



## Lower-Risk Gambling Guidelines Social Media Content Bank

**Note:** The posts below can be used on social media platforms as standalone posts or paired with [the social media graphics](#) for the Lower-Risk Gambling Guidelines.

### Social Media Posts

66.2% of Canadian adults participated in some form of #gambling in 2018. The Lower-Risk Gambling Guidelines can help you make informed decision about your gambling: <https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/what-are-the-guidelines> #LRGG

In 2018, 0.6% of the population were identified as having gambling problems, with an additional 2.7% being at-risk for problems. Follow the Lower-Risk Gambling Guidelines to gamble in lower-risk way: <https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/what-are-the-guidelines> #LRGG

When it comes to #gambling, find out “how much,” “how often” and “how many” will keep you within the guidelines. Learn more: <https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/what-are-the-guidelines> #LRGG

If you choose to gamble, follow our safer gambling tips to reduce your risk of experiencing harms from your #gambling. Learn more: <https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/safer-gambling-tips> #LRGG

The Lower-Risk Gambling Guidelines provide evidence-informed advice about how to gamble in a lower-risk way. Learn about all three guidelines and how to reduce your #gambling harms: <https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/what-are-the-guidelines> #LRGG

For the Lower-Risk Gambling Guidelines to be effective, people must follow all three guidelines when #gambling. Learn about the guidelines and how to reduce your gambling harms: <https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/what-are-the-guidelines> #LRGG

Visit [gamblingguidelines.ca](http://gamblingguidelines.ca) for information on the Lower-Risk Gambling Guidelines, the types of harms people can experience from gambling, populations especially at risk, and further safety tips for avoiding #gambling harms. <https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/who-is-at-risk> #LRGG

### Lengthy Social Media Posts (Not for Twitter)

The Lower-Risk Gambling Guidelines are:

- Gamble no more than 1% of household income before tax per month
- Gamble no more than 4 days per month
- Avoid regularly gambling at more than 2 types of games



Follow all three guidelines to reduce your #gambling risks. Learn more:

<https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/what-are-the-guidelines> #LRGG

Gambling is an activity that can pose risks including financial hardships, relationship conflicts, emotional or psychological distress, and health issues. Learn about the risks and how to reduce your #gambling harms and stay within the guidelines: <https://www.gamblingguidelines.ca/lower-risk-gambling-guidelines/harms-of-gambling> #LRGG

When you #gamble, what you play matters. With slot machines, electronic gaming machines, poker and many forms of online gambling, you can spend a lot of money in a short time. Follow the Lower-Risk Gambling Guidelines to reduce your risks:

<https://www.gamblingguidelines.ca/app/uploads/2021/01/LRGG-When-Gambling-What-You-Play-Matters-Poster-2021-en.pdf> #LRGG



Canadian Centre  
on Substance Use  
and Addiction

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