

# Energy Drinks/Caffeine

Questions	Answers
1. What can happen if someone drinks too many energy drinks?	<ul style="list-style-type: none"><li>• You might feel awake and focused for a short time</li><li>• You may also feel nervous, jumpy, or angry</li><li>• Your heart might beat faster, and your blood pressure could go up</li><li>• You might get a headache, feel sick, or have an upset stomach</li><li>• It may be hard to sleep</li><li>• Drinking a lot of caffeine over time can make your body depend on it, and stopping suddenly can make you feel worse</li></ul>
2. Why are energy drinks not safe for kids and teens?	<p>Energy drinks have a lot of caffeine, sugar, and other strong ingredients.</p> <p>Kids and teens are more likely to have bad reactions because their bodies are smaller, and their brains are still growing.</p>
3. How much caffeine is safe for kids and teens?	<p>Health experts say that kids and teens (under 18) should have no more than 100 mg of caffeine per day.</p> <p>That's about:</p> <p>1 small cup of coffee or 2 cans of soda</p>
4. What are some ingredients in energy drinks that we should worry about?	<ul style="list-style-type: none"><li>• Caffeine: Can make your heart beat faster</li><li>• Sugar: A lot of sugar is bad for your health</li><li>• Herbs (like ginseng): May not be safe for everyone</li></ul> <p>Always check the nutrition label to see what's inside</p>
5. Why shouldn't you mix energy drinks with alcohol?	<p>Caffeine in energy drinks can hide how drunk you feel when drinking alcohol. This can lead to risky choices and even alcohol poisoning.</p>

<p><b>6.</b> How can you find out how much caffeine is in an energy drink?</p>	<p><b>Look at the nutrition label. It must tell you:</b></p> <ul style="list-style-type: none"> <li>• How much caffeine it has</li> <li>• A warning that says “High caffeine content”</li> <li>• A note saying, “Not for people under 14”, or for pregnant or breastfeeding women</li> <li>• How many you can safely drink in a day</li> <li>• Sugar content can also be found on the nutrition label</li> </ul>
<p><b>7.</b> Are sugar-free energy drinks safer?</p>	<p>Not always. They use artificial sweeteners instead of sugar, and some studies show these may still cause health problems, like increasing the risk of diabetes.</p>
<p><b>8.</b> Why are energy drinks bad for your teeth?</p>	<p>They are very acidic and can wear down the enamel (the hard part of your teeth). This can lead to cavities and tooth decay.</p>
<p><b>9.</b> If you drink caffeine regularly, what happens if you stop drinking it?</p>	<p>You might experience some symptoms of caffeine withdrawal which can include:</p> <ul style="list-style-type: none"> <li>• Get a headache</li> <li>• Feel tired or grumpy</li> <li>• Have trouble concentrating</li> <li>• Feel shaky or have muscle pain</li> <li>• Feel worried or anxious</li> </ul>
<p><b>10.</b> How do companies get teens to buy energy drinks?</p>	<ul style="list-style-type: none"> <li>• Use famous people and influencers</li> <li>• Cool packaging and colors</li> <li>• Fun names</li> <li>• Claims that the drink can make you stronger or faster</li> </ul>
<p><b>11.</b> What are better ways to feel more energetic?</p>	<ul style="list-style-type: none"> <li>• Eat healthy food</li> <li>• Drink lots of water</li> <li>• Get good sleep (no screens or caffeine before bed)</li> <li>• Get fresh air and exercise</li> </ul>

<b>12.</b> Why do some teens drink energy drinks?	<ul style="list-style-type: none"> <li>• To stay awake</li> <li>• To feel more energetic</li> <li>• To try to do better in sports or school</li> </ul>
<b>13.</b> What's the difference between energy drinks and energy shots?	<p>Energy shots are smaller, but they often have even more caffeine.</p> <p>One energy shot can have 200 mg of caffeine, which is like drinking two strong cups of coffee all at once.</p>
<b>14.</b> How old should you be to drink energy shots?	<p>You should be at least 18 years old.</p> <p>They have so much caffeine that they can cause:</p> <ul style="list-style-type: none"> <li>• Fast heartbeat</li> <li>• Nervousness</li> <li>• Sleep problems</li> </ul> <p>Your brain keeps growing until around age 25, and getting good sleep helps it grow the right way.</p>
<b>15.</b> How can you stop relying on energy drinks?	<ul style="list-style-type: none"> <li>• Notice what makes you want one (like feeling tired)</li> <li>• Try healthier choices instead</li> <li>• Slowly drink less over time</li> <li>• Ask a trusted adult or doctor if you need help</li> </ul>