

THE ENERGY BOOST IS NOT WORTH THE COST

The Risks Are Real



Sleep Suffers



Energy drinks
disrupt sleep,
leaving you
more tired
the next day.

Energy Crash

The energy
boost is short-
lived and can
lead to mood
crashes.



Heart Strain

Caffeine can
cause a rapid
or irregular
heartbeat.



Anxiety

Energy drink
stimulants can
cause jitters and
anxiety.

Did you know? Many energy drinks contain two to three times the recommended daily caffeine limit for teenagers?



What to do Instead?

- Try non-caffeinated drinks
 - Seltzer water
 - Low-sugar hydration drinks
- Get 8-10 hours of sleep
- Eat balanced meals
- Move your body

**Make the Smart
Choice – Say No to
Energy Drinks**



Further Resources

HelpGuide.org. (n.d.). *Caffeine and its effects on teenagers*



Khouja, C. et al., (2018).
Consumption and effects of caffeinated energy drinks in young people



UCLA Health. (2024, January 23). *Teens and energy drinks: A potentially dangerous combination*



Zucconi, S. et al., (2025). *Energy drink consumption among adolescents and associated health outcomes: A review of current evidence*

