

# MÉTIS NATION OF ONTARIO

# MÉTIS SENIORS & GAMBLING WORKSHOP

Watch the VIDEO here:

<https://www.youtube.com/watch?reload=9&v=K3PoD0jEuW8>

The following are some suggestions on how to utilize the Métis Elders Speak Out video to promote communication and information sharing within your community about healthy and responsible gambling practices.

**Purpose:** To encourage dialogue and inform participants about the benefits of responsible gambling through awareness, using facts and stories from personal experiences.

**Method:** Through group activity/discussion surrounding the video.

**Instructions:** Watch the video, and then step by step review the various points, statements and comments provided by interviewees on gambling related issues. Encourage dialogue around gambling using the video as a launch vehicle.

## DISCUSSION POINTS

1. Go over the definition of gambling and then problem gambling.

**Gambling:** When you risk something of value on an event or outcome that is uncertain, or taking a chance of losing money or belongings when winning or losing is decided mostly by chance.

**Problem Gambling:** Is not just about losing money but how it can affect a person's whole life. It is defined as any type of gambling that compromises, disrupts, or damages personal, family or work pursuits.

Where possible use personal examples of gambling experiences to promote discussion.

2. Types or forms of gambling, talk about the different types. Describe and gain and understanding of what each type is and how they work.

- Bingo
- Lottery Tickets
- Scratch Tickets
- Sports Betting
- Racetrack (horse, dog)
- Slots



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- Casino Games (cards, roulette, craps)
  - Nevada/Pull Tab Tickets
  - Video Lottery Terminals (VLT's)
  - TV & Internet Poker
  - Stock Market
3. Gambling Effects on lower income families and people who can least afford to gamble. Discussion around what gambling can do to families when gambling takes away household income. Examples to talk about include; household bills not getting paid, loss of services like hydro, gas, water etc., rent or mortgages not being paid, health effects for the gambler and family members, family violence as a result of gambling and financial pressures.
  4. Talk about gambling as "Big Business". Discuss casinos, bingo halls and gambling as an entertainment industry. Draw correlations between government, industry and citizens. Point out the large number of casino's dotting the landscape as well as the many bingo halls.
  5. Discuss the "lures", the glitz and the glamour, particularly for seniors. Have discussion around advertising/promotion and gambling as an income. Advertising plays a very large roll in the way in which gambling is looked at today. Discuss the many ads that are out there, i.e. - the 649 happy dance commercial. Have discussion around the way casinos are portrayed in movies and on TV. Talk about the organized bus tours for seniors, the coupons and deals available for seniors to get them into casinos.
  6. Talk about today's easy access to money and the much more available access to many forms of gambling. Discuss the availability of credit, i.e. - cards, lines of credit, pay day loans and casino house credit. Talk about availability and access to tickets, scratch, pull and lotto, talk about their availability at nearly every corner store.
  7. Go into the history of gambling, both recent and older history. Discussion can center on community and the way gambling used to be. Mention the old Aboriginal games like baggattaway, snow snake and pagessan that were played historically. Talk about games that may have been played in local neighbourhoods in the past, games like cards, dice, etc. Talk about bingo and how it has evolved.
  8. Discuss the changes in today's gambling landscape. Talk about what's out there and what's available in modern day gambling. Once again mention casinos and the large bingo halls in comparison to the days before casinos and legalized gambling. Discuss video poker, on-line gambling and the use of computers.

9. Talk about safer and more responsible gambling. Discuss the few simple rules to follow to keep gambling fun and entertaining. Go through the rules on keeping gambling safe and under control.
  - Don't think of gambling as a way to make money
  - Always gamble with money you can afford to lose
  - Set a money limit (and stick to it)
  - Set a time limit
  - Never chase your losses (returning to gamble more to win back money you have previously lost)
  - Never gambling when you are upset or depressed
10. Talk about the "odds" and describe what is meant by "odds". Clarify what your chances really are. Simply speaking "odds" is the term used to describe the chances a person placing a bet has of winning. It is expressed as the ratio of a person's chance of winning to their chance of losing. Stress the fact that the "odds" are always against the person placing the bet or gambling. Reinforce the fact that the house always has the edge and the longer a person gambles the more likely it is he/she will lose!
11. Discuss personal loss, use examples and personal stories to highlight any hardship or losses that people may have had. Here is a chance to try to draw stories out of the people regarding personal loss surrounding gambling. Use some of your own examples to get discussion started. Remember that losses will include family, friends, co-workers, neighbors and acquaintances. A person's job may be affected as well as home life and health.
12. Summarize by holding discussion around how awareness of safer gambling practices can aid the entire community. Here you can talk about how following the few steps toward responsible gambling can benefit people. You can discuss the positives that fund raising through bingos can bring to a community. Discuss the positives surrounding ticket sales for draws/ prizes as fundraisers. Talk about the opportunities for fun, an outing or a social evening that responsible gambling can provide.

If you are concerned that gambling may be getting out of hand or has caused you difficulties, confidential help is available.

MNO Mental Health and Addictions Crisis Line: 1-877-767-7572 (24/7)

ConnexOntario: 1-866-531-2600 (available in multiple languages)

Our Gaming-Gambling Awareness Program (G-GAP) is offered across the province. For more information please contact our G-GAP specialist at [ggap@metisnation.org](mailto:ggap@metisnation.org)