

Whatever the real story is, 420 has been an important part of the marijuana culture since the 1970's. The significance of 420 has been kept underground and is mostly known among marijuana smokers. Many non-smokers aren't aware of the symbolism when they see someone wearing a T-shirt or baseball cap that says 420 on it.

How can someone stay sober on 04-20-09?

- Have a plan of sober activities with sober friends. It is also important to include others in on your plan such as with parents, teachers, friends, etc.
- Schedule a U/A drug test for 04-21-09 so that you have some accountability with a parent or care-giver.
- Do NOT glamorize marijuana use or listen to others glamorizing marijuana use. This only causes you to desire and continue thinking about using.

