

Energy Drinks & Students Safety Information

Energy drinks are widely marketed to teens as a quick way to boost energy, focus, and athletic performance but they may come with serious health risks. Pediatric experts, including the American Academy of Pediatrics, advise that children and adolescents should not consume energy drinks.

Energy drinks often contain very high levels of caffeine, sometimes two to three times more than soda, along with other stimulants like guarana and taurine. These ingredients can have powerful effects on the body, especially in younger individuals.

Consumption of energy drinks has been linked to:

- Increased heart rate and blood pressure
- Sleep disturbances and anxiety
- Headaches and difficulty concentrating
- Heart rhythm changes and, in rare cases, serious cardiac events

Please know that even small amounts may affect some children, particularly those with underlying or undiagnosed heart conditions.

In addition, there is an increased risk when combined with physical activity, sports and additional caffeine (coffee, pre-workout drinks, etc.)

Many children and teens consume caffeine daily, and energy drinks are often used to stay awake for schoolwork or enhance sports performance. However, these drinks can do more harm than good. Many times, children unknowingly consume these energy drinks along with regular coffee and add on to the potential risks and adverse reactions.

Healthier alternatives to consider:

- Water and hydration throughout the day
- Milk or calcium-rich beverages
- Natural smoothies
- Adequate sleep and balanced meals for sustained energy

Energy drinks may seem appealing, but they are not a safe choice for children or teens. Supporting healthy habits like proper sleep, nutrition, and hydration is the best way to promote energy, focus, and overall well-being.

Please refer to this link for more information from the Journal of Pediatrics: [Cardiovascular Toxicity of Energy Drinks in Youth: A Call for Regulation](#)

If you have questions, please contact your school health office.