

Gaming and gambling

The lines between gaming and gambling have become more and more blurred. Although gaming does not traditionally involve the stake of money, online gaming has increasingly included features that look and feel a lot like gambling.

Problem gaming: not all fun and games

Online gaming allows people from all over the world to connect and play games together. Gaming can be accessed across a variety of platforms such as PCs, consoles and even on mobile devices.

Gaming may start being a problem when:

- > gaming is persistent or compulsive
- > you feel a loss of control over gaming
- > you are missing real world opportunities or responsibilities due to gaming
- > you feel irritable, sad or bored when you are unable to play.

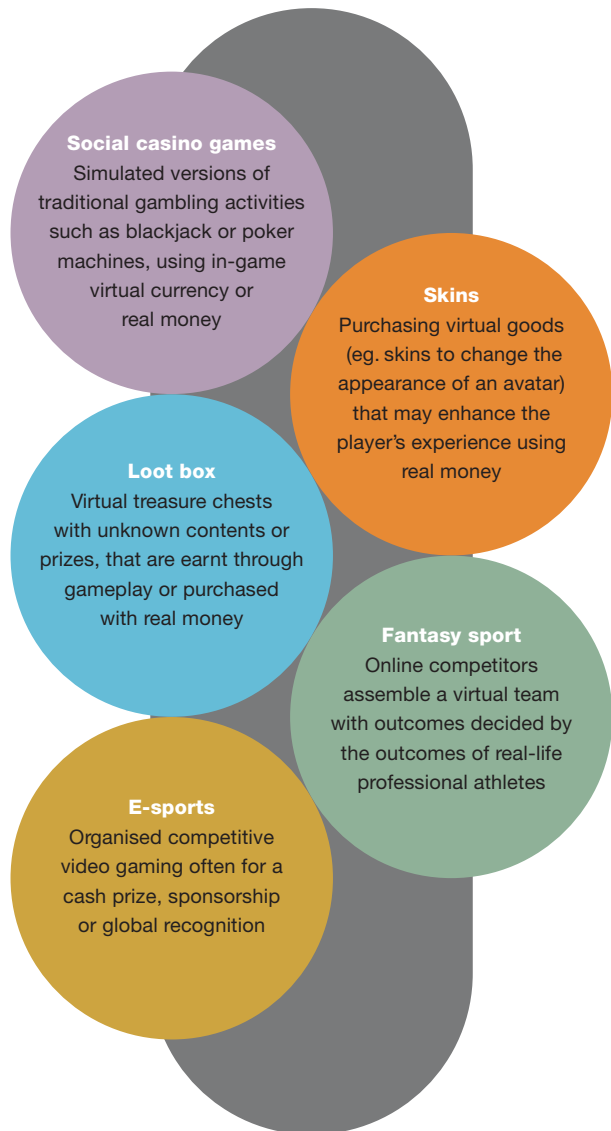
Problem gaming can lead to significant impacts on relationships, mental health and even physical health. Those who experience problems with gaming are also more likely to experience gambling harm.

Gambling elements in games

Much like gambling activities, games are designed to be highly engaging and encourage the player to keep coming back for more.

Gambling or gambling-like features are sneaking their way into gaming and making the transition from gaming to gambling almost seamless. Games with gambling components are played by around 40% of young people aged between 12 and 17 (NSW Youth Gambling Study 2020).

Gaming features to look out for in online gaming



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What are the risks?

Gambling-like features in online gaming is a growing area of concern for many reasons.



Protecting yourself

To protect yourself from experiencing harm because of gaming and in-game gambling features, here are some things you can do.



To learn more about gaming and gambling visit gamblinghelponline.org.au or for support with gaming and gambling contact us on the number below.



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