



# RESPONSIBLE GAMBLING STARTS **HERE.**

## Sports Gambling Messaging

Jan. 10, 2020

### Sports betting will only continue to grow in 2020:

- The global sports betting market will grow from \$104 billion to \$155 billion between 2018-2024, according to a [Zion Market Research](#) report.
- Some Ohio legislators believe [sports wagering will be legal in Ohio](#) by the start of the 2020 football season.
- Gambling is new for many Ohioans, and we want people to know the warning signs early and find ways to be responsible.

### Problem sports gambling is something to watch out for in Ohio:

- Estimates suggest more than 90,000 Ohioans may be problem gamblers.
- It's easier to gamble now than it ever has been.
- People are looking for a thrill or way to relieve stress.

### It's possible for friends, family, and co-workers to spot possible warning signs:

- Hiding the amount of time or money spent on gambling is a concern.
- A decline in work performance or missing deadlines can be an issue.
- When people "lose" valuable items, that's a red flag.

### It's also possible for people to gamble responsibly:

- Anyone who gambles responsibly has limits on how much money and time they spend.
- Moderation matters. Gambling should be a social activity, and not a source of income. Almost everyone loses over time.
- Don't gamble when stressed or in recovery from some other health problem.

### The goal of Ohio For Responsible Gambling is to provide people with the tools and resources needed to gamble responsibly:

- Ohio for Responsible Gambling has a free and full community toolkit at [beforeyoubet.org](http://beforeyoubet.org) that can help organizations, families, and the general public.
- The toolkit has a quiz to see if you or someone you know might have a problem.
- You can live chat with an expert or call 800-589-9966.
- It's all free of charge and can be customized for local organizations.