

420: The Culture of Cannabis

The term '420' (pronounced "four-twenty") refers to marijuana and its culture.

The most likely explanation for the term is that a group of teenagers in California in the 1970's would meet after school at 4:20pm (the commencement of detention!) to smoke together.

- Adults should be aware of this symbol, which appears on hats, T-shirts, notebooks and other accessories.
- Teens use the term when talking, texting, instant-messaging and e-mailing to refer to marijuana.

4:20pm has become a popular time to smoke marijuana world-wide. By extension, April 20th, (4/20) has evolved into a day where marijuana is celebrated.

- Public and private "smoke-ins" are popular on April 20th, especially on college campuses.
- Even people who don't normally smoke marijuana may see this unofficial holiday as a reason to light up.

Adults are encouraged to engage teens in conversation about marijuana in general and 4/20 in particular. Ask if they are familiar with the significance of the date, and if so, what their plans are for the day.

Marijuana's Effects on the Mind & Body

- paranoia
- increased heart rate
- bloodshot eyes
- dry mouth and throat
- impaired or reduced short-term memory
- impaired or reduced comprehension
- altered sense of time
- reduced ability to perform tasks requiring concentration and coordination, such as driving a car
- psychological dependence
- impairments in learning and memory, perception, and judgment - difficulty speaking, listening effectively, thinking, retaining knowledge, problem solving, and forming concepts
- intense anxiety or panic attacks

Other Names

Pot	Weed
Reefer	Grass
Blunt	Chronic
Herb	Mary Jane
Hash	Ganja
Boom	Gangster
Dope	Skunk



Call Compass Mark for more information on the prevention and treatment of marijuana use.
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