



SELF-TEST
Quickly and easily analyze your gambling behavior

	Yes	No
1. I often try to compensate for my losses by placing new bets.		
2. I no longer have control over my gambling behavior.		
3. I hide my gambling behavior from relatives or friends.		
4. I often feel guilty after playing.		
5. I can no longer refrain from gambling for longer periods of time.		
6. Gambling is a way for me to escape stress, problems or worries.		
7. I have already had to borrow money in order to gamble.		
8. My private and/or professional life is suffering due to gambling.		

Each “Yes” answer is a serious indication of problematic gambling behavior. Talk to someone you trust or make use of one of the support options listed on the following pages – of course free of charge and also anonymously.

10 Rules for Responsible Gambling
to help prevent problematic gambling behavior

- 1 Play for entertainment only.
- 2 Set yourself a fixed limit.
- 3 Learn about the game process and the odds of winning.
- 4 Do not neglect other hobbies and interests.
- 5 Define how often and how long you play.
- 6 Use only unplanned, disposable money.
- 7 Never gamble with borrowed money.
- 8 Take regular breaks from playing.
- 9 Do not try to win back lost money.
- 10 Stop playing after a winning streak.

Play Within the Green Zone – Information and Awareness

Receive helpful information on responsible gambling behavior, youth and player protection, statutory regulations governing commercial gaming machines, as well as the nationwide self-exclusion and third-party exclusion system. Support and concrete help options are also available for problematic gambling behavior:

www.spiel-im-grünen-bereich.de

or by scanning the QR code:



Gambling Addiction Counselling
Service of the Federal Institute for
Public Health (BIÖG):

0800 - 137 270 0



Information and Consumer Guidance

pursuant to Section 6 of the Interstate Gambling Treaty (GlüStV 2021)

for guests, relatives
and employees
including a self-test

SPIEL IM GRÜNEN BEREICH

Play Within the Green Zone – Stay informed

Learn:

- how to keep your gambling behavior under control and recognize risks early (“10 Rules for Responsible Gambling”)
- how to assess your own behavior (“Self-Test”)
- where to find support and further information (“Information and Support Services”)



Gambling on gaming machines – and its outcomes, meaning wins or losses – is based entirely **on chance**. Players cannot influence the results.

When the game takes control

Many guests visit gaming arcades for entertainment, relaxation or leisure.

Regular gambling does not automatically mean addiction. Nevertheless, gambling on gaming machines involves risks: Those who play too frequently or with high stakes may lose control over their behavior.

When enjoyment fades into the background and gambling becomes the main focus, compulsive patterns may develop – with the aim of winning back losses and increasing stakes.

No Entry for Children, Adolescents or Excluded Persons

Gaming arcades are not a place for children or adolescents – their presence is legally prohibited (Section 6 Youth Protection Act). Protecting young people from the risks of gambling is a key concern. Therefore: Entry is permitted from the age of 18 only!

In addition, access is prohibited for excluded persons as well as for individuals under the influence of alcohol or drugs. The nationwide access control system with cross-checking against the exclusion register ensures consistent enforcement of these rules – for the protection of all parties involved.

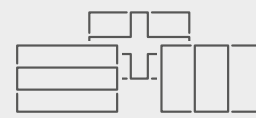


Play Within the Green Zone – Help Is Available

Gambling addiction is a recognized illness, and help is available. Numerous institutions offer counselling, therapy and support – anonymously and free of charge.

If you notice that gambling is becoming a burden, do not hesitate. **Talking helps!**

At www.spiel-im-grünen-bereich.de, you will find contact details for support services.



Our information material is available in several languages. Visit our website and simply select your preferred language:

www.spiel-im-grünen-bereich.de