETTING:

Don't Gamble with Your Future



in the know

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Why Is It a Problem?



- 1. Addiction:** The ease of access can lead to compulsive behavior.
- 2. Financial ruin:** Large losses can lead to debt and financial instability.
- 3. Mental health issues:** Anxiety, depression, and stress often accompany problem gambling.
- 4. Relationship strain:** Betting addiction can damage personal and professional relationships.
- 5. Integrity of sports:** Increased betting activity raises concerns about match-fixing and corruption in sports.
- 6. Youth exposure:** Young people are increasingly exposed to betting culture.
- 7. Data privacy:** Online betting platforms collect vast amounts of personal and financial data.

Symptoms of a Gambling Addiction



Recognizing the signs of problematic betting behavior is crucial. Watch out for:

- **Preoccupation:** Constantly thinking about or planning bets.
- **Escalation:** Needing to bet more money to get the same thrill.
- **Loss chasing:** Trying to recoup losses by placing more bets.
- **Lying:** Hiding betting activities from friends and family.
- **Borrowing:** Taking loans or using savings to fund betting.
- **Neglect:** Ignoring work, family, or personal responsibilities due to betting.
- **Withdrawal:** Feeling restless or irritable when trying to cut down on betting.
- **Failed attempts:** Inability to stop or control betting despite wanting to.
- **Jeopardizing opportunities:** Risking job, education, or relationships for betting.
- **Reliance on others:** Seeking financial bailouts due to betting losses.



Getting Help

If you or someone you know is struggling with an online sports betting addiction, help is available:

- 1. Professional counseling:** Seek help from therapists specializing in gambling addiction. Many offer online sessions for convenience.
- 2. Self-exclusion programs:** Most online betting platforms offer tools to limit or block your access. Use these proactively.
- 3. Financial counseling:** Consult with financial advisors to manage debt and create a recovery plan.
- 4. Support groups:** Encourage family members to join support groups like Gam-Anon for guidance and understanding.
- 5. Block betting sites:** Use software on your devices to restrict access to betting websites and apps.
- 6. Educate yourself:** Learn about the psychology of gambling addiction to better understand and combat the problem.

Remember, seeking help is a sign of strength, not weakness. With the right support and resources, recovery from online sports betting addiction is possible. Take the first step towards a healthier, betting-free life today.

