



Erasmus+

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# ***“Technology Addiction in Adolescents”***

## ***“Online Gambling Addiction”***

Riga Secondary School No.18

Roberts Petrovs

# *What Is Online Gambling?*

Online gambling or Internet gambling is any kind of gambling conducted on the internet. This includes virtual poker, casinos, sports betting etc.



Online casinos enable gamblers to play and wager on casino games through the Internet. It is a prolific form of online gambling.



# ***Gambling Addiction And Problem***



Gambling addiction—also known as pathological gambling, compulsive gambling or gambling disorder—is an impulse-control disorder. If you're a compulsive gambler, you can't control the impulse to gamble, even when it has negative consequences for you or your loved ones.



You'll gamble whether you're up or down, and you'll keep gambling regardless of the consequences—even when you know that the odds are against you or you can't afford to lose.



Gambling problems can happen to anyone from any walk of life. Your gambling goes from a fun, harmless diversion to an unhealthy obsession with serious consequences.





A gambling addiction or problem is often associated with other behavior or mood disorders. Many problem gamblers also suffer with substance abuse issues, unmanaged ADHD, stress, depression, anxiety, or bipolar disorder.



To overcome your gambling problems, you'll also need to address these and any other underlying causes as well.

Although it may feel like you're powerless to stop gambling, there are plenty of things you can do to overcome the problem, repair your relationships and finances, and finally regain control of your life.





# ***Gambling addiction signs and symptoms***

Gambling addiction is sometimes referred to as a “hidden illness” because there are no obvious physical signs or symptoms like there are in drug or alcohol addiction. Problem gamblers also typically deny or minimize the problem—even to themselves. However, you may have a gambling problem if you

**Feel the need to be secretive about your gambling.** You might gamble in secret or lie about how much you gamble, feeling others won't understand or that you will surprise them with a big win.

**Have trouble controlling your gambling.** Once you start gambling, can you walk away? Or are you compelled to gamble until you've spent your last dollar, upping your bets in a bid to win lost money back?



**Gamble even when you don't have the money.** You may gamble until you've spent your last dollar, and then move on to money you don't have—money to pay bills, credit cards, or things for your children. You may feel pushed to borrow, sell, or even steal things for gambling money.



**Have family and friends worried about you.** Denial keeps problem gambling going. If friends and family are worried, listen to them carefully. It's not a sign of weakness to ask for help.

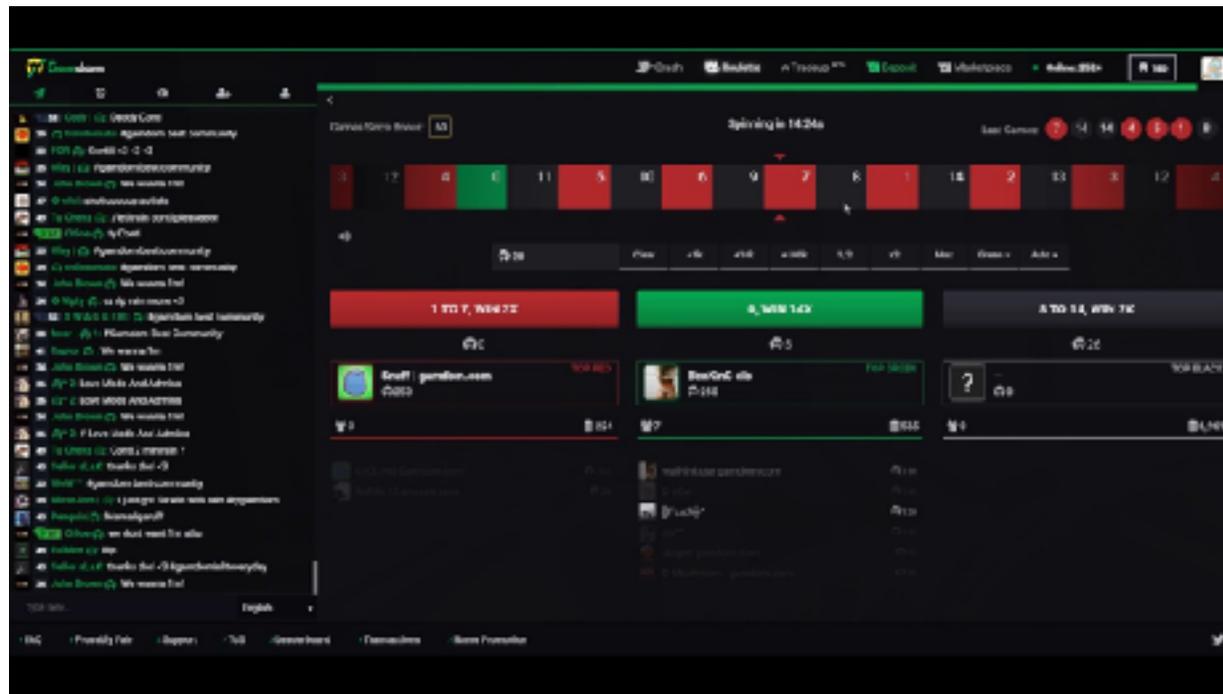




# *Self-help for gambling problems*

The biggest step to overcoming a gambling addiction is realizing that you have a problem. It takes tremendous strength and courage to own up to this, especially if you have lost a lot of money and strained or broken relationships along the way. Many others have been in your shoes and have been able to break the habit and rebuild their lives. You can, too.

# My Own Experience Gambling Online



Thank You For Your Attention!

Grazie per l'attenzione!

Ilgileriniz için çok teşekkür ederiz!

Vă mulțumim pentru atenție!

Gracias

por

tu

Atención!

Благодаря

за

Вниманието!

Paldies

par

jūsu

uzmanību!