

Self-Exclusion Programs - Program Summary

****Resource For the Gambler & Loved Ones**

Self-Exclusion is a protective measure that allows people to voluntarily ban themselves from accessing gambling opportunities or financial means, such as cash, to gamble. The main purpose of **Self-Exclusion** is to help at-risk players, or players with problems, regain control of their gambling behavior by supporting their efforts to abstain from at least one specific form of gambling for a particular amount of time. Overall, the structure of Self-Exclusion Programs have evolved from an 'enforcement model' into an 'individual assistance model' whereby the emphasis is now on helping those who self-exclude to address their problems and achieve their goals (Responsible Gambling Council, 2008).

Self-Exclusion Programs are offered by **Land-based Gambling Operators**, such as casinos, cardrooms, racetracks, jai-alien, pari-mutuels, and other traditional brick-and-mortar gambling operators, as well as by **Online Gambling Operators**, such as the *Hard Rock Bet App*, which is the only legal online gambling operator in the state of Florida. **Other Online Gambling Operators**, such as DraftKings, FanDuel, bet365, Bovada, TVG, PrizePicks, and Underdog (to name a few), also offer online self-exclusion and restriction programs that are specific to their individual gambling platforms. **Additionally, for individuals gambling online**, there are other self-exclusion tools available through **Internet Controls & Web Blocking Software Programs**, which allow users to restrict access to various gambling sites, track and control Internet usage, and/or restrict Internet access at specific times. **Internet Controls & Web Blocking Software Programs** include self-exclusion tools and options offered by various web blocking software providers, such as BetBlocker, Gamban, and Gamblock (to name a few). **Self-Exclusion Programs** that allow gamblers to restrict "**Access to Cash**", are also offered by **Financial Service Providers**, such as **Everi Cares** and **Automated Systems America (ASAI)**, who provide guest access to cash for gambling operators through networks of ATM's, cash access kiosks, booths, credit, and other financial access services. Additionally, **True Link Financial** provides **Access to Cash** restrictions through a customizable and reloadable VISA debit card that can be obtained and customized to work where you need it to and to block where you don't, helping to provide restricted access to funds and limit gambling related losses, and **PayPal** now offers all users the option to block online gambling transactions upon request.

Online Trading, including **Cryptocurrency and Stock Trading**, has grown significantly in popularity (Nefedova et al., 2020). Previous research has identified that excessive trading can be a gambling disorder. Problem gamblers have a greater risk when exposed to different forms of online trading, and problem gamblers often engage in many different forms of trading. Restriction of access to these forms of trading (Cryptocurrency and Stock trading) is provided by the blocking capabilities offered by **Gamban** through its **Stock Market Gambling Exclusion Programs**.

Most recently, **Prediction Markets (such as Kalshi or similar platforms)** have become the latest fad, blending derivatives, forecasting tools, and speculative trading options with gambling opportunities, all tied to real-world outcomes, such as economic indicators, weather, elections, and cultural events. Widespread prediction market advertising and promotion often highlights potential winnings in a visually prominent way while downplaying associated costs and addiction risks.

Similar in nature to other types of online gambling activities that are currently available, prediction market platforms facilitate access to gambling by anyone, from anywhere, at any time, and with fewer consumer protections, including a greater potential for access by underage gamblers.

While almost all US states with legal sports betting offerings to date have established 21 as the minimum age to participate, prediction markets allow anyone 18 years old and up to take part, thus heightening the risk of a younger demographic being introduced to sports betting at an even earlier age.

Increasingly popular and easily accessible to the public through both online platforms and mobile technology, prediction markets in their current form, blur the line between gambling and investing, yielding heightened risks of insider trading, market manipulation, and other associated retail investor harms, while at the same time bypassing traditional responsible gambling safeguards and other associated consumer protection requirements that are mandated for legal gambling operators, including, but not limited to, age-verification requirements.

So, what exactly are prediction markets? For some, “prediction market” is little more than a made-up term. “You could call literally any market a prediction market,” one critic told NEXT.io in an interview from March 11, 2026. “When people buy stocks, they’re predicting the price will go up. When they sell, they’re predicting it will go down. If they believed the price would rise, they wouldn’t sell.” By that logic, event contracts are no more novel than stocks, bonds or options and calling them prediction markets is “just clever marketing.”

A related dispute hinges on whether sports-event contracts qualify as “swaps”—financial instruments that fall squarely under the CFTC’s jurisdiction. A “swap” is a financial instrument that pays out based on the occurrence or nonoccurrence of an event tied to a financial, economic, or commercial consequence. Exchanges contend that major sporting events *do* have economic implications, influencing broadcasting revenues, sponsorship deals, and concession sales. States counter that most sporting-event-related outcomes, such as final scores, lack the kind of direct financial exposure required for a derivative.

Consumers engaging with prediction markets may not recognize their activity as functionally gambling, irrespective of whether legally defined as such, and may therefore be less likely to seek supports for a gambling problem. (NCPG 2026).

The buying and selling of futures contracts via **Prediction Markets** carries substantially similar levels of risk as traditional sports betting does, including risks associated with chasing losses, impulsive behavior, financial harm, and the development or escalation of other gambling-related harms.

Purchasing event contract derivatives on margin is no different than gambling on credit, an activity that is considered to be **even more risky** and very dangerous from a problem gambling perspective as it delays consumer realization of the financial impacts of the transaction until a later time, when the associated credit card statement becomes due. Gambling on credit along with buying and selling futures contracts on margin, does not allow for the visual turning over of money, permits continuous forms of play, does not foster a natural break in play, and allows for the immediate reinvestment of winnings, all of which are a recipe for disaster among problem gamblers.

On April 30, 2026, Sen. Kirsten Gillibrand (D-N.Y.) and Sen. Dave McCormick (R-Pa.) introduced the ***Prediction Market Act of 2026***, which establishes a comprehensive federal regulatory framework for event contracts under the CFTC, with a primary focus on retail investor protection, insider trading prevention, and market integrity. The bill treats prediction markets as financial instruments requiring strong ethics safeguards, customer fund protections, and enhanced oversight of retail-facing platforms. If passed, the bill would require implementation, by Prediction Market Operators, of specific consumer protection measures and other required safeguard initiatives designed to mitigate identified harms, including measures such as self-exclusion programs and mandatory age verification protocols.

If you are using **prediction markets (such as Kalshi or similar platforms)** and your gambling is starting to feel out of control, **self-exclusion** is a tool that can help you create a firm boundary between yourself and the platform. Self-exclusion means voluntarily blocking your own access to your account for a set period of time, or permanently, so you cannot log in, deposit, or place trades/bets during that period.

Finally, with gambling advertising appearing across all platforms (radio, television, online, social media, billboards, etc.) and targeted towards all demographics, it is more difficult than ever to avoid potential triggers these ads can cause. Constant exposure to these advertisements is known to have an adverse effect on those who are at-risk or in recovery. For those negatively impacted by gambling, trying to avoid all possible triggers, depending on the household's internet, television, social media, and other habits, can be an almost impossible task. There are however, some protective measures available to help limit online exposure to gambling advertisements through the FCCG's **Ad Blocking Settings and Controls Self-Exclusion Programs**.

Self-Exclusion Programs are provided as a resource through the 888-ADMIT-IT HelpLine as a tool to help people control their gambling behavior and restrict access to money, gambling venues, and gambling platforms, if gambling has become problematic. Used in conjunction with other treatment and support options, **Self-Exclusion Programs** can be a powerful resource that helps those who can no longer control the urge to gamble on their own, and a vital resource for problem gamblers seeking assistance in abstaining from gambling.

- ✓ **Self-Exclusion Programs offered by Land Based Gambling Operators** allow an individual to self-ban from gambling at a physical location or on an online website for a pre-determined and agreed upon period of time. The Self-Exclusion Program can be very beneficial to problem gamblers in preventing relapse, as enticements such as free play, mailers, emails, texts and other forms of communication between the gambling operator and gambler, which often serve as precipitating events for problem gamblers continuing to return to gamble, cease. Length of exclusion periods as well as processes and procedures vary by operator and location, so it is important to first determine what options are available, based upon where and how you are gambling.
- ✓ **Self-Exclusion Programs offered by Online Gambling Operators** such as **Hard Rock Bet**, offer responsible gambling programs that allow you to use tools to set boundaries and controls on your gambling. Sometimes it can be difficult to find all of the resources necessary to manage your play in a productive, responsible manner. Therefore, there are proactive tools and supports available, meant to help. **Other Online Gambling Operators**, such as DraftKings, FanDuel, bet365, Bovada, TVG, PrizePicks, and Underdog (to name a few), also offer online self-exclusion and restriction programs that are specific to their individual gambling platforms.
- ✓ **Self-Exclusion Access to Cash Programs offered by Financial Service Providers** provides individuals with the opportunity to help protect the assets and benefits that may be at risk due to a gambling problem by enabling individuals to block access to cash at land-based gambling facilities across networks of ATM's, cash access kiosks, booth, credit, and other financial access services, as well as providing options for customizable pre-paid debit cards to provide restricted access to funds and limit gambling related losses across all available gambling platforms (land-based and online).
- ✓ **Self-Exclusion Internet Controls & Web Blocking Software Programs** provide protective measures that can be used to block access to or impose restrictions on online gambling sites. These programs can be a powerful tool for those that gamble on the Internet and would like to block the ability to access gambling sites, track and control Internet usage, or restrict access at specific times. Like self-exclusion, Internet controls and web blocking software allow users to "ban" themselves from being able to gamble online.
- ✓ **Self-Exclusion Programs offering Ad Blocking Settings and Controls** provide a way for individuals to reduce exposure to gambling-related advertisements. With gambling advertising appearing across all platforms (radio, television, online, social media, billboards, etc.) and targeted towards all demographics, it's more difficult than ever to avoid potential triggers these ads can cause. Constant exposure to these advertisements is known to have an adverse effect on those who are at-risk or in recovery. For those

negatively impacted by gambling, trying to avoid all possible triggers, depending on the household's internet, television, social media, and other habits, can be an almost impossible task, but there are some protective measures available to help limit exposure to gambling advertisements through Google, and on popular social media platforms like YouTube, Facebook, and Twitter. For an added layer of protection, there is also software and plugins designed to block all online advertising, such as getadblock.com, adblockplus.org, ghostery.com, and adlock.com.

- ✓ **Self-Exclusion Programs offered for Stock Market/Cryptocurrency Trading Gambling** provide individuals with the opportunity to mitigate harms experienced from trading activities through a cross-platform blocking application that restricts access to trading platform sites that are comparable to gambling and meet defined criteria. If a trading platform offers any of the following it is included in the block list:
 - ✓ **CFDs**
 - ✓ **Cryptocurrency exchanges**
 - ✓ **Binary options**
 - ✓ **Forex trading**
- ✓ **Self-Exclusion Programs offered for Prediction Markets** can provide time and distance to regain control, reduce harm, and begin focusing on recovery instead of the next event or contract. It is not a punishment; it is a protective step you choose for yourself to interrupt a pattern that has become risky or harmful.

Self-exclusion can also reduce triggers and temptations. If logging in “just to check prices” often leads to another deposit and more losses, removing access entirely can take that moment of decision off the table. This gives you a clearer space to work on other supports, like counseling, debt management, or support groups, without constantly fighting the urge to go back on the platform.

AVAILABLE SELF-EXCLUSION PROGRAM OPTIONS:

1) Self-Exclusion Programs - Land-Based Gambling Operators:

- **Land-Based Gambling Operators Self-Exclusion Programs**
 - **Tribal Casinos Self-Exclusion Programs -**
 - ✓ Tribal Casinos Self-Exclusion **Policies**
 - ✓ Tribal Casinos Self-Exclusion **Forms**
 - **Racinos Self-Exclusion Programs -**
 - ✓ Racinos Self-Exclusion **Policies**
 - ✓ Racinos Self-Exclusion **Forms**
 - **Cardrooms/Racetracks/Jai-Alai's Self-Exclusion Programs -**
 - ✓ Cardrooms/Racetracks/Jai-Alai's Self-Exclusion **Policies**
 - ✓ Cardrooms/Racetracks/Jai-Alai's Self-Exclusion **Forms**

In instances when a gambler has lost control of their gambling and is no longer in charge of their behaviors, self-exclusion provides an opportunity to exclude oneself from returning to a land-based gambling establishment for a minimum period of time up to a lifetime. Many operators of land-based gambling facilities have developed programs to allow customers to voluntarily self-exclude themselves, as a means of restricting their access to gambling.

Practically, the process begins with those wishing to self-exclude requesting to do so by informing designated venue staff. The individual is usually escorted off of the gaming floor to meet with staff who explain the program, provide the agreement to be reviewed and signed, and complete any additional necessary steps.

In order to self-exclude, a gambler is required to complete and deliver the facility's application in person, as well as provide proper identification at the time of exclusion. This requirement is for a person's own protection. With few exceptions, only the gambler can place him or herself on the self-exclusion list. If deciding to self-exclude at a future time, it is helpful and suggested to bring a trusted person to the facility when submitting the self-exclusion application.

If a person tries to gamble after being placed on the self-exclusion list, facility personnel can refuse to accept their wagers and ask him or her to leave the gaming area, or have the person arrested for trespassing. Often times, self-excluded persons will actually be able to enter the gambling facility and continue to gamble, despite the exclusion, if not noticed by the gambling facility's personnel. If this should occur, an excluded individual will not be able to collect any winnings or jackpots or recover losses. Once entered into the self-exclusion program, they will also not be able to receive complimentary goods or services, credit or check cashing privileges if available, or offered any other amenities by the facility.

To learn more about a specific gambling operators' individual program and related details, you should contact the facility's Security personnel (or other designated staff) at that facility and ask about their self-exclusion policy.

INTERNAL **When referring the "Self-Exclusion Land Based Gambling Facilities resource to a help seeker, ALWAYS REMEMBER TO PROVIDE BOTH THE POLICY AND THE FORM.

2) Self-Exclusion Programs - Online Gambling Operators:

○ **Hard Rock Bet App - Online Exclusion Programs**

Many years of research has concluded, expressing how crucial online gambling self-exclusion can be. Self-Exclusion from Online Gambling Operators is enacted at the players will. It is a personal choice to restrict access to specific online betting platforms, helping to weaken the impact of problem gambling, which can be very dangerous.

Hard Rock Bet offers responsible gambling programs that allow you to use tools to set boundaries and controls on your gambling.

Sometimes it can be difficult to find all of the resources necessary to manage your play in a productive, responsible manner. Therefore, there are proactive tools and supports available, meant to help.

Some of the tools that Hard Rock Bet offers include:

- ✓ **Deposit Limits** - You are able to set three separate time limits regarding deposits. Limits can be set on either a daily, weekly or monthly basis.
- ✓ **Staking Limits** - Another Player Protection tool is the ability to set a limit on bets on a daily, weekly, or monthly basis.
- ✓ **Session Limits** - Once established, Session Limits will limit the amount of time you may be logged into Hard Rock Bet in a single day.
- ✓ **Timeout** - As part of our commitment to Responsible Gaming, and keeping Hard Rock Bet fun and personally safe, we offer a temporary hold on your account called a Timeout.
- ✓ **Self-Exclusion** - The Self-Exclusion tool allows you to deactivate your account for a specific time interval or indefinitely. Players can choose to self-exclude **from 1 to 5 years, or permanently**.
- ✓ **Session Reminder** - A Session Reminder is a feature available to remind you that you have reached a specific time limit of your choice on the application. This is a pop-up reminder and does not log you out of your account once the time limit is reached.

○ “Other” Online Gambling Operator Exclusion Programs

➤ **Self-Exclusion Programs offered by “Other” Online Gambling Operators (i.e. besides the Hard Rock Bet App),** such as DraftKings, FanDuel, bet365, Bovada, TVG, PrizePicks, and Underdog (to name a few), offer online self-exclusion and restriction programs that are specific to their individual gambling platforms. Visit the links below to find available self-exclusion or restriction programs and information by Online Gambling Operator:

- 1) **BetNow** - <https://www.betnow.eu/how-can-users-set-self-exclusion-periods-on-betnow-eu/>
- 2) **bet365** - <https://responsiblegaming.ky.bet365.com/stay-in-control/self-exclusion>
- 3) **BetMGM** - <https://www.betmgm.com/en/p/self-exclusion>
- 4) **BetOnline** - <https://help.betonline.ag/en/articles/185156-responsible-gaming>
- 5) **BetUS** - <https://www.betus.com.pa/terms-conditions/#:~:text=5.11%20You%20may%20instruct%20us,accept%20wagers%20from%20this%20account.>
- 6) **Betway** - <https://www.betway.co.za/responsible-gaming/#:~:text=Self%2DExclusion&text=Alternatively%2C%20you%20may%2C%20at%20any,for%20at%20least%3A%201%20month>
- 7) **Bovada** - <https://www.bovada.lv/pages/self-exclusion> and <https://www.bovada.lv/help/contact-us>
- 8) **Caesars Sportsbook** - <https://caesars.com/sportsbook-and-casino/responsible-gaming/> and https://assets.contentstack.io/v3/assets/blt07f2225743220ad0/blt968fafc6d5ba6a2a/CSB_Self-Exclusion_Form_Fill.pdf
- 9) **DraftKings** - https://help.draftkings.com/hc/en-us/articles/4405232298003-DraftKings-Self-Exclusion-Overview-US#h_01FS4Z1YH3T34EB4XKMJCYBCP0 and <https://rg.draftkings.com/breaks/self-exclusion> (you will need to login to your account to proceed)
- 10) **Everygame** - <https://sports.everygame.eu/en/content/responsible-gaming> and <https://account.everygame.eu/content/downloads/EverygameSelfExclusionForm.pdf>
- 11) **FanDuel** - <https://support.fanduel.com/s/article/What-is-self-exclusion> and <https://account.www.fanduel.com/responsible-play/self-exclusion> (you will need to login to your account to proceed)
- 12) **Lucky Block** - <https://www.luckyblock.com/terms> (this page is not accessible with a US IP Address)

To self-exclude from Lucky Block, you need to send a message to their Customer Support Department using your registered email address, expressing your wish to self-exclude. This request will initiate the self-exclusion process, and once set, the exclusion cannot be undone for a predetermined period. To contact the Lucky Block Customer Support Department, you have several options:

- **Live Chat:** The most immediate way to reach a support agent is through Lucky Block's 24/7 live chat feature. This is integrated directly into their platform, allowing you to connect with a support agent in real-time for urgent issues or quick questions.
- **Email:** You can send an email to Lucky Block for less urgent matters. The email address for support is support@lucky-block.io, and you can typically expect a response within 24 hours.
- **Phone:** Lucky Block also offers phone support. You can contact them at 302-442-8484 for direct communication with a support representative.

13) **Mega Dice** - <https://www.megadice.com/en/responsible-gambling> (this page is not accessible with US IP Address)

To self-exclude from Mega Dice Casino, you need to utilize their responsible gambling tools. Mega Dice offers several options for self-exclusion, allowing players to take a break from gambling if needed. Here are the steps and contact methods to initiate self-exclusion:

- **Contact via Email:** You can request self-exclusion by emailing Mega Dice at help@megadice.com. This method is suitable for formal requests and may require you to specify the duration of the self-exclusion period.
- **Live Chat:** For immediate assistance, you can use the live chat feature available on the Mega Dice platform. This service is available 24/7 and can be used to discuss self-exclusion options with a support representative.
- **Responsible Gambling Tools:** Mega Dice provides tools directly on their platform that allow you to set self-exclusion periods. These tools can be accessed through your account settings, where you can also set deposit and loss limits to help manage your gambling activities responsibly.

14) **MyBookie** - <https://help.mybookie.ag/knowledge-base-2/responsible-gaming/responsible-gaming/> and <https://www.mybookie.ag/contact-us/>

15) **PrizePicks** - <https://www.prizepicks.com/responsible-gaming>

16) **Sportsbetting.ag** - <https://help.sportsbetting.ag/articles/responsible-gaming> and <https://help.sportsbetting.ag/> (contact methods at bottom of page)

17) **Stake** - <https://stake.us/responsible-gaming/stake-smart>

18) **TVG** - https://www.tvg.com/responsible-gaming?_ga=2.225149914.1561427550.1724934712-1847353390.1724934712 (but you need to login to your account to proceed)

19) **Underdog Fantasy** - <https://underdogfantasy.com/responsible-gaming-resources> and <https://underdogfantasy.com/account/self-exclusion> (but you need to login to your account to proceed)

20) **William Hill Sportsbook** - <https://williamhill.us/us/nv/support/responsible-gaming/> and <https://www.williamhill.us/wp-content/uploads/2012/06/William-Hill-Patron-Self-Limit-Form.pdf>

21) **Xbet.ag** - <https://help.xbet.ag/knowledge-base/responsible-gaming/responsible-gaming/> and <https://www.xbet.ag/contact-us/>

3) Self-Exclusion Programs - Access to Cash Options

Self-exclusion **Access to Cash Programs** provide resources and tools to help support financial recovery and promote financial wellness. The FCCG provides referrals to Financial Service Providers such as **Everi Cares** and **Automated Systems America (ASAI)**, that provide access to cash for gambling operators through networks of ATM's, cash access kiosks, booth, credit, and other financial access services. Additionally, **True Link Financial** provides access to cash restrictions through a customizable and reloadable VISA debit card that can be obtained and customized to work where you need it to and to block where you don't, helping to provide restricted access to funds and limit gambling related losses. Self-Exclusion Access to Cash Programs are provided as a resource through the 888-ADMIT-IT HelpLine as a tool to help people control their gambling behavior and restrict access to money if gambling has become problematic. Finally, **PayPal** also now offers its users the option to block gambling transactions upon request through their Message Center.

4) Self-Exclusion Programs - Internet Controls & Web Blocking Software

Self-Exclusion Internet Controls & Web Blocking Software such as **BetBlocker**, **Gamban**, **Gamblock**, and **Gambling Block** can also be a powerful tool for those that gamble on the Internet and would like to block the ability to access gambling sites, track and control Internet usage, or restrict access at specific times. Like self-exclusion, web-based exclusion programs allow users to "ban" themselves from being able to gamble online. There are free options as well as paid options, and this resource allows users to continue to utilize their computer for work and leisure but attempts to reduce the temptation to gamble as a result of pop up gambling site advertisements that would otherwise appear without the program. Many offer valuable tools such as the ability to track internet usage and even device location. A great feature of some web blocking software is that once installed, if the user tries to remove the program from their device, a prompt appears showing a map of available problem gambling resources in their area (such as the 888-ADMIT-IT HelpLine). There are also child protection websites such as, **Net Nanny**, **Cybersitter**, **Norton Family**, **Netsweeper**, **OpenDNS**, **FamilyTime**, and **Qustodio** available, to help prevent underage access to online gambling. **Freedom** is an app and website blocker designed to improve focus and productivity by temporarily blocking distracting websites and apps (including gambling websites and apps) across multiple devices. Additionally, family features and apps offered by wireless service providers such as **Verizon Family Plus**, the **AT&T Secure Family® App**, and **T-Mobile's FamilyMode® App**, offer the ability for their customers to block gambling apps and websites in addition to other sensitive content.

Some of the FCCG's Self-Exclusion Internet Controls and Web blocking Software Program Referrals include the following:

- ✓ **AT&T Secure Family®** is a family safety app, which also works for Cricket Wireless customers. It helps family members stay connected and safe in the digital and physical world. Secure Family also offers parental controls to help you manage online activity. You can control the types of content your child (or an adult) can see to block objectionable content like violence, sexual content, drugs, alcohol, gambling, and more. Block specific sites and apps. Or, use the content filters to block thousands of websites and apps with just a tap. Limit daily internet and app access. Restrict screen time across all monitored devices (phone, tablet, iPad). Get daily, weekly, or monthly reports on web and app usage. Block access to the App Store® or Google Play™ store to prevent buying apps or other content. Schedule times when devices can't access the internet through cellular data or Wi-Fi and use the "Internet Countdown" feature to show a countdown for when the user's internet will be turned off or on, or block internet access entirely on demand. AT&T Secure Family is \$7.99 per month after the first 30 days, which are free. The subscription auto renews each month unless canceled.

- ✓ **BetBlocker** is a free tool to help you control your gambling. Install it on as many devices as you like and you can block yourself from accessing over 87,100 gambling websites and over 1,500 gambling apps. You can select how long you want to be blocked for.
- ✓ **Cybersitter** is a program designed to block certain content from access on a Windows PC. It can block various types of adult content, such as pornography, social media, online gaming, and other specific sites. It also allows the user to set a schedule that would allow access to certain content only during specific windows of time. This program only has a one-time fee of \$39.95 and can only be installed in PCs running Windows 7, 8 and 10.
- **FamilyTime** is a parental-control and family-safety app designed to help parents manage how children and teens use their smartphones and tablets. It provides tools to keep families safe both online and offline, with robust controls that allow parents to shape healthy digital habits. FamilyTime lets parents block inappropriate or harmful content—including violence, sexual content, drugs, alcohol, and gambling-related websites and apps—either by filtering entire categories or by manually blocking specific sites and applications. Parents can also prevent access to app stores to stop the installation of gambling apps or other restricted content. FamilyTime is compatible with Android phones and tablets (Android 8.0+), iPhones and iPads (iOS 12+), and desktop computers including both Windows PCs and Mac computers through the FamilyTime Parent App and FamilyTime Jr. installation options, allowing parents to manage and monitor children's devices across all major device types.
- ✓ **Freedom** is an app and website blocker designed to help users manage their screen time and improve focus and productivity by temporarily blocking distracting websites and apps across multiple devices. Losing control of your time and money to online gambling? Use Freedom to block gambling sites and apps across all your devices. If you have a gambling problem or simply want more control, Freedom can help! Freedom works on Mac, Windows, Android, iOS, and ChromeOS devices. Freedom is free to use with limited features. Freedom Premium is available for \$8.99/month (billed monthly), \$39.99/year (billed yearly), or \$99.50 (one-time charge) for a lifetime license.
- ✓ **Gamban** is online gambling blocking software for IOS, Mac, Windows, and Android, that allows users to “ban” themselves from being able to gamble online. Since 2015, Gamban has gone from strength to strength, setting the standard in gambling blocking software. First-hand experience of problem gambling, combined with the most talented minds in the field of self-exclusion software has resulted in the most effective cross-platform solution for creating friction and aiding willpower in the fight against gambling addiction. Gamban offers both monthly and annual subscriptions for a small fee.
- ✓ **Gambling Block** is a free mobile app for iOS and Android that helps by blocking access to casino and betting sites on your device, managing your urges with helpful reminders, and providing tools to track your progress. It's designed to support you in reclaiming control and staying focused on your recovery journey. Gambling Block is user-friendly and designed for simplicity. Once downloaded, you can easily set up site blocks and manage your preferences through a straightforward interface. Guides and support are available to help you get started quickly. Gambling Block's list of blocked sites is updated daily to ensure it includes the latest gambling sites and platforms. You can request updates or adjustments at any time to keep your restrictions effective and current.
- ✓ **Gamblock** (www.Gamblock.com) is specifically designed to block access to online gambling and is also available now for Mobile devices. Gamblock prevents personal and business computers using gaming, wagering or gambling facilities on the Internet. All versions of Gamblock prevent access to all forms of gambling, including, but not limited to, spread betting, fantasy games, lotteries, bingo, sportsbook, sweepstakes, gambling software and sites that pertain to "real world" gambling. Gamblock pricing and subscription periods vary by device type. Once installed, it is designed to be irremovable during the

selected subscription period and is available at varying costs to individuals, businesses and organizations.

- ✓ **Net Nanny** is a comprehensive Parental Control program designed to allow a “Parent” account to control a “Child” account. The Parent account has the ability to control and monitor what kind of content the Child account views or accesses, including but not limited to, pornographic material, social media, and gambling websites and applications across all major platforms (Windows, Mac, Android, iOS, Kindle), as well as how frequently they may access the internet in general. It also offers tools such as the ability to track internet usage and even device location. This application blocks both websites and applications, and can be installed on either a PC, Mac, iOS Device, or Android device. The cost is \$39.99 for one device (PC or Mac only) or \$54.99 for 5 devices (any devices).
- ✓ **Netsweeper** is a web content filtering and categorization platform with a Category Naming Service (CNS) that detects and categorizes over 50 million new URLs every 24 hours including new gambling sites. Netsweeper installs on Win, Mac, Chrome, iOS, Android. Netsweeper has the ability to block content as well as prompt users with direct messages. Parental controls within the mobile telecommunications network are the applications of software and service tools that are designed to help parents and guardians monitor their children’s access to inappropriate websites and content while using laptops, tablets, mobile phones and other smart devices.
- ✓ Beyond website and application control, **Norton Family** allows the Parent account to do things such as limit time usage, monitor words or phrases being searched, alerts when forbidden content is attempted to be accessed, the ability for the Parent to instantly LOCK the device from use remotely, and the ability to track the location of the device if installed on a mobile.
- ✓ **OpenDNS** is a suite of consumer products aimed at making your internet faster, safer, and more reliable. With filtering or pre-configured protection, you can safeguard your family against adult content and more. It’s the easiest way to add parental and content filtering controls to every device in your home. OpenDNS settings apply to every device – laptops, smartphones, tablets, DVRs, game consoles, TVs, literally anything that connects to the internet from your home network. OpenDNS offers two (2) FREE packages; **OpenDNS Family Shield** - preconfigured to block adult content - set it and forget it; and **OpenDNS Home**, their classic, free service with customizable filtering and basic protection. Cisco’s OpenDNS control panel lets you block websites by category. Categories include gambling, games, and other adult/harmful content.
- ✓ **Qustodio** is an Internet Parental Control suite that allows a “Parent” account to control a “Child” account. The Parent account has the ability to control and monitor what kind of content the Child account views or accesses, including but not limited to, pornographic material, social media, and gambling websites and applications across all major platforms (Windows, Mac, Android, iOS, Kindle). The Parent account can be controlled via a PC or mobile device, and will give real time updates on the Child accounts activities, for example searched words such as “Gambling”. For Android and iOS devices, this software also allows the tracking of the devices physical location.
- ✓ **T-Mobile’s FamilyMode® App** is a digital hub for online and real time safety for your whole family. It’s ideal for online parental controls and keeping tabs on your family members virtually anywhere. FamilyMode has many features for T-Mobile customers, including: real-time location tracking, screen time monitoring, setting content filters to block gambling apps and websites and other sensitive content, managing internet use with time limits and the ability to pause access entirely. When you add T-Mobile FamilyMode to your account, you can also receive Family Allowances for free. Family Allowances helps you monitor talk and text usage. FamilyMode’s location tracking features also allow you to view location and history to see the location of every family member with options to see a

timeline of where the family member has been; create safety areas and get push notifications if a family member leaves the safety area; check in to send a notification to the family with current location, and more. T-Mobile FamilyMode can be added to your account for \$10/month.

- ✓ **Verizon Family Plus** offers parental controls to block access to (or get alerts for access to) sensitive content including gambling and other sensitive topics for your family members' compatible devices. With Verizon Family Plus, you can use content filtering to block all websites and apps in a variety of content categories, including gambling websites and apps. You may also enter the URL of any online entity featuring content you don't want your dependent to view. Doing so will also block this content from any related apps. All online activity will be available in the Web & App Activity* view, including while your dependent is on Wi-Fi. Additional features include call and text activity limiting and monitoring, web and app activity monitoring, screen time supervision, the ability to “pause the internet”, location monitoring with alerts and pick-me-up and check-in features, “Safe Walk with SOS”, driving insights for family, and roadside assistance. Your Verizon Smart Family account can be used to manage all compatible devices on the same Verizon mobile account. You can add Verizon Family Plus for \$14.99 per account.

5) Self-Exclusion Programs - Ad Blocking Settings & Controls

With gambling advertising appearing across all platforms (radio, television, online, social media, billboards, etc.) and targeted towards all demographics, its more difficult than ever to avoid potential triggers these ads can cause. Constant exposure to these advertisements is known to have an adverse effect on those who are at-risk or in recovery. For those negatively impacted by gambling, trying to avoid all possible triggers, depending on the household's internet, television, social media, and other habits, can be an almost impossible task, but there are some protective measures available to help limit exposure to gambling advertisements through **Google**, and on popular social media platforms like **YouTube**, **Facebook**, **X (formerly Twitter)**, and **Reddit**. For an added layer of protection, there is also software and plugins designed to block all online advertising, such as **getadblock.com**, **adblockplus.org**, **ghostery.com**, and **adlock.com**.

Some of the FCCG's Online/Mobile Gambling Ad Blocking, Settings, & Controls Resource Referrals include the following:

- ✓ **Social Media Ad Blocking Settings & Controls:**

- **Google & YouTube** Ad Settings & Controls
- **Facebook & Twitter** Ad Settings & Controls
- **Reddit** Ad Settings & Controls

- ✓ **Ad Blocking Software:**

For an added layer of protection, there is software and plugins designed to block all online advertising.

- <https://getadblock.com/>
- <https://adblockplus.org/>
- <https://www.ghostery.com/>

- <https://adlock.com/>

6) Self-Exclusion Programs - Stock Market/Cryptocurrency Trading

Recent increases in online trading activities have resulted in the birth of new online trading platforms, larger budgets dedicated to advertising on various social media channels and an increased overall awareness of online trading. Additionally, cryptocurrency trading specifically has seen a significant rise over the last year with many day traders “shifting their attention to more speculative assets” (Financial Times, 2021).

Previous research has identified that excessive trading can be a gambling disorder. Grall-Bronnec et al (2017) found that addictive-like trading behavior can be a subset of gambling disorders. Similarly, a study by Mills et al (2019) presented preliminary findings on cryptocurrency trading among regular gamblers and found that over 50% of regular gamblers have traded cryptocurrencies in the previous year and that trading cryptocurrencies was associated with risk for problem gambling, depression and anxiety.

Can trading sometimes be considered as a potential form of gambling? Yes. Further, day trading is particularly at risk to induce excessive trading and loss of money.

Is excessive trading considered to be a gambling disorder? Yes. In a study investigating the associations between costly excessive stock market trading and problem gambling, Mosenhauer et al (2021) found that motivations of individuals to trade excessively may “be troublesome” and that excessive trading and thus the associated losses may be driven by a behavioral dependence. Delfabbro et al (2021) examined the relationship between gambling, problem gambling and the intensity of crypto-currency trading and found that engagement in gambling and stock trading was linked to cryptocurrency trading. Additionally, they found that problem gambling scores were positively linked to cryptocurrency trading.

In addition to the study by Delfabbro et al (2021), Mills & Nower (2019) found that over 50% of regular gamblers have engaged in cryptocurrency trading at some point, and that trading cryptocurrencies is linked with greater risk for problem gambling. Current gambling habits, current trading training/education, and age, did not influence the probabilities of whether different types of trading are considered gambling or not.

What different types of trading can be considered as gambling? Trading and gambling share structural characteristics and trading can act as a form of gambling. There are many forms of trading that may be considered gambling. The following types of trading may all be considered gambling, and problem gamblers often engage in different forms of trading and gambling:

- Cryptocurrency Trading
- Stock Trading/Investing
- Foreign Exchange Trading
- Futures Contract Trading
- Commodities Trading
- Bond Trading

Can different types of trading can lead to problem gambling? Current available literature indicates that some forms of trading may be more closely linked with problem gambling behavior. Problem gamblers have a greater risk when exposed to different forms of online trading, and problem gamblers often engage in many different forms of trading.

Cryptocurrency trading and stock trading are the most prevalent, posing a higher-risk trading option for problem gamblers where there is significant capacity for harm due to exposure to risk from speculative trading and volatility, when compared to bond or commodity trading. Restriction of access to these forms of trading (Cryptocurrency and Stock trading) provided by the blocking capabilities offered by the FCCG's **Self-Exclusion - Stock/Cryptocurrency** referral resource "**Gamban**" can be beneficial.

What is Gamban?

Gamban is a cross-platform application that blocks access to online gambling websites and applications, and also provides blocking capabilities to crypto and trading platforms.

Since 2015, Gamban has gone from strength to strength, setting the standard in gambling blocking software. Gamban is the smartest and most effective software for blocking gambling sites and applications. First-hand experience of problem gambling, combined with the most talented minds in the field of self-exclusion software has resulted in the most effective cross-platform solution for creating friction and aiding willpower in the fight against gambling addiction.

By extending blocking capabilities to crypto and trading platforms, Gamban has taken the appropriate steps to ensure users of online stock market trading sites are protected from any activities that closely resemble gambling, especially when those activities are closely linked to problem gambling behavior. Extending Gamban's block-list content to expand beyond the traditional forms of gambling provides necessary comprehensive responsible gambling protections for online stock market gamblers.

Gamban is not intended to be a standalone solution and the team continue to work extensively to connect schemes, tools and initiatives, ensuring that recovery from problem gambling is both possible and achievable. Blocking access to the more volatile forms of trading, and potentially other forms of trading, is hoped to be beneficial to the recovery journey of Gamban's users.

Gamban's Stock Market Trading Platform Block List:

In effort to mitigate harms experienced from gambling, Gamban has decided that trading platform sites comparable to gambling and meeting defined criteria will be blocked through their software.

If a trading platform offers any of the following, it is included in the Gamban block list:

- ✓ **CFDs**
- ✓ **Cryptocurrency exchanges**
- ✓ **Binary options**
- ✓ **Forex trading**

7) Self-Exclusion Programs - Prediction Markets

If you are using **prediction markets (such as Kalshi or similar platforms)** and your gambling is starting to feel out of control, **self-exclusion** is a tool that can help you create a firm boundary between yourself and the platform. Self-exclusion means voluntarily blocking your own access to your account for a set period of time, or permanently, so you cannot log in, deposit, or place trades/bets during that period.

For many people, especially those who find themselves chasing losses, thinking about markets constantly, or breaking their own limits, **self-exclusion can provide time and distance to regain control, reduce harm, and begin focusing on recovery** instead of the next event or contract. It is not a punishment; it is a protective step you choose for yourself to interrupt a pattern that has become risky or harmful.

Self-exclusion can also reduce triggers and temptations. If logging in “just to check prices” often leads to another deposit and more losses, removing access entirely can take that moment of decision off the table. This gives you a clearer space to work on other supports, like counseling, debt management, or support groups, without constantly fighting the urge to go back on the platform.

Prediction Market Self-Exclusion Programs:

○ **Kalshi - Self-Exclusion Program**

Responsible trading tools

Trading should give you control, not take it away.

Kalshi is built with protections that help you stay in charge of your activity, your time, and your exposure.

Help is available - Available resources

Personal settings - Easy to find and use

Find responsible trading tools in just a few taps – available on both app and web.

In the app

1. Open the Kalshi app and log in
2. Tap the menu icon
3. Navigate to Settings or Account Options
4. Select "Responsible Risk Management"
5. Choose and configure the tools you'd like

On the web

1. Log in to your Kalshi account at kalshi.com
2. Open the sidebar menu in the top left corner
3. Scroll down to find account-related options
4. Click on "Responsible Risk Management"
5. Select and configure the tools you'd like to enable

Responsible Trading Hub

Trading on prediction markets should be an engaging, informed, and safe experience. At Kalshi, we're committed to providing you with tools and resources to help you trade responsibly, maintain control over your activity on our platform, and access helpful educational and support resources.

Available Tools

We offer several features to help you manage your trading experience.

Voluntary Opt-Outs Choose to exclude yourself from the platform for a specified period if you need a longer break.

Personal Funding Caps Set limits on how much you can deposit into your account to help manage your overall exposure.

How to Access Your Responsible Risk Management Settings

Web

- Log in to your Kalshi account at kalshi.com
- Open the sidebar menu by clicking the hamburger menu icon (☰) in the top left corner if it's not already open
- Scroll down in the sidebar to find account-related options
- Click on "Responsible Risk Management" in the sidebar menu
- Select and configure the tools you'd like to enable based on your needs

App

- Open the Kalshi app and log in to your account
- Tap the menu icon (usually three horizontal lines or your profile icon)
- Navigate to Settings or Account Options
- Select "Responsible Risk Management"
- Choose and configure the tools you'd like to use

Need Help Finding It?

If you're having trouble locating the Responsible Risk Management section, our support team is here to help:

- Email us at support@kalshi.com
- Use the chat feature in the bottom right corner of the website
- We'll walk you through the exact steps to access and configure these settings

Note: Once responsibility actions are taken, there is no way for these to be lifted or changed until they have reached their expiration date.

Questions or Need Support?

Our team is here to help you make the most of these tools. If you have questions about any of our responsible risk management features or need assistance setting them up, please email us at support@kalshi.com.

Voluntary Self-Exclusion

Here at Kalshi, we take responsible trading seriously and are committed to protecting our traders. We recognize that sometimes traders may not have all resources necessary to trade in a responsible manner. We offer proactive tools and support meant to encourage responsible trading behavior and to ensure safe trader experiences

One tool that we offer is the **Voluntary Self-Exclusion**. This is a process by which a Member or potential Member can restrict their own access to Kalshi's markets in order to limit their potential losses on the exchange. Kalshi permits individuals to request to be excluded from trading activities for a specific term of time on Kalshi.com, via Kalshi's API, and via the Kalshi app.

We also offer access to broader ecosystem-wide self-exclusion through SelfExclude.io for individuals who want to self-exclude across participating prediction market platforms.

> Please note that Voluntary Self-Exclusion does not limit a trader's ability to access Kalshi products via a Futures Commission Merchant. It is ultimately the trader's responsibility not to trade during this time.

Note: If you have open positions, you won't be able to sell them during a self-exclusion period, so please close out any positions you don't want to hold for the duration of before self-excluding.

What Is a Personalized Funding Cap?

Here at Kalshi, we take responsible trading seriously and are committed to ensuring traders have a safe experience on our platform. A personalized funding cap lets you set a maximum amount you are able to deposit to Kalshi in each calendar month.

Once you set a personalized funding cap, the cap will take effect immediately for all future deposits. If you later increase your personalized funding cap, the increase will take effect in the next calendar month. Once a personalized funding cap has been set, the limit cannot be changed or lifted until the limit has reached its expiration date.

Note: Please note that Kalshi does not currently accept wire deposits from users with personalized funding caps enabled.

Educational guides

Understand the risks of trading and how to trade responsibly.

- **Getting Started (8 articles)**
Learn the basics of Kalshi and prediction markets
<https://help.kalshi.com/en/collections/18616603-getting-started>
- **Account & Security (21 articles)**
Manage your account, sign up, log in, and security settings
<https://help.kalshi.com/en/collections/18616604-account-security>
- **Deposits & Withdrawals (17 articles)**
Fund your account and withdraw your earnings
<https://help.kalshi.com/en/collections/18616608-deposits-withdrawals>
- **Trading (13 articles)**
How to trade on Kalshi – orders, positions, fees, and more

<https://help.kalshi.com/en/collections/18616612-trading>

- **Markets (21 articles)**
Understanding markets, rules, pricing, and popular categories
<https://help.kalshi.com/en/collections/18616613-markets>
- **Portfolio & Tools (6 articles)**
Navigate the exchange, manage your portfolio, and track performance
<https://help.kalshi.com/en/collections/18616616-portfolio-tools>
- **Taxes & Documents (2 articles)**
Tax information, trading history, and account documents
<https://help.kalshi.com/en/collections/18616617-taxes-documents>
- **Support (3 articles)**
Contact Kalshi support and connect with the community
<https://help.kalshi.com/en/collections/18616623-support>

Contact Kalshi Support

How to reach us

The best and fastest way to get help is through the support messenger while logged in to your Kalshi account. This helps our team pull up your account information and resolve things faster.

Help us help you

1. Send a detailed description of the issue
2. Include a screenshot or screen recording if possible
3. Include your Kalshi account email and full name

Important information:

If you reach out, we're working towards the same goal of your resolving your request or answering your question. Our AI support is intentionally built with capabilities to resolve your request on its own. Though if necessary, the AI will productively work with you to either answer your questions once they are clear or work through any clarifying questions so a human can review your request without having to restart the conversation. To help set a realistic expectation, requiring a human to ask those same clarifying questions will delay the support you reached out for. To be transparent, a request with no context is not a valid request. Whether it is our AI or a human is responding to you, the goal stays the same; we're trying to efficiently work together towards the reason you reached out in the first place.

We ask that you please be patient if you are waiting for our team to reply. Response times can vary depending on volume and the nature of each request. Please be advised that sending follow up messages that do not help further clarify your request, or trying to email us when you already have an open chat, can slow things down rather than expedite your request. To clarify, both chats and emails go into the same support system for us to manage your request; though chat is preferred. This is part of why we ask you to lean on our AI support, as it is built to resolve or clarify your request as soon as possible.

If you are unable to reach out to us through the in-app/web support chat, you may contact us via email at support@kalshi.com. If you do need to reach out to us via email, please contact us from the same email on your Kalshi account (if possible). We do ask that you please refrain from sending us an email if you are able to reach out to us through chat or already have an open chat conversation with us; we extend this as a channel for those who can't.

Kalshi does not offer phone call or text support at this time.

Website: <https://kalshi.com/policy-center/responsible-trading>

Email: support@kalshi.com