

Energy Drinks, Alcohol Spiked Energy Drinks, and Alco-Pops, Oh My!

Energy Drinks, Caffeine, and Sugar Information

- www.energyfiend.com/the-caffeine-database & www.cspinet.org/new/cafchart.htm - Gives a list of beverages and foods with their caffeine and sugar content.
- <http://health.howstuffworks.com/caffeine.htm> - Gives good information on how the body and brain respond to caffeine along with health benefits and health risks.
- http://kidshealth.org/teen/drug_alcohol/drugs/caffeine.html - Gives good basic information on kids and caffeine use and some of the health risks.

Alcohol Spiked Energy Drinks Information

- http://www.marininstitute.org/alcopops/energy_drink_report.htm - Great facts sheet on the new alcohol spiked energy drinks and alco-pops. You can download the PowerPoint and a lot of other good information.
- www.texansstandingtall.com – Great information on what is going on and what we need to do to help keep Texas youth healthy and safe.

Alco-Pops and Alcohol Marketed to Youth Information

- <http://family.samhsa.gov/monitor/alcopops.aspx> - Good information for parents and teachers about how to talk to youth about this scary trend.
- http://www.cspinet.org/booze/liquor_branded_press.htm - Good information on myths, advertizing, and other information surrounding alco-pops and youth.

Street, Over the Counter, and Prescription Drug Abuse Information

- www.drugfree.org – A wealth of information on drugs of abuse. Information for teachers, parents, and students on drug abuse, prevention, and treatment is given.
- www.drugfree.org/Portal/Drug_Guide - View Street, over the counter, and prescription drugs of abuse. Drugs can be looked up by name, slang name, or image. You can learn how the drugs are ingested, the short and long term effects, and what the drugs federal classification is.

SDFSC Fall Workshops

9-2-2008	009109	PALs Middle School Training
9-3-2008	009113	PALs High School Training
9-9-2008	009122	SDFSC Contact Meeting
9-23-2008	009163	Ch. 37: Discipline Law and Order Administrators Training
10-2-2008	009201	Current Trends in Drugs & Drug Prevention: Red Ribbon and Beyond
10-14-2008	009238	Peer Mediation 2 day Training
10-16-2008	009250	PALs Make-Up Day Training

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