

4/20 is Weed Day

What is 4/20?

4/20 originated from a group of students in the 1970's. The term was shorthand for the time of day the group would meet to smoke pot together. April 20th, (four twenty) is internationally known as Smoke Marijuana Day. There are thousands of demonstrations across the country (some political in nature), where people gather together and smoke weed at 4:20 pm.

Marijuana: What's the Big Deal?

Common feedback from youth is that smoking marijuana is "no big deal." However, research has shown that marijuana negatively affects the brain. THC (the active ingredient in marijuana) affects the nerve cells in the part of the brain where memories are formed, and impairs perception, judgment, and motor skills. Use by teens has been shown to reduce IQ, affect learning, memory and reaction time, and increase mental health problems. <http://www.drugfree.org/wp-content/uploads/2012/10/Marijuana-and-Your-Health-Just-The-Facts-Part-I.pdf>

Marijuana use in Tompkins County

In Tompkins County NY, the 30 day youth marijuana usage rate is 14.7%. For 12th graders, the rate is 31%, higher than the national rate (25.7%). Marijuana use in Tompkins County is on the rise. The fact is, students in Tompkins County are smoking marijuana, and you can bet they are going to be smoking on Friday, April 20th.

What Can You Do as a Parent or Caring Adult?

As an informed parent or concerned adult, listen and look for any signs that your child may be using marijuana. Keep the lines of communication open, and be clear that using marijuana is not only unacceptable and dangerous, but also illegal. This Wednesday, 4/20, be extra alert! Remember, parents are the first line of defense against underage substance use.

Thanks to the Huffington Post for selected information. http://www.huffingtonpost.com/2013/04/20/420-weed-day-marijuana-april-holiday_n_3122359.html