

Re-Think Your Drink

Energy Drinks Performance Poetry

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Intro

A girl goes into a shop, listening to a playlist of hip hop,
She scans the cans of pop and then she comes to a stop
She needs to look a little bit older, she makes herself up, begins to feel bolder
Looks over her shoulder, tries to look sober
And walks to the counter in the shop... Stop.

Stop? Stop right there. She's only bought an energy drink.

What's so bad about that? Let's think....

FOR

What about the girl with the curly hair, she needs a little help to rush here and there?

What about the gamer, the hyperactive teen, sat all night at a computer screen?

AGAINST

They say it makes you quick but it only makes me sick.

He's high like a drug addict, she's high as the moon

Would you eat 15 cubes of sugar off a spoon?

FOR

You're just a biased teacher turning into a preacher

You're a know-it-all dietician making it your mission

To spoil my fizzy, fruity, sweet and burpy, taste-decision

AGAINST

This is not superstition- it's statistics. Where's the bias? It's just the facts.

There's plenty of other fizzy, fruity, burpy drinks that don't cause heart attacks.

FOR

What about the night before an exam, revising all alone?

What about the babysitter, playing on her phone, bored and sitting waiting for the parents to come home?

AGAINST

You don't want a babysitter on that rollercoaster. Sugar high, then sugar crash.

One minute she's worrying, the next she gives the kids a slap.

And if you want to think thick at school, drink an energy drink on the way to class

One minute you're bouncing off the walls, the next you're asleep in Maths.

Good luck getting a job when your GCSEs are trash.

And what about her, she's drunk much more than she normally would, coz it tastes so sweet, now it won't let her sleep, so she's puking in her hair, and who'll help her the next day with her pregnancy scare.

So you still want to drink your energy drink?

FOR

Yeah I still think that that's ok...

AGAINST

Will you still think that in 6 months time, when you have tooth decay?

You'd better watch your belly and your teeth which won't come clean.

And don't get me started on the levels of caffeine

FOR

I just want to have some friends and be in a group, that's all...

AGAINST

I'm sorry you feel lonely mate, but grow a pair of
Brains. The choice is yours. If you want to spend your money
on an addictive, restrictive energy drink product
in a bright, shiny can, you can
but me? I'm not a fan.