

# GAMBLING AWARENESS



Photo: Loma Rowlinson

## PROBLEM GAMBLING PREVENTION GAMING-GAMBLING AWARENESS PROGRAM (G-GAP) July 2020 (updated)



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## WHAT IS GAMBLING?

**Gambling** is when a person makes a decision to risk losing something of value, usually money or belongings, with the hope of gaining something of greater value and when the winning or losing is decided mostly by chance.



Photo: Loma Rowlinson

Examples:

- Slots & Casino Games
- Bingo
- Lottery Tickets
- 50/50 Draws
- Sports Betting



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## WHAT IS PROBLEM GAMBLING?



Image: Public Domain

**Problem Gambling** happens when your gambling habits start to negatively impact your life or the lives of those around you.



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## GAMBLING PRE-SCREEN

Grab your pencil and pen. Self-Assessment. How do you rate?

Yes or No

1. Have you ever participated in any form of gambling?
2. Have you ever felt the need to cut down on your gambling?
3. Have you ever felt guilty about gambling?
4. Have you ever borrowed money to gamble?
5. Have you ever spent more money gambling than you intended?
6. Have you ever felt annoyed by criticisms of your gambling?
7. Have you ever lost time from work or school as a result of your gambling?



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## **GAMBLING PRE-SCREEN RATING**

**If you gave a “yes” response to question 1 that is enough reason to justify asking and answering the remaining pre-screen questions.**

**If you gave a “yes” response to any of questions 2-7 it is sufficient reason to proceed with further screening tools to see your risk level.**

**GETTING SUPPORT:** Screening tools are available from the MNO or you can call the MNO’s Mental Health and Addictions Crisis Helpline to assist you: 1-888-767-7572



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## **MYTH BUSTING**

### **Myth #1:**

**If I keep gambling my luck will change and I will win back the money I have lost.**

Fact: Every time you place a bet, the outcome is completely random and independent of the previous one.

This means that the odds are no more in your favour on the 10<sup>th</sup> bet than they were on your 1<sup>st</sup> bet.

Over time, the more you risk, the more you will lose.



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## MYTH BUSTING

### Myth #2:

**I have a special strategy that helps me win. I pick certain number for the lottery or press the stop button on a slot machine at exactly the right time.**

Fact: The outcome of most games of chance, particularly lotteries and slot machines, is completely random. You cannot influence it, regardless of what you do.

For lotteries: Betting the same numbers every week won't help you win any more than betting different numbers. Or buying more tickets will not increase your odds to win because it only takes 1 ticket to win and the more tickets purchased actually reduces your chance even more.

For Slots: Slot machines have a random number generator which means all numbers that come up are random and starts over with each spin. Pressing the stop button at a certain time will not influence what that outcome is.



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## MYTH BUSTING

### Myth #3:

**I almost won! I am due to win soon.**

Fact: "Almost" winning in no way means that a real win is around the corner. Future gambling outcomes are in no way influenced by previous outcomes.

### Myth #4:

**I have a feeling that today is my lucky day. I just know I am going to win.**

Fact: Having a feeling, hoping, wishing, or needing to win money has absolutely no influence on the outcome of any game of chance.



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## HISTORICAL MÉTIS GAMING & GAMBLING

The Métis played sports and games based on everyday survival skills needed for hunting, trapping, and trading furs.



Games were designed to teach:

- cooperation
- team work
- social skills
- strength based capacity building
- enrich teachings
- strengthened bonds
- good forms of exercise
- leisure activities for all ages

These skills were important for the emotional, physical, and mental development of the community members.



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## HISTORICAL MÉTIS GAMING

**Losing Everything is  
Not Part of our History**



Photo: MNO

Traditional games celebrated community and demonstrated determination and strength needed and shown in daily life and work.

Competitions and games of chance had risk when some participants would bet their tools, weapons and goods.

However, unlike modern day gambling, losing everything was not the norm.



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# TRADITIONAL MÉTIS GAMES

## Extreme Games



Photos: Loma Rowlinson & MNO



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Participating in competitions and playing games of chance have been passed down from generation to generation.

The more extreme Traditional Métis Voyageur Games competitions require displays of strength, endurance and accuracy. Many of these activities are still done today:

- Hatchet Throw
- Sling-shot
- Rifle Shooting
- Archery
- 80 lb Cream Can Carry
- 300 Log Carry
- 90, 180, 300 & 450 lb Flour Sac Carry

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# MÉTIS COMPETITIONS

## Moderate Games



Photos: MNO



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Moderate Competitions provided opportunities for healthy fun and 'bragging rights'. Some included:

- Crab Tug of War
- Poison Circle
- Cabresser (Lassoing)
- La Butt (Leg Wrestling)

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## MÉTIS CONTESTS



Photo: Berni Picco

Métis men traditionally also competed in horse races and arm wrestling.

Women displayed their embroidery, quilts, hooked rugs, sashes and crochet work

Children played scaled down versions of adult activities.



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## MÉTIS CONTESTS

### Arts and Cultural Expression



Photo: MNO

The Métis shared their culture and traditions often holding friendly contests. Such events rarely had monetary rewards attached to the 'winners'. Contests would include:

#### Music:

- Fiddle
- Jigging
- Spoons

#### Clothing Making:

- Finger Sash Weaving
- Floral Beading
- Moccasin and Jackets



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## **GAMES OF CHANCE**



*Image: Public domain*

Similar to modern gambling games, bingo and slots, games of chance do not involve any true skills – everything is chance like flipping a coin.

Some games the Métis played were:

- Plum Pit Game (pits with dots, like dice)
- The Hand Game (guess what hand it is in)
- Sliding Stones (roll stones down a slope into holes at the bottom and count points)



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