

Ellis & Jared

The Effects Of Energy Drinks On Children

Surveys report that 30% to 50% of adolescents and young adults consume energy drinks but are they truly safe for children?

Energy drinks can give a boost of energy for a small amount of time but leave them tired and unable to concentrate for a while afterwards. They have a high amount of sugar and caffeine which is bad for a child as they can get diabetes and hyper-activeness which will affect their behaviour in lessons.

The high amount of caffeine and sugar can also cause insufficient sleep which will make it hard for children to concentrate in lessons due to them being tired.

We interviewed a health expert and they said this:

"I would not recommend or tolerate my children drinking energy drinks as they harm their bodies in ways they don't think about or realise."

There are also extremely serious side effects like:

- A seizure disorder
- Irregular heart rhythms
- Dangerously high blood pressure
- Caffeine overdose
- Caffeine poisoning

Most parents and children are not aware of energy drinks' real side-effects and as a result, parents may allow children to consume them and they are unknowingly putting their child at risk.