Internet Gaming Addiction Fact Sheet
RippleFX
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I. Facts
1) **FACT:** Video games stimulate the mind and body to reduce pain, similar to pain medications.\(^2,10\)
2) **FACT:** Video games stimulate the brain like addictive drugs.\(^8,9,12\)
3) **FACT:** 1 in 11 kids (e.g., 3 million in the United States) ages 8 to 18 are addicted to video games, causing serious problems in several areas of their lives.\(^2,4\)
4) **FACT:** Video games influence what you think and feel and change your dreams.\(^11\)
5) **FACT:** Violent video games promote violent thoughts and violent tendencies.\(^1,3,5,6\)

II. What Does GOD Want You To Do?
1) Love GOD and love others. – Mark 12: 30-31
2) Be LIGHT to the world. – Matthew 5:14
3) Be SALT in the world and make a difference. – Matthew 5:13

How will you be what GOD wants you to be if 1 in 11 children will be trapped in video game addiction? Even without addiction, how will you be what GOD wants you to be if your thoughts and world-view are influenced by adult content digital media and video games? Do not be misled: “Bad company corrupts good character.” – 1 COR. 15:33

Thus, if you allow garbage into your minds, then you will be influenced by that garbage. Based on how the brain encodes memories, when garbage goes IN, it STAYS – so be careful. “All things are permissible, but not all things are beneficial.” – 1 COR. 10:23

If you think you’re addicted to video games, the Internet, or online pornography, you can reach out to us at www.realbattle.org. We also have an addiction survey online at: www.realbattle.org/video-game-addiction-survey/.

III. Digital Media Use Guidelines
1) No screen time for children under two.
2) No gaming until age 13.
3) Less than 30 minutes of gaming for ages 13+ and no online play.
4) Follow game ratings: no “Mature” and “Adult Only” games for kids.
5) If there are signs of problematic play, then there should be NO gaming.
Citations


