

Subject: Dangers of Energy Drinks/911 Lifeline

FYI... This is long - but please read...

The alarming trend of young people mixing alcohol and caffeine-spiked Energy drinks continues to make headlines across the country. According to the Marin Institute, just in the past few weeks, seven states have introduced legislation to ban the sale of alcoholic energy drinks, with many others expected to follow.

Research shows that today, teens are consuming more energy drinks than ever before, and in many cases, they're mixing them with alcohol-thus allowing them to drink more than their bodies can handle, and putting them at greater risk of alcohol poisoning and even death.

Please take time to have open discussions with your teens and stress a strong "no-use" message for alcohol use in addition to the real health risks of too much caffeine and the grave danger of combining alcohol and caffeine-spiked drinks.

In NEW JERSEY...

New Lifeline Legislation (P.L. 2009, c.133) encourages young people to call for help in the event of an alcohol medical emergency. Alcohol poisoning is scary, but now calling 9-1-1 for help isn't.

If a young person is suspected of alcohol poisoning and their friend's want to help them, they must:

1. **Call for Help:** One of the underage persons call 9-1-1 and reports that another underage person was in need of medical assistance due to alcohol consumption. The underage person is the first person to make the 9-1-1 report;
2. **Stay with your Friend:** The underage person (and, if applicable, one or two others acting in concert with the underage person who made the 9-1-1 call) remains on the scene with the underage person in need of medical assistance; AND
3. **Talk with Authorities:** The underage person who called 9-1-1 (and, if applicable, one or two others who were acting in concert with the caller) provide each of their names to the 9-1-1 operator and cooperates with medical assistance and law enforcement personnel on the scene.

The underage person who is receiving medical assistance is also immune from prosecution. This immunity applies on public and private property. Purchasing, possessing or consuming alcohol is illegal for those under the Minimum Legal Drinking Age of 21. This legislation provides immunity from prosecution when the steps above are followed.