

# Should schools have caffeinated products available for students?

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# What are regulations like now?

As of May 29, 2019, 75% school districts nationwide do not have any regulations in the distribution of caffeinated products to students.

# What kind of caffeinated products are schools offering?

Some examples include Snapple tea products, Monster energy drinks, Mountain Dew, Kickstart, Coca-Cola, and Pepsi



# Yes, schools should have caffeinated products available for students!

One reason people strongly advocate that schools should have caffeinated products available for students is that it provides much needed energy. Many students have to stay up late to finish homework and caffeine can help them get through the day and not fall asleep in school.



# Yes, schools should have caffeinated products available for students!

Another reason people say that schools should have caffeinated products available for students is because caffeine increases mood and alertness. There is a generalized statement that teenagers are moody and spacy, so caffeine can help make their mood more positive and be able to pay more attention in class.



# Yes, schools should have caffeinated products available for students!

Yet another reason that people advocate for caffeinated products being available for students is because caffeine actually has many lasting positive effects on a person's health. Continuous caffeine consumption can result in lower risks of cardiovascular disease, liver cancer, parkinsons, type 2 diabetes, and more!



# Yes, schools should have caffeinated products available for students!

One last reason that people advocate for having caffeinated products available for students is because it can increase information processing speeds. If a student has access to caffeinated products, they will be able to learn faster and more efficiently because they can process information faster.



# No, schools should not have caffeinated products available for students!

One reason people strongly advocate that schools should not have caffeinated products available for students is because it can cause insomnia. The effects of caffeine last for 5-6 hours, which could cut into a student's sleep time and decrease the amount of sleep they get. Furthermore, every 10 milligrams of caffeine decreases an average teenager's amount of sleep by 12%.



# No, schools should not have caffeinated products available for students!

Another reason that people strongly advocate that caffeinated products should not be available for students at school is because caffeine can negatively impact a teenager's mental health. A teenager who has consumed more caffeine than another teenager is more likely to show signs of anxiety and depression.





# No, schools should not have caffeinated products available for students!

Yet another reason that people advocate that schools shouldn't have caffeinated products available for students is because it can lead to injury. The number of energy drink related trips to the ER from 2007-2011 doubled and in 2011, there were 1,499 adolescents ages 12-17 who visited the emergency room with a caffeine related emergency. Furthermore, the Poison Control Center got 5,000 calls related to energy drink consumption in 2014.



# No, schools should not have caffeinated products available for students!

One final reason that people argue that schools should not have caffeinated products available for students is because it is possible for a teenager to overdose on caffeine and die. Logan Stiner, a high school student from Ohio, consumed 16% more of your daily allotted caffeine consumption and died from a seizure and cardiac arrhythmia.

