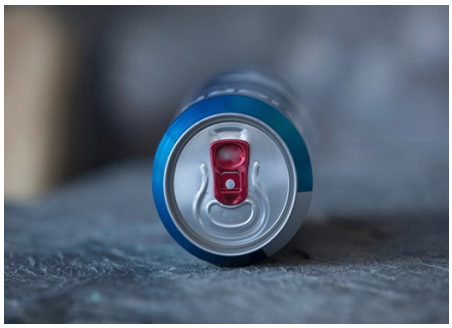
Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

Video

Energy Drinks



Evidence ratings:

This resource has undergone expert review. See our Help/Q&A section for more details.

Year: Year 9–10, Year 11–12

Targeted Drugs: Energy drinks

Tags: energy drinks, catalyst, news

Time Allocated: Partial lesson (under 45mins)

Origin: Australian

Cost:
Free

Available

This video is available on YouTube

Watch 'Energy Drinks' video

Developers

The Australian Broadcasting Corporation (ABC).

Summary

This 15-minute video from the ABC's Catalyst program begins with a real-life story of a teenager's death after consuming pre-mixed alcohol and energy drinks. The video then investigates what is an energy drink, and what happens to people's bodies when they consume energy drinks. Medical experts are interviewed on the topic, as well as a representative from the Australian Beverages Council.

Expected Benefits

- Understanding of the dangers of energy drinks.
- Knowledge of the interaction between pre-existing medical conditions and energy drinks.

Evidence Base

Expert review*:

This video was produced by the Australian Broadcasting Corporation (ABC) and received input from medical professionals. It has a high production quality and its longer length (15 minutes) allows students to gain a deeper insight into the effects of energy drinks and consider the potential dangers they pose to young people. The video also examines the belief that energy drinks increase performance, and provides results from scientific studies that may encourage students to question this belief.

*Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

© 2026 Positive Choices | Built by Netfront