

Why schools should not provide caffeinated products for students

Worldwide, 90% of adults consume caffeine every day. Since the beginning of the 21st century, school districts across the nation have been debating whether or not schools should have caffeinated products available for consumption by students. Although some people argue that there are benefits to schools providing caffeinated products to students, such as the fact that caffeine provides much needed energy for students and caffeine decrease ones chance of getting a life threatening disease, schools should not have caffeinated products available for students because they can cause insomnia and caffeine consumption can stunt teenagers brain development.

Many people believe that schools should provide caffeinated products for students. An article written by the CDC explains that caffeine can help to boost young people's energy, alertness, and energy. "These legal stimulants [energy drinks] can increase alertness, attention, energy..." (CDC, 2019) If a teenager stays up late one night doing homework, they can easily gain a normal level of energy and alertness in school the next day by consuming a caffeinated product. In the article "Pros and Cons of Caffeine Consumption" on Minute School, author Cheryl Yang explains that regular consumption of caffeine can decrease a person's chance of getting many life threatening diseases. "Contrary to the belief that coffee causes long-term harm to your health, studies have found that regular coffee drinkers had lower risks of cardiovascular

disease, liver cancer, Parkinson's disease, Type 2 diabetes, and more.” (Yang, 2017) Therefore, if people drink caffeine, their life expectancy will increase because they are at a lower risk of getting life threatening diseases. As you can see, many people think that schools should have caffeinated products available for consumption by students.

While many people believe that schools should provide caffeinated products for students, even more people believe they should not. In the article “The Effects of Caffeine on Teenagers” on Very Well Health, author Amy Morin warns that caffeine consumption can compromise teenagers' sleep. “Caffeine takes a major toll on a teen's sleep. Every 10 milligrams of caffeine a 13-year-old boy consumes decreases his chances of getting 8.5 hours of sleep by 12%.” (Morin, 2020) If teenagers are not able to sleep well, their performance in school and other activities will worsen. Morin then goes on to explain that caffeine intake can cause a teenagers brain to not fully develop. “Caffeine may stunt children's development by disrupting the formation of key connections in the brain.” (Morin, 2020) Humans brains develop the most by the time we are 25, and if teenagers stunt that development by consuming caffeine, they will likely grow up not as mature and rational as other adults. As you can see, many people think that schools should not have caffeinated products available for consumption by students.

For nearly a century people have debated whether or not schools should provide caffeinated products for students, and while there are some benefits to schools providing caffeinated products, specific research and evidence show that schools should not be encouraging teenagers to consume caffeine. One reason that people advocate for schools to offer caffeinated products to students is because caffeine can increase alertness, attention, and energy. Another reason that people advocate for schools to offer caffeinated products to students is

because caffeine can lower one's risk of getting life threatening diseases. On the contrary, one reason that schools should not offer caffeinated products to students is because caffeine can seriously shorten a teenagers amount of sleep. Another reason that schools should not offer caffeinated products to students is because caffeine can stunt teenagers brain development. People have debated for over two decades as to whether or not schools should provide caffeinated products to students, but the answer is clear: schools should not provide caffeinated products to students.

Citations:

“Energy Drinks.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 29 May 2019, www.cdc.gov/healthyschools/nutrition/energy.htm.

Morin, Amy. “Learn If You Should Let Your Teenager Drink Caffeinated Drinks.” *Verywell Health*, Verywell Health, 3 Feb. 2020, www.verywellhealth.com/effects-of-caffeine-on-teenagers-4126761.

Yang, Cheryl. “Pros and Cons of Caffeine Consumption for Students.” *Minute School*, 23 Sept. 2019, www.minuteschool.com/2017/11/pros-and-cons-of-caffeine-consumption-for-students/.