

**April 20th, AKA "420" is a date nearly all people ages 16 - 25 know about. It is the biggest marijuana smoking day of the year!  
Why and What to Do?**

Hello All,

April 20th, AKA "420" is known by teens and young adults as the biggest marijuana smoking day of the year and it is approaching. Regardless of your child's or client's history of use they know about this day and many experience pressure to use on this day. This is why we are emailing this newsletter. We believe this to be a time to offer support to young people before the day arrives. Talk to them about their understanding of the day, experience of the day in the past, and anticipated pressures with it coming soon. There are so many myths about this day that it creates a great discussion. Offer ways to help them negotiate their way through it and if so, keep them home from school that Friday and spend the day doing fun alternatives as a family... If you are a clinician then this can be something you help families to work on.

In addition, having drug testing supplies around the house helps the young person have a refusal

skill when peer pressure occurs. It will occur. When they say, "my parents have a drug test and they will use it," then the peer pressure stops. The negative friends back away. We hope you find this newsletter informative in a way that opens up dialogue and helps the young person and their family prepare. Below are great resources to help you with this issue:

[Click here for the 420 Newsletter](#)

[Click here for the Marijuna 2.0 Newsletter to use as education](#)

[Click here for lost cost drug testing supplies](#)

[Click here for 3 hours of our parent education webinar.](#)

Lots of resources to enjoy!

Happy Easter !!

Thanks

Jon Daily, LCSW, CADC II

916-276-0626