

什麼是賭博？

賭博就是玩用錢來博彩的遊戲。冒輸錢的險，抱贏錢的希望。

你知道嗎？

紐西蘭賭博的合法年齡：在賭場賭博要年滿 20 歲，玩賭場外的老虎機要超過 18 歲。不到合法年齡賭博贏了也拿不到錢，甚至被控上法庭。

為什麼亞裔青年有問題賭博的危險？

通常亞裔青年會面對很多的困難，

- 孤獨，沒有親人在身邊
- 語言障礙，文化衝突
- 學習和工作的壓力
- 人際關係問題
- 適應新環境帶來的各種煩惱

有些年輕人會用賭博來逃避問題，他們說：

- 「賭博好玩又有刺激」
- 「我可能會贏錢」
- 「賭博容易打發時間」
- 「我可以不用想我的煩惱」
- 「我可以一個人去玩」

那些不賭博的年輕人說：

- 「我可能會輸很多錢」
- 「或許我會嗜賭上癮而不能自拔」
- 「我會失去很多朋友」
- 「我可能為了賭去偷錢」
- 「我會沒時間去上課或做其他事情」
- 「賭博會影響我的身體健康」

賭博可導致身體健康下降——長時間保持一種姿勢，姿勢不正確，飲食不正常以及缺乏運動。例如，肩背痛。

其他影響健康的因素：

- 酗酒；
- 吸煙（包括吸二手煙）
- 與壓力有關的症狀

賭博可對心理健康帶來負面影響

- 感到抑鬱，沒有希望
- 覺得自己沒用
- 忘記時間，記憶力減退
- 覺得自己不再是從前的自我

例如：我腦子裡會想—

- 「所有的事情對我來說都是壓力太大了」
- 「我沒有希望了，我很抑鬱」
- 「我真沒用」
- 「我老忘事。我根本不知道自己是誰了」

賭博對個人社交能力發展的影響

由於常常借錢，借而不還，甚至不擇手段搞錢而討厭自己：

- 躲避債主，債主遷怒於你
- 失去生活興趣，除了賭博一切都變的乏味
- 不再和朋友外出
- 不明白自己身上發生了什麼事
- 學習成績下降，甚至逃學

以上描述很像你或你認識的人？

你和你的朋友怎樣可以改變？

- 回避接近賭博場所
- 要求賭博場所禁止你進入
- 嘗試其他的活動，如：運動，去健身房，看電影，上圖書館，去公園、海濱及探訪家人和朋友

找你信任的人談一談或尋求專業的心理輔導：

- 學校老師
- 學校心理輔導員
- 家長
- 家庭醫生
- 專業輔導（賭博問題基金會亞裔服務部—他們可幫助你成功的戒賭）

為什麼要找亞裔服務部？

我們完全理解你。我們的賭博問題專業心理輔導員和社會工作者，可以講英、國、粵和韓語。我們的服務是免費的，且一切保密。你可以和我們談任何與賭博有關的問題。

What is Gambling ?

To gamble is to play games of chance for money often at high stakes and to take risks in the hope of substantial gain.

Did you know ?

In New Zealand, the legal age to gamble in a casino is 20 years of age. To gamble on other Electronic Gaming Machine outside of casinos is 18 years of age. Under age gamblers will be prosecuted and will not be paid out if they win.

Why are some Asian young people more at risk of problem gambling ?

Common problems faced by Asian young people include:

- Loneliness: moving to a new country
- Relationship difficulties resulting from language barriers
- Problems associated with adjusting to New Zealand life style
- Loss of cultural identity
- Unemployment, and stress at school or work.

Some of these students gamble as an escape from their problems. And they often say.....

- "Gambling is fun and exciting"
- "I might win money"
- "It gives me something to do"
- "I don't have to think about my problems"
- "I can do it on my own"

And many other students who refuse to gamble say....

- "I might lose too much money"
- "I might become addicted and unable to stop"
- "I might lose friends"
- "I might steal to fund my gambling"
- "I may not have time for school or other interests"
- "Gambling may begin to affect my health"

Poor physical development could develop from long periods of time in one position, poor posture, poor eating and drinking habits and lack of exercise, such as back problems.

Other issues:

- Alcohol abuse
- Tobacco-related problems (second-hand smoking)
- Stress-related symptoms.

Gambling can have a negative effect on mental health:

- Start feeling stressed out
- Feel depressed with thoughts of hopelessness
- Start thinking that you're worthless
- Lose track of time
- Experiencing a trance like state
- Memory black out
- Feeling like a different person and of being outside of oneself.

Example

In my mind, I feel...

- "Everything is too stressful for me"
- "I feel hopeless and depressed"
- "I am worthless"
- "I keep forgetting things. I do not know who I am any more?"

Social/Personal Development - due to constantly having no money, borrowing and not repaying money, getting money from wherever you can and feel stink/bad about doing it

- Avoid and hide from people you owe money to, and they get angry with you
- Lose interest in things you have enjoyed, everything becomes boring (except gambling)
- Stop hanging out with friends
- Hard to explain what's happening to you
- Perform poorly at school (including truanting from school)

Is this familiar to you or someone you know?

What can you or your friend do to change?

Many people who choose to stop gambling:

- Avoid going near gambling venues

- Ask gambling venue to ban you from gambling
- Try other alternative activities, such as sport, work out at the gym, home study, go to a movie/library, beach, or park, take up a creative interest, visit friends, talk or call family and friends.

Seek help and talk to someone you trust:

- School Teachers
- School Counsellors
- Parents
- GP
- Helping Professionals (Asian Services of Problem Gambling Foundation – they can really help you make plans and make giving up gambling a success).

Why contact the ASIAN SERVICES?

We understand you well. We have professional counsellors and social workers who speak plain English or your language: Chinese (Mandarin or Cantonese) or Korean. Our services are free and confidential. You can tell us any gambling related issues.

切記：沉迷賭博，累及家人！
Remember: **excessive gambling harms yourself and your family**

我們是幫助你，不是評判你。

We are here to help and not to judge

請撥打免費電話

Please call

0800-862-342 (0800 TO BE HAPPY)

Email: asian@pginz.co.nz

歡迎來電諮詢

You can just ring for a chat and find out some information, without getting too serious.

真好玩嗎？
HAVING REAL
FUN?

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