

Online gambling

A resource for young people

Online gambling is gambling on apps or websites on smart phones or computers.

People can gamble on horse racing or sports like AFL, play casino games like poker or play online pokies.

Online gambling is easy and accessible making it a popular platform and meaning people can gamble anywhere, anytime.

Online gambling means people can gamble privately away from friends and family who might notice there's a problem. This can lead to risky gambling.

Why is online gambling risky?

- You can do it any time of the day or night without taking a break
- It only takes a few minutes on your phone, so there's less time to change your mind
- Using credit or debit cards can make it feel like you are not betting with real money
- Online betting companies send lots of ads to make you think about gambling all the time

Tips to make it less risky

- Set a weekly limit of how much money you can spend on gambling
- Keep a record of how much you spend
- Set time limits for online gambling
- Take regular breaks
- Use a prepaid debit card so you can control how much you spend

Some online gambling services are illegal in Australia. If you gamble online through an illegal website, you risk losing everything – your deposit or your winnings. For more information on this, visit Australian Communication and Media Authority.