



GAMBLING - PLAY IT SAFE

Aboriginal Gambling Information

Gambling

Gambling can be defined as playing a game of chance for stakes. Gambling occurs in many forms; most commonly are horse & dog racing, poker machines, table games, sports betting, card games, lotto, bingo & the stockmarket

Legal

- Gaming machines
- TAB Wagering Horse Racing, Trotting / Pacing / Dogs
- Keno
- Lotto / Powerball
- Instant Scratchies
- Card Games
- Bingo
- Lotteries
- Casinos – roulette / blackjack / etc.
- Sports betting
- Two Up
- Stock Exchange / Day Trading
- Interactive Gambling

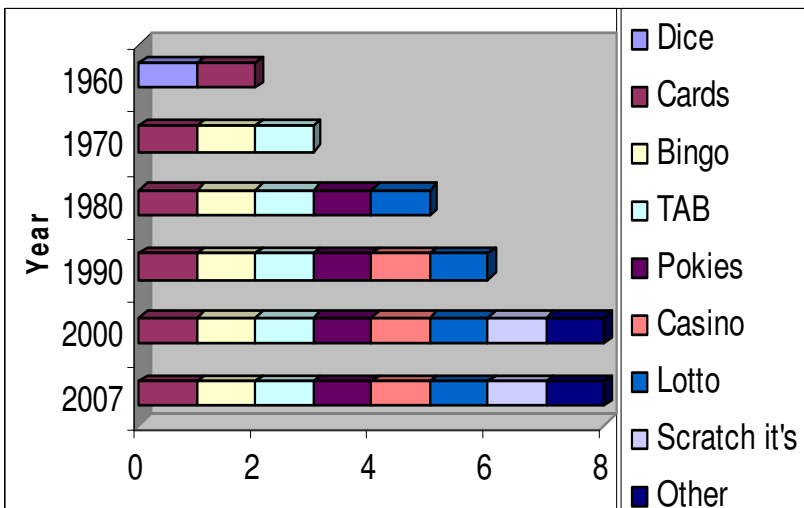


Illegal

- Card Games (some)
- Back yard Casinos
- Two-up
- SP Bookies
- Animal Fighting



History of Indigenous Gambling



What do Aboriginal people Play

Most common

- Poker machines
- Card games
- Horse racing
- Bingo

Least Common

- Internet Gambling
- Keno
- Sports betting
- Lotto
- Scratchies



2005 – 2006 Expenditure (Losses)

- 17.57 Billion Australia
- 10 billion on poker machines
- \$1,122 for every Australian over 18 spent on gambling each year



Why Do Aboriginal People Gamble?

Most Common

- To win money, hope to improve current financial situation
- To escape from problems and reality
- To be sociable
- For excitement
- To drink alcohol
- Learned behaviour
- Boredom, for something to do, do not have any other interests/hobbies/sports
- For entertainment, especially in remote communities
- Becomes a routine, community acceptance

Least Common

- To avoid talking to people
- To chase losses

Where Do People Gamble?

Most Common

- Pubs
- Clubs
- Backyards or at home
- TAB's

Least Common

- Casino
- Internet
- Race Track



Types Of Gamblers

- NON GAMBLER
- SOCIAL GAMBLER - have fun, expect to lose, out with friends for a good time.
- REGULAR GAMBLER - goes often, often say they are in control but may or may not be (once a week or more)
- HEAVY GAMBLER - this could be a big hobby or a problem?

What is Problem Gambling?

Problem gambling exists when gambling activity results in a range of harmful consequences where:

- the safety and well-being of the gambler and/or their families and friends are placed at risk; and/or
- negative impacts extend to the broader community

When is Gambling Considered a Problem?

- If someone is spending more than they can afford to lose;
- If it is taking too much time and is interfering with other activities;
- If it creates problems with relationships;
- If someone close to you tells you that you have a problem

What Kind of Problems Does Problem Gambling Cause?

- Serious financial problems
- Marriage breakups
- Relationship problems
- Families often see very little of the gambler
- Loss of interest in work
- Money not spent on children and other more important items.
- Always borrowing off family and relatives
- Commit crimes
- Feelings of loneliness and isolation from family and friends
- Lying about how much money and time is spent gambling
- Feelings of guilt and desperation which can lead to thoughts of suicide
- Physical Health problems - Sad, Stress, Anxiety and High blood pressure
- Mental Health problems - Depression, Suicide, Anxiety
- Spiritual Health problems -
 - Loss of cultural values and beliefs
 - Loss of own identity
 - Loss of connection to land
 - Lack of sense of belonging, especially for our kids.
 - Elders are not respected
 - Education, Lore & Customs not taught by elders

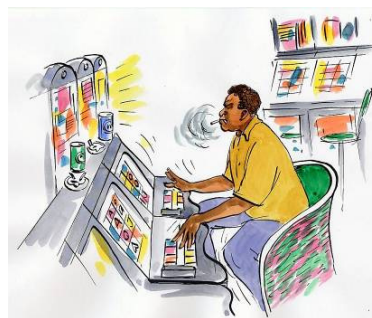


Impacts on children

- No Money for their needs
- No money for house hold needs (like electricity bills or shopping for things like washing powder)
- No money to buy food for school lunches
- No money to buy school uniforms & books
- No money to pay for school activities
- No pocket money
- Parents behaviour can create a lack of trust
- A parents broken promises can break a child's hearts
- They feel unloved and unwanted
- Kids want to noticed (seek parents attention ie, crime, trouble at school etc)

INDICATORS of a problem gambler

- Dishonesty & Lying
- Selfishness
- Denial
- Inconsistency
- Money missing
- Depression – Suicidal
- Mood swings
- Failure to take days off (need the money to pay debts or to gamble some more)
- Excessive use of telephones (TAB account, bookmakers and stockbrokers)
- Very excited while gambling
- Physically and emotionally absent
- Isolates
- Secretive with mail
- Broken promises
- Loss of motivation
- Loss of living skills
- Always borrowing money
- Absences from work
- Bored and lonely
- Have few fun activities in their lives
- Easily influenced by peers



Indigenous Excessive Gambling

- Increased Poverty
- Lowers Self Esteem
- Increases 'Shame'
- Increased chance of DV
- Children 'miss out'
- Leads to Self Harming
- Further Isolation
- Not addressing issues
- Increases chance of alcohol abuse
- Homemaking affected



Why are we NOT addressing gambling in Aboriginal Communities?

- Many Gambling help services do not know how to reach Aboriginal people
- Many are afraid or have fear of sharing problems
- Gambling widely accepted, for many it is a routine and a regular activity
- Many Aboriginal people do not like to be told how they can spend their money
- There are others issues that Aboriginal people and governments are facing and need attention. Ie alcohol, drugs, homelessness or home ownership, physical health, mental health, cultural identity, grief and loss etc
- Minimal research into the area
- Lack of strategies to address the issue and funding
- Gambling is seen as a very sensitive issue to talk about amongst Aboriginal people
- Aboriginal people and communities are NOT yet recognising that gambling is a problem, if it's not discussed or acknowledged it does not become a priority to address.

What can be Linked to gambling

- Alcohol and drug use
- Domestic Violence
- Crime
- Suicide
- Family Breakdown
- Relationship Problems
- Child's Education
- Child neglect and abuse
- Education and Training
- Employment
- Poor self esteem and confidence
- Physical, Mental and Spiritual Health

Risk Factors

- Parents who gamble
- Unemployment
- Alcohol Abuse
- Lack of leadership
- Lack of understanding
- of gambling and its impacts
- Loss of cultural values
- Boredom, lack of social activities
- Community acceptance

Protective Factors

- Learn through experience
- Values change – children, food, bills etc
- You develop other interests
- Risk of losing partner
- Stop drinking alcohol
- Employment
- Church
- Men's Roles – especially in small communities
- Effective Parenting and upbringing
- Effective budgeting programs



What has some of the research found about Aboriginal Gambling?

- All ages like to gamble, our kids are gambling more.
- Our kids are influenced by our family, elders and community
- Both male and female like to gamble
- When people start gambling they often become problem gamblers, we struggle to stay recreational/responsible gamblers.
- Many like to drink alcohol when gambling
- We have strong erroneous beliefs
- We often go without household essentials
- We lack education around gambling
- We know it is a problem but struggle to know what to do.
- Approx 2% of the population are problem gamblers, we know it is over 10% in MANY Aboriginal communities, 30% in some.
- Aboriginal people are not seeking help, especially from Gambling Counselling Services.
- Gambling is causing Aboriginal people a lot of problems

It's Time to Talk About Gambling!

NSW Aboriginal Safe Gambling Program Providing support, education and information.

Free call - Aboriginal Helpline
1800 752 948

This project is funded by the NSW Government through the Responsible Gambling Fund

