

# What is gambling?

Gambling involves the staking of money or items of value on the outcome of an uncertain event that is determined by chance.

Four types of activities are generally included in the definition:

## Gaming

The exchange of an item of value according to the outcome of a game (e.g. cards, roulette, electronic gambling devices).

## Betting or wagering

Where wagers are placed on the outcome of a race or sporting event.

## Lotteries

Where distribution of money occurs by random draw.

## Speculation

Investing money in business ventures, insurance or stock market activities.

Source:  
Australian Psychology Association  
[www.aps.psychosociety.com.au/member/gambling/](http://www.aps.psychosociety.com.au/member/gambling/)

