

## **Abstract**

The presented thesis addresses the issue of energy drink consumption among second-level primary school students. The theoretical part of the thesis describes the concept of energy drinks and focuses on their individual components. It examines the negative impacts of energy drinks on the child's body and describes addictive behavior in adolescents. It also discusses consumer behavior associated with the consumption of these drinks.

In the practical part, a survey among second-level students, interviews with prevention specialists, and an analysis of school regulations were conducted. The main goal of the thesis is to determine whether the knowledge of students at schools with a ban on the consumption of energy drinks in their regulations is higher than that of students at schools without such a ban.

The research results showed that students at schools with a ban on the consumption of energy drinks have indeed higher awareness of the risks associated with these beverages. Interviews with prevention specialists revealed that the combination of bans and educational programs is effective in preventing the consumption of energy drinks. The analysis of school regulations revealed that only a small number of schools have this ban explicitly stated.

In conclusion, the thesis provides recommendations to schools on how to implement primary and secondary prevention tools immediately after introducing the ban on energy drink consumption in school regulations to further increase students' knowledge and prevent potential health risks.

### **Keys words**

energy drinks, addiction, research, pupils, harmfulness, consuming, school rules