



Help the youth of New Mexico to make healthy choices now and in the coming years in order to ensure a better future for all New Mexicans, and a more positive gaming environment at the Responsible Gaming Association of New Mexico's member casinos.

The Responsible Gaming Association of New Mexico (RGANM) is a collaboration of many of the state's Native American owned casinos, who work together to promote awareness of problem gambling and the resources that are available across New Mexico.

For more information about responsible gaming practices and the Responsible Gaming Association of New Mexico, visit **RGANM.org**.

If you think you or someone you know may have a problem with gambling, help is available 24/7 at **1-888-696-2440**.



YOU MUST BE OF LEGAL AGE TO GAMBLE

The Responsible Gaming Association of New Mexico strives to prevent underage gambling.



www.RGANM.org

The Responsible Gaming Association of New Mexico's member casinos reach out to youth, teens and their guardians to raise awareness and prevent underage gambling across our state and in our establishments. We also encourage young adults, those who have reached the legal age to gamble, to know when to stop so that gaming does not become a problem.



Many of the RGANM member casinos offer a range of entertainment and dining options that youth are welcome to attend with their parents or guardians. But throughout New Mexico casinos, minors are prohibited from participating in gambling activities, yet some still try to do so. Today's youth have grown up with many opportunities to participate in online games that resemble gambling.

Unfortunately, risky and exciting activities often attract teenagers. The legal consequences for underage gambling may include misdemeanor charges and associated fines. Yet, there are many more consequences that aren't as tangible. These include declining academic success, lack of interest in social and extra-curricular activities, anxiety and depression, and mounting debt. Gambling activity can also be associated with other high risk activities among youth, like drug and alcohol use.

Those who have recently entered adulthood and are legally able to gamble should also be aware of the responsibility to understand that gambling is for entertainment only. Knowing how to set limits and when to stop are important markers. Young adults should be aware of these early signs which may indicate that gambling is becoming a problem.

Signs of a Gambling Problem:

- Feeling like you need to "chase" a loss by continuing to gamble, or to increase a wager
- Missing classes or work to gamble
- Mood changes, depression or anxiety; gambling to escape problems
- Lying about gambling
- Stealing or borrowing money to finance your gambling
- Withdrawing from friends and family
- Unexplained cash flow or new purchases

Many adults who seek help for problem gambling through the RGANM began their gambling habit as minors, sometimes with card games played as a family. It is the responsibility of adults, local law enforcement, and gambling establishments to educate youth about gambling in general, in order to prevent minors from making choices that can compromise their futures.

Make sure the young adults, teens and youth in your life are aware of the risks associated with gambling. Help the youth of New Mexico make healthy choices now and in the coming years, ensuring a bright future for themselves and a positive gaming environment at the Responsible Gaming Association of New Mexico member casinos.

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