



A GAME SHOULD  
REMAIN A GAME

## CHANCE OVER SKILLS

Poker is one of the best-known card games in the world. Though very popular, it is not without its share of risks.

Find out why as we explore the hidden face of poker.

# POKER

*Other tools that promote low-risk gambling habits are available.*



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*Tips, information  
and resources*

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## ALL *equal* IN THE FACE OF CHANCE

As opposed to many forms of gambling, poker has elements of skill, meaning players can increase their knowledge of the game, develop strategies, and learn how to bluff.

But beware: even when bluffing, you cannot control chance.

In poker, champions change from year to year like in a game of musical chairs. There are no dominant players who win championships year after year as there are in professional sports. Chance can undo the best laid plans of any player, no matter how skilled.

## STAY WITHIN YOUR LIMITS WHEN PLAYING ONLINE

Online poker, like any game played on the Internet, is always available, fast, and anonymous. Being in the virtual world sometimes leads to a loss of sense of time and money spent. You have to keep a cool head.

*Sooner or later, chance will undo every player's best laid plans.*

## CASH GAMES: *beware!*

Players generally spend more on cash games which allow them to bet real money and to enter and leave games at any time. In most cash games, there is no limit on the amount that can be bet. Poker tournaments are a less risky option because the cost of buying in is always known beforehand.

### NUMBERS THAT TALK

Among adults who gamble, nearly 3% report problematic gambling habits. Among poker players, the proportion rises to approximately 8%.

### FOR THE GAME TO REMAIN A GAME...

It's a good idea to adopt certain strategies before each session and stick to them, like setting limits on how much to gamble and how long you play.



*When you gamble, poker must remain an activity among many others.*

