

WHAT PARENTS SHOULD KNOW ABOUT "4:20"

When youth talk about "4:20" they aren't necessarily referring to the date Apollo 16 landed on the moon or Michael Jordan setting an NBA playoff record. They may be referring to "National Weed Day," which has been gaining momentum since the early 70's. Although "National Weed Day" isn't marked on the calendar as a holiday, it indeed is to some people who partake in marijuana smoking. Although it may be tough to tell, there are many signs and symptoms that may suggest your child is engaged in "4:20" activities. Be aware that "4:20" refers to not only April 20th but the everyday afternoon hour as well.

What's Happening While You're at Work

Many times children walk into an empty house after school due to their parents demanding work schedule. On April 20th, be aware of what's going on and make sure your child goes to school, attends their extracurricular activity and reports home on time. Make it a priority to get involved and ask questions. **Remember, it's not pestering, it's parenting!**



The New High

What is K2/Spice?

K2/Spice is a mixture of leafy-looking herbs and spices that are sprayed with a psychoactive chemical, and then smoked.

Side Effects of K2/Spice Include But Are Not Limited To:

- Hallucinations
- Dangerous heart rate/blood pressure
- Panic attacks
- Seizures

Signs & Symptoms of Marijuana Use:

- Decrease in grades
- Mood/personality change
- Lying/blaming
- Change in friends
- Frequent use of mouthwash
- Glassy, red eyes
- Weight gain/loss
- Loud talking
- Inappropriate laughter followed by sleepiness
- Loss of interest, motivation
- Drug paraphernalia in bedroom, car or locker (pipes, rolling papers, lighters etc.)
- Reading drug oriented magazines
- Using drug slang, talking about drugs (weed, pot, herb etc.)
- Use of incense, room deodorant, or perfume to hide smoke or other chemicals (fabric softener, coffee etc.)
- Change in clothing choices, wearing drug oriented clothing or accessories
- Blood shot eyes, frequent use of eye drops

To learn more about the **VERNON COALITION** please see our link at www.centerforprevention.org or feel free to contact us at:
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For more on marijuana use visit www.ondcp.gov

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