

# KNOW THE FACTS

420

Your kids know what 420 means, do you? They are probably referring to “National Weed Day”. This is not a calendar holiday, but celebrated by many people who smoke marijuana. It might be difficult to recognize, but there are many signs and symptoms that may suggest your child is engaged in “420” activities. Be aware that “420” refers to not only April 20th but the everyday afternoon hour of 4:20pm, as well.

Despite marijuana’s growing social acceptance, it remains a substance with documented health implications, particularly for adolescents. Studies consistently highlight its impact on cognitive development, mental health, and overall well-being among young individuals.

Marijuana is a potent, addictive drug. THC (the psychoactive ingredient) levels in marijuana have gone from 2-3% in the 1970’s up to 15-18% and even greater today (up to 80% in concentrates).

80%  
Increase

## Some Facts about Marijuana



Regular marijuana use leads to significant withdrawal symptoms, such as anxiety, depression and insomnia.

Research is showing that regular use of marijuana can impair cognitive function in youth often lasting into adulthood

Regular marijuana use affects the young developing brain.

## Signs and Symptoms of Youth Marijuana Use

- Grades dropping
- Mood or personality changes
- Change in friends
- Weight gain or loss
- Drug paraphernalia (pipes, rolling papers, lighters, flavored cigars)
- Use of incense or room deodorant
- Bloodshot eyes or eye drops



Smoked



Edible



Vape device

THC is the active ingredient in marijuana that changes one’s psychological state. Not all marijuana is the same and there are many ways that THC is used by youth.



Visit our website

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SOURCE: NIDA. "Cannabis (Marijuana) Concentrates DrugFacts." National Institute on Drug Abuse, 25 Jun. 2020, <https://nida.nih.gov/publications/drugfacts/cannabis-marijuana-concentrates> Accessed 18 Apr. 2024.