

## SESSION 6: Prevention and Solutions

*From Deidre*

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Where would you go if you were worried about someone who was drinking too many energy drinks?

If you were worried about your own consumption of energy drinks... where would you go for help?

Read this agony aunt letter, plan your answers in group and write an answer.

*Dear Deidre,*

*I cannot help drinking energy drinks. I started out just having one every so often but now I drink 5 or 6 a day. I find them cheaper than water in the shops. I do not do any sport but find that they keep me awake. However sometimes I cannot sleep at night because my heart is racing – then I wake up late and my mum shouts at me. My teacher told me that I was getting grumpy when I do not drink them – but I can't help it. I know I need to cut down the amount I drink – 5 cans a day is the same as 25 chocolate bars in sugar! I just do not know where to start.*

*Alex, 14, Faversham*

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As a group come up with some of the solutions:

How can you support them?

Who else could help them?

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### Prevention and Solutions

- Limiting someone's use of energy drinks to one serving per day can help prevent dependence and other side effects. People should always see their GP before using energy drinks if they have a medical condition like heart disease or diabetes.
- Read the label for serving sizes, caffeine content and other information
- To prevent unwanted interactions, avoid combining energy drinks with other stimulants like caffeine
- If someone finds it difficult to stop using energy drinks, gradually reducing their caffeine intake over several weeks may make it easier and avoid severe withdrawal symptoms.
- Seek help by confiding in friends, family, teachers or medical professionals if they think they cannot do any of this alone.

### Helpful websites

[www.kcayps.org.uk/services](http://www.kcayps.org.uk/services)  
[www.nhs.uk/Livewell/Goodfood/Pages/water-drinks.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/water-drinks.aspx)

Answer this agony aunt letter, remembering to write in full sentences!

*Dear Alex,*