

## 4/20 - Did You Know This Is More Than Just A Date?

Parents are used to hearing their teens speak in code - from the trendy catchphrase of the week to the popular acronyms used for text messaging and online chatting. But one term that might come up more frequently in the spring is "420" (also 4:20 or 4/20) (pronounced "four-twenty").

Those familiar with popular drug culture might recognize the code as a reference to the annual pot-smoking holiday on April 20<sup>th</sup>. There are many theories explaining the origin of the term and the date - from the supposed number of active chemicals in marijuana, to an alleged police crime code for drug arrests, to the time of day a group of California teens congregated to smoke up in the 1970s.

Whatever, the actual origins of 420, many teens now know April 20<sup>th</sup> as *the* day to smoke marijuana. So parents should be especially mindful of monitoring for drug use on this day in particular.

### Marijuana: Then and Now

So you tried pot at some point in your life and think you will feel like a hypocrite telling your teen not to use? Get over it. It is important to talk about your experiences to help your children learn from them. Be honest and emphasize that this discussion is about your child's future and not about your past. Marijuana today is more potent than it was a generation ago and more kids are using it at a younger age, when their bodies and minds are still developing. Talk to your teens.

Kids who learn about marijuana and other drugs from their parents are less likely to use them. **Tell your teens how to say No, even if you did not!**

