



4/21—Test Your Teen Day

Parents, April 20 is upon us – and upon our teens! Are you aware? Are you prepared?

Some parents will immediately recognize the number “420” (pronounced “four-twenty”) as drug culture code for “April 20,” the annual pot-smokers’ “holiday.” This self-proclaimed “holiday” has become an underground tradition within the drug culture, and has developed quite a following over the years. There are numerous stories purporting to explain the origin of this dubious holiday. One, for example, says that “420” goes back to the 1960s when a group of California teens developed a habit of getting together every day to smoke pot, shortly after school at “4:20” P.M. “4:20” then became code for “smoking pot” and evolved into an annual “holiday.”

But whatever, the true origin, April 20th is a time when parents ought to be especially vigilant in monitoring children and looking out for any signs of potential drug use.

420 Awareness Tips . . .

- 1) Listen for slang and lookout for paraphernalia. If you hear your teens using the number “420” is any form of conversation or communication – beware! Listen up for other pot related terms like, **bud(s), herb(s), blunt, bake, and ganja**. Likewise, keep a close eye out for pot related paraphernalia, like makeshift bong (perhaps made out of a water bottle), makeshift pipes (perhaps made out of common plumbing hardware), as well as rolling papers, butane lighters, and eye drops.
- 2) Know where your teen is and who they’re with. Does your teen have any special plans for April 20? If they will be out of the house, will they be at a supervised location? Teens often try to get together with friends to “celebrate” the “holiday.” Also, beware of teens sneaking out of the house in the middle of the night to go “celebrate” with friends.



- 3) Pay attention to your teen’s appearance and behavior. Bloodshot eyes and the distinctive odor are the most conspicuous telltales. Likewise, watch out for eye drops (used to cover up the bloodshot eyes) and deodorant (used to cover up the odor). Beware if your teen seems to be acting secretive, and watch for changes in behavior, such as sleeping more than usual (which might indicate a hangover and/or sneaking out in the middle of the night).

Declare “4/21” to be, “Test Your Teen! Day”

Why not take advantage of this dubious “holiday” to raise our awareness and to take constructive precautions to protect our teens? Hopefully, we’ve all already had clear and consistent discussions with our teens about the dangers of drug and alcohol use. Still, it wouldn’t hurt to take this occasion to remind them once again.

Home Use Drug Tests

There are two basic types of home use drug tests, which are, urine tests and hair tests. Urine drug tests are easy to use at home and are available at any local drug store. They range in cost from about \$15 for a marijuana only test, up to \$40-60 for multiple drug test arrays. Home drug tests can also be purchased on-line, often at better rates. With urine tests, be aware that drugs are eliminated from the body at varying rates, but for most, the test must be done within 1-3 days of drug use. Your best bet is to purchase a test in advance and have it available as the need arises.

On-Line Drug Test Kit Sources:
www.kleenteen.com
www.collectionplus.net