

**How can you monitor for marijuana use? Follow these four easy steps:**

1. **Look online.** Talk to your teen about pro-drug messages they might find on sites like Facebook and YouTube. Many teens form groups and recruit members online who are proponents of certain drugs or risky behaviors.
2. **Listen for slang and look out for paraphernalia.** If you hear terms like 420, bake, Mary, bud, blunt, etc., or see them in text messages, call your teen on it. Likewise if you see makeshift pipes or bongos disguised to look like harmless trinkets, it's time for a larger discussion about drug use.
3. **Ask who, what, where, and when.** You should always know the details about your teen's whereabouts, but pay special attention on April 20 as many teens plan to meet for the "holiday celebration."
4. **Watch and smell for signs of use.** Red and bloodshot eyes are a symptom of marijuana use, so be on the lookout for recently opened eye drops. A distinct odor is another sign - even if your teen was just hanging out with other people who were smoking. If you detect smoke, alcohol, etc., on your teen's breath or clothes, it's time to talk about the dangers of such risky behaviors.