

# Do you know which drinks on this page contain alcohol?



See reverse side to reveal the truth!

Compiled by Garfield County Human Services Alcohol and Substance Abuse Program  
Pictures of drinks found at [energyfiend.com](http://energyfiend.com) & [banddesigns.com](http://banddesigns.com)

## Do you know what your kids are drinking?

Energy drinks have become very popular among youth. The problem is that many contain alcohol (some have nearly twice as much alcohol as a can of beer) and they are marked to look just like the alcohol free energy drinks. The only way to tell them apart is to read the label.

## Alcohol and Caffeine—a dangerous mix!

Alcohol use by youth is strongly correlated with risky behaviors such as violence, illicit drug use, sexual activity, poor school performance, and traffic crashes. While alcoholic energy drinks are marketed as energizing and stimulating, studies have found that the combination of caffeine and alcohol may result in users misjudging their level of intoxication. This combination may lead intoxicated persons to mistakenly conclude they are able to do potentially dangerous activities. This is of particular concern for young people who are more likely to engage in risk-taking behavior. <sup>(1)</sup>

## Which energy drinks contain alcohol?

Producers of alcoholic energy drinks have designed them to closely mimic non-alcoholic brands. These similarities create confusion for consumers as to which contain alcohol and which do not. Of the sixteen drinks shown on the front side, half of them contain alcohol. They are as follows:

- *Four*
- *Torque*
- *Liquid Charge*
- *Rockstar 21*
- *24 Seven*
- *Sparks*
- *Tilt*
- *3 SUM*

## What can parents do?

Parents have tremendous influence over their children. In fact the number one reason teens give for not using alcohol is their parents. Following are some strategies you can use to help prevent alcohol use with your child.

- *Read labels and know what your child is drinking.*
- *Know your teens friends and their parents.*
- *Set clear guidelines and consequences around alcohol use and communicate them with your teen.*
- *Monitor where your teens are and who they are with.*
- *Help your teen practice ways to refuse alcohol. Youth are more likely to say no if they have rehearsed it.*

**For additional information on preventing youth alcohol and other drug use contact Grant County PARC at 765-5402.**

(1) Marin Institute: "Alcohol, Energy Drinks, and Youth: A Dangerous Mix"