

INTERAKTIVNO KOCKANJE ILI KOCKANJE NA INTERNETU

...uključuje korišćenje interneta preko računala, mobitela ili drugog elektronskog uređaja preko kojeg se igra poker, bingo, lutrije, koriste kazina preko interneta, vrše sportske opklade ili se špekulira na berzi.

Kockanje može biti zabavno, ali postaje problem kada počne negativno utjecati na život.

Znakovi da vi ili netko vama blizak možda ima problem:

- Kocka se češće i povisuje uloge.
- Nada se "velikom zgoditku" kako bi riješio financijske probleme.
- Ima dugove koji su nastali usljed kockanja preko interneta.
- Prethodni pokušaji da smanji vrijeme ili novac utrošen na kockanje preko interneta nisu bili uspješni.
- Promjene emocija (nemiran, povučen, ljut, žalostan).
- Promjene ponašanja (gubitak interesovanja za uobičajene hobije, manje vodi brigu o sebi, propušta otići na određena zbivanja).
- Ignorira ili izbjegava posao, studij ili obveze prema obitelji nad kojima prednost daje kockanju na internetu.
- Ostaje budan do kasno da bi se kockao na internetu i sljedećeg dana se osjeća pospan.
- Laže obitelj i prijatelje o novcu ili vremenu utrošenom na kockanje.

Savjeti za odgovorno kockanje preko interneta:

- 1** Prije nego što se uključite, odlučite koliko ste spremni izgubiti, a kada izgubite taj iznos, onda prestanite. Nemojte pokušati povratiti gubitke.
- 2** Ako slučajno nekad i dobijete nešto, odlučite se kada ćete prestati.
- 3** Postavite sebi vremensku granicu za kockanje i pridržavajte je se.
- 4** Redovito pravite stanke dok se kockate, ustanite i udaljite se od kompjutera, izađite ili razgovarajte s prijateljem.
- 5** Podsjećajte sebe kada se kockate da igre na sreću nisu isto što i igre u kojima možete pobijediti zahvaljujući vašim vještinama.
- 6** Ne dozvolite da vam kockanje bude način opuštanja kada ste pod stresom ili depresivni.
- 7** Ako kockanje držite u tajnosti ili lažete u svezi s njim, vi ste već vjerojatno stekli nezdrave kockarske navike.
- 8** Kockanje na internetu vam ne bi smjelo biti glavna zabava.
- 9** Ako niste u stanju odgovorno se kockati, možete ugraditi softver u računalo koji vam neće dozvoliti pristup internet stranicama za kockanje na internetu.
- 10** Kockanje ne postoji da biste vi zaradili na njemu. Smatrajte ga zabavom koju plaćate.

Izvor: Conrad, B (2012) Responsible Gambling-Ten tips for online gamblers. Preuzeto sa: www.techaddiction.ca/responsible-gambling-tips.html

Gdje možete dobiti pomoć: Multicultural Problem Gambling Service of NSW (Multikulturalna služba za problematično kockanje Novog Južnog Velsa) 1800 856 800 / Gambling Help (Pomoć za kockare) 1800 858 858

Multicultural Problem Gambling Service je zajednička inicijativa Community Relations Commission for a multicultural NSW (Komisije za odnose s društvenom zajednicom za multikulturalni Novi Južni Vels) i Western Sydney Local Health District (Lokalne zdravstvene oblasti Zapadni Sydney). Financijsku pomoć za ovaj projekat je pružila Vlada Novog Južnog Velsa iz Fonda za odgovorno kockanje (Responsible Gambling Fund - RGF). Međutim, stavovi izloženi u ovoj publikaciji su samo stavovi autora.



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www.gamblinghelp.nsw.gov.au

**Multicultural Problem
Gambling Service** for NSW
strengthening people and families

INTERACTIVE OR ONLINE GAMBLING

...includes using the internet through a computer, mobile phone or other electronic device to play poker, bingo, lotteries, use online casinos, place sports bets, or speculate on the stock market.

Gambling can be fun, but is a problem if it is affecting your life in a negative way.

Clues that you or someone close to you may have a problem:

- Gambling more frequently and increasing bets.
- Hoping for a “big win” to solve financial problems.
- Debts that are the result of online gambling.
- Previous attempts to reduce time or money spent online have been unsuccessful.
- Changes in emotions (restless, withdrawn, angry, sad).
- Changes in behaviour (loss of interest in usual hobbies, decreased self care, misses events).
- Ignoring or avoiding work, study or family responsibilities in favour of online gambling.
- Staying up late to gamble online and feeling sleep-deprived the next day.
- Lying to family and friends about money or time spent on gambling.

Tips on how to gamble responsibly online:

- 1** Decide how much you are willing to lose before logging on, and then stop when you reach this point. Do not chase losses.
- 2** If you do happen to win, decide when you will stop.
- 3** Set a time limit for your gambling activity and stick to it.
- 4** Take regular breaks from gambling, where you get up and walk away, go outside or talk to a friend.
- 5** Remind yourself that when playing, games of chance are not games of skill.
- 6** Avoid gambling as a way to manage feeling stressed or depressed.
- 7** If you are secretive or lying about your gambling, you probably have unhealthy gambling habits.
- 8** Online gambling shouldn't be your main form of entertainment.
- 9** You can install software on your computer to block access to online gambling websites, if you cannot gamble responsibly.
- 10** Gambling is not designed to make money for you. View it as entertainment that you pay for.

Source: Conrad, B (2012) Responsible Gambling-Ten tips for online gamblers. Retrieved from: www.techaddiction.ca/responsible-gambling-tips.html

Where to get help: Multicultural Problem Gambling Service for NSW 1800 856 800 / Gambling Help 1800 858 858

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