

# Energy Drinks: A Guide for Parents

## Energy Drinks: What Parents Should Know

An overview of energy drinks and their impact on children and teens.

Speaker Notes: Welcome parents. Today we'll discuss energy drinks, their ingredients, health risks, marketing tactics, and how to talk to your children about them.

## What Are Energy Drinks?

Energy drinks are beverages that contain stimulants like caffeine, sugar, and other additives to boost energy and alertness.

Speaker Notes: Explain what energy drinks are and how they differ from sports drinks or sodas. Emphasize their stimulant content.

## Common Ingredients

Typical ingredients include caffeine, sugar, taurine, guarana, B vitamins, and herbal extracts.

Speaker Notes: Discuss each ingredient briefly, especially caffeine and sugar, and their effects on young people.

## Health Risks for Children

Energy drinks can cause headaches, sleep problems, anxiety, heart issues, and poor academic performance.

Speaker Notes: Highlight the physical and mental health risks associated with energy drink consumption in children.

## Marketing Tactics

Brands often target youth through social media, gaming, sports sponsorships, and flashy packaging.

Speaker Notes: Explain how marketing strategies are designed to appeal to young people and normalize consumption.

## Talking to Your Children

Encourage open conversations, share facts, and model healthy choices. Avoid judgment and listen actively.

Speaker Notes: Provide tips for parents on how to approach the topic with their children in a constructive way.

## Proposed UK Legislation

The UK government is consulting on banning sales of high-caffeine energy drinks to children under 16.

Speaker Notes: Summarize the proposed law, its scope, enforcement, and reasons behind it. Mention the consultation process.

## Conclusion

Parents play a key role in guiding children toward informed and healthy choices about energy drinks.

Speaker Notes: Wrap up the presentation by reinforcing the importance of parental involvement and awareness.