



# RE-THINK YOUR DRINK!

You don't need to get your kicks from an **energy drink** fix



## OPINION FINDER

### STATEMENT ONE

Energy drinks contain large amounts of sugar/caffeine and other ingredients that can provide some short term benefits, but the after effects are not healthy. They can cause weight gain, mood swings and contrary to the belief held by many young people they don't actually aid concentration for study. They are also addictive like alcohol and tobacco. These drinks are aggressively marketed at young people. They advertise on gaming websites, sporting events and serve as sponsors of YouTube videos.



DO YOU?	COMMENTS	TOTAL
Agree Strongly		
Agree		
No opinion		
Disagree		
Disagree Strongly		

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## STATEMENT TWO

Do you think that it is right that young people are encouraged to buy and consume unhealthy products (similar to the marketing and promotion of cigarettes to young people)? Many of these drinks have '*not suitable for young children on the side of the cans*'. There is no legal age restriction for selling these drinks to under 18s. The British Soft Drinks Association voluntary code of practice states that '*energy drinks may not be promoted or marketed to persons under 16*'.

DO YOU?	COMMENTS	TOTAL
Agree Strongly		
Agree		
No opinion		
Disagree		
Disagree Strongly		



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## STATEMENT THREE

Do you think there should be an age restriction for young people on these drinks? Morrison's have previously banned sales of these drinks to young people, unless they can prove they are over 16, in some of their stores across the UK. Spar shops across Lancashire have a policy of not selling to under 16's. Do you think this is a good idea?



DO YOU?	COMMENTS	TOTAL
Agree Strongly		
Agree		
No opinion		
Disagree		
Disagree Strongly		



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## STATEMENT FOUR

In 2015, over 2,000 young people (aged 14-17) in Lancashire schools were surveyed. 50% said they drank energy drinks, 59% said they mixed these drinks with alcohol and 58% agreed that energy drinks should only be sold to over 16's

Would you be interested in doing some survey /consultation work with young people in your schools to get young people's views on energy drinks? How could you use the survey information?

DO YOU?	COMMENTS	TOTAL
Agree Strongly		
Agree		
No opinion		
Disagree		
Disagree Strongly		