

## **CYBER GAMBLING (SLAYT 1)**

Online gambling (or Internet gambling) is any kind of gambling conducted on the internet. This includes virtual poker, casinos and sports betting. (SLAYT 2)

Many countries restrict or ban online gambling. However it is legal in some states of the United States, some provinces in Canada, most countries of the European Union ( SLAYT 2)

In the late 1990s, online gambling gained popularity; there were only fifteen gambling websites in 1996, but that had increased to 200 websites by the following year. (SLAYT 3)

The Internet has allowed new types of gambling to be available on line. Improvements in technology have changed betting habits as well. (SLAYT 3)

Gambling has become one of the most popular and lucrative businesses on the Internet(SLAYT 3)

According to the European Gaming and Betting Association (EGBA), online gambling is a growing sector within the EU. (SLAYT 3)

The Forms Of Cyber Gambling (SLAYT 4)

### **Poker**

### **Casinos**

There are a large number of online casinos in which people can play casino games such as roulette, blackjack, pachinko, baccarat and many others.

### **Sports betting**

Sports betting is the activity of predicting sports results and placing a wager on the outcome. Usually the wager is in the form of money.

### **Bingo**

### **Lotteries**

The first online lotteries were run by private individuals or companies and licensed to operate by small countries. Most private online lotteries have stopped trading as governments have passed new laws against them. Government-controlled lotteries now offer their games onlin

### **Horse racing betting**

### **Mobile gambling**

Mobile gambling refers to playing games of chance or skill for money by using a remote device such as a tablet computer, smartphone or a mobile phone with a wireless Internet connection.

### **In-play gambling**

## Reasons why online gambling is more addictive than casino gambling (SLAYT 5)

1. **Online gambling is available 24/7** You can Access these kinds of sites whenever you want. (slayt5)
2. **Gambling online can be undetected** If you're visiting a casino or betting shop multiple times a day, friends, family, and colleagues will start to notice but if you do it online it is much easier to hide it. (slayt5)
3. **It's easy to Access** It only requires internet connection and a credit card. (slayt5)
4. **Online gambling seduces you in** : They usually offer promotions such as free bets to newcomers (slayt 6)
5. **Online gambling is controlled by robots** (slayt 6)
6. **Online gambling is anonymous** Casinos have age limit laws, when we come to online it's easier for someone to set up an account and avatar, lie about their age, and start gambling. (slayt 6)
7. **Online gambling builds on psychological cues** : Like video games, online gambling sites use clever techniques to appeal to gamblers . They use psychological cues to attract online gamblers and keep them coming back for more. (slayt 6)

## THE WAYS TO OVER COME ONLINE GAMBLING ADDICTION (SLAYT 7)

### 1. Understand the Problem

You can't fix something that you don't understand. To eliminate gambling from your life, you must learn about the issue and admit you have a gambling problem.

### 2. Join a Support Group

Now that you have recognized the problem, you can look for help from a support group. Support groups are organizations maintained by people with similar experiences and pasts. Though support groups lack professional interventions, they are free to try out in person or in online chat rooms.

### 3. Avoid Temptation

For someone in recovery, avoiding people, places and activities linked to gambling can help them avoid a setback. By avoiding these triggers, you can avoid the thoughts and feelings that encourage gambling.

### 4. Find Alternatives to Gambling

To improve your state, you'll need to find healthy alternatives to gambling such as Physical activity (e.g., going for walks, weightlifting, team sports or yoga) Spending more time with friends and family and exploring new hobbies

**5. Think About the Consequences** : Think about the consequences of your past gambling to avoid gambling in the future. Think about:

The emotional pain you caused your loved ones

The financial hardships you put your family in

Any lies you told to disguise your addiction from others

### 6. Seek Professional Help

If the techniques we mention does not work mush , consider seeking professional help as soon as possible

Thanks for listening to me ([SLAYT 8](#))