



Cannabis Word Search



BONG
BRAIN
CANNABIS
COPING

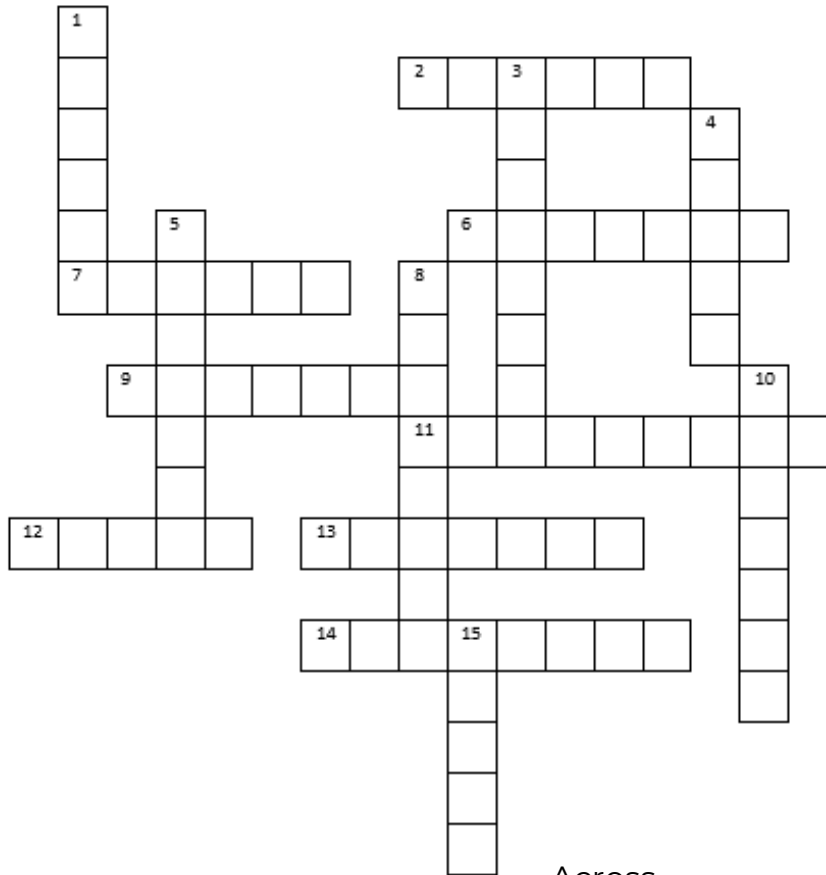
CBD
CURIOSITY
DABS
EDIBLE

GREENING OUT
IMPAIRED
KIDS HELP PHONE
MIXING

RISK
THC
VAPING
YCAP



Cannabis Crossword Puzzle



Down

- 1 - Some people may choose to avoid using cannabis use due to their personal _____.
- 3 - _____ driving can result in legal consequences as well as serious risk of collisions.
- 4 - Cannabis use before age 25 may cause impaired _____ development.
- 5 - Some youth may choose not to use cannabis because they don't want to get into _____ with their parents or the law.
- 8 - Examples of cannabis _____ include has, kief, shatter, wax.
- 10 - Youth under the legal age in their province or territory may not consume or _____ cannabis.
- 15 - Instead of eating an entire edible, it is recommended to start with a small _____ and wait up to 4 hours to see how you feel.

Across

- 5 - Smoke from dried leaf cannabis released from _____, bong, pipes, etc. can irritate blood vessels in the lungs and may worsen existing lung illnesses.
- 6 - Even though cannabis is a _____ plant, this does not mean it is risk-free to consume it.
- 7 - Some people may report using cannabis to help them manage _____.
- 8 - If someone is struggling with cannabis use, _____ is available through providers such as Kid's Help Phone.
- 9 - An example of harm _____ would be to avoid or limit cannabis use before age 25.
- 11 - New or first time cannabis users are recommended to use products with _____ levels of THC.
- 13 - Mixing cannabis with _____ may cause dehydration, increase impairment and could lead to a need for medical attention.
- 15 - Consuming too much cannabis can result in hallucination, panic attacks, vomiting and even a trip to the _____.

YMCAGTA.ORG/YCAP



Cannabis Word Jumbles

1 - Cannabis use during _____ (pgnynarce) can cause health risks for an unborn child, including low birthweight, stillbirth and impaired learning skills early in life.

2 - Operating a _____ (cleevih) while impaired by cannabis significantly increases the risk of being involved in a collision.

3 - If you or someone you know is struggling with cannabis use, _____ (tropspu) is available for free across Canada through programs like Kid's Help Phone.

4 - One way to reduce the risk of developing problems with cannabis use is to continue doing the other things that you _____ (jeyon).

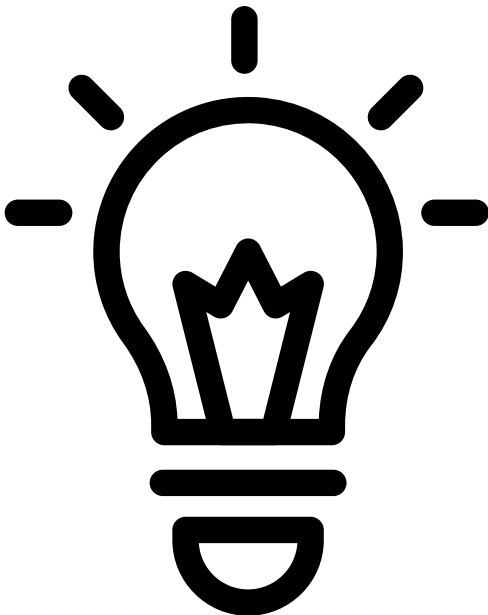


5 - A cannabis use _____ (rrdoesid) refers to when a person's cannabis use has gotten out of control, resulting in problems with their physical, mental and social well-being.

6 - Regardless of why a person chooses to use or avoid cannabis, it's important to _____ (pecters) their decision without judging them about their choice.

7 - Cannabis use during teenage years may increase the risk of developing _____ (chosyspis), especially if the person has a family history of this condition.

8 - It's important to stay _____ (ductdeea) about substance use in order to know the facts and question any misconceptions or myths you may hear.



Healthy Coping Strategies

Coloring Activity



YMCA
Youth Cannabis
Awareness
Program

Programme de
sensibilisation des
jeunes au cannabis
du YMCA

If you are dealing with stress, consider any of the coping strategies below. You can even color them in however you'd like!



Cryptogram Puzzle

Level 1



YMCA
Youth Cannabis
Awareness
Program

Programme de
sensibilisation des
jeunes au cannabis
du YMCA

A cryptogram is a short statement of text written in numbered code. Using the code sheet on this page, complete the mystery statement on the next page by inserting the letter which is represented by the number above it.

A	B	C	D	E	F	G	H	I	J	K	L	M
26	15	13	2	20	8	22	18	1	7	23	9	4

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
17	6	25	3	19	16	24	10	21	11	14	12	5

Example: The letters for "cannabis" are represented by numbers above.

C = 13 A = 26
 A = 26 B = 15
 N = 17 I = 1
 N = 17 S = 16

So, on a cryptogram, the word would look like this.

C	A	N	N	A	B	I	S
13	26	17	17	26	15	1	16



Cryptogram Puzzle

Level 1

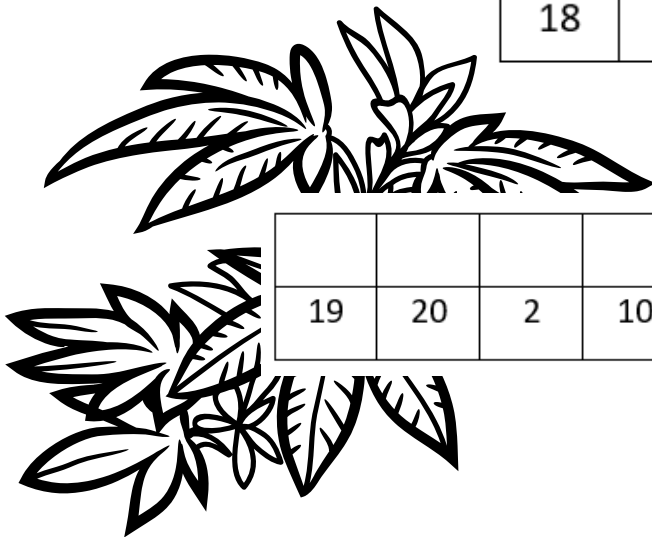


YMCA
Youth Cannabis
Awareness
Program

Programme de
sensibilisation des
jeunes au cannabis
du YMCA

The Youth Cannabis Awareness Program takes a _____ approach toward cannabis use with a focus on positive development and informed decision making.

18	26	19	4



19	20	2	10	13	24	1	6	17

YMCAGTA.ORG/YCAP

Cryptogram Puzzle

Level 2



YMCA
Youth Cannabis
Awareness
Program

Programme de
sensibilisation des
jeunes au cannabis
du YMCA

To make things a bit more interesting, some of the numbers in this code sheet are blank. To find the numbers, complete the math puzzles below the code sheet, then fill in the mystery statement on the next page.

A	B	C	D	E	F	G	H	I	J	K	L	M
10		4		17	24		7		21	18		11

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
2			9	23	12		19	1		20		3

Missing Letter Puzzle

$$B = 2 \times 4$$

$$O = 5 \times 3$$

$$D = 14 - 9 + (4 \times 5)$$

$$P = 28 - 14$$

$$G = (6 + 5) \times 2$$

$$T = (3 \times 4) + 1$$

$$I = 25 \div 5$$

$$W = 13 + 13$$

$$L = (9 \times 2) \div 3$$

$$Y = 4 \times 2 \times 2$$

Cryptogram Puzzle

Level 2



YMCA
Youth Cannabis
Awareness
Program

Programme de
sensibilisation des
jeunes au cannabis
du YMCA

**If someone is
thinking about
using cannabis,
they should avoid
it mixing with...**

A		C				
10	6	4	15	7	15	6

,

			A	C	C	
13	15	8	10	4	4	15

A	N	
10	2	25

			E	
15	13	7	17	23

					A	N	C	E	
12	19	8	12	13	10	2	4	17	12

Cryptogram Puzzle

Level 3



YMCA
Youth Cannabis
Awareness
Program

Programme de
sensibilisation des
jeunes au cannabis
du YMCA

The last cryptogram is missing most of its letters! Solve the math equations below to fill in the blanks, then use the filled in code sheet to fill in the blanks on the next page.

A	B	C	D	E	F	G	H	I	J	K	L	M
	15			8			1					

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				14	12						26	

Missing Letter Puzzle

$$A = 15 + 10$$

$$C = 9 + (2 \times 5)$$

$$D = 11 \times 2$$

$$F = 20 - 9$$

$$G = 6 + 4$$

$$I = 30 - 13$$

$$J = 3 \times 3$$

$$K = 12 \div 2$$

$$L = (6 + 2) \times 3$$

$$M = 20 \div 4$$

$$N = 12 + 3 + 6$$

$$O = 10 + 8 - 5$$

$$P = (11 \times 2) + 1$$

$$Q = 12 - 5$$

$$T = 12 \div 6$$

$$U = 4 \times 4$$

$$V = 10 + 10$$

$$W = 9 \times 2$$

$$X = (12 \div 2) - 3$$

$$Z = 4 \times 1$$

Cryptogram Puzzle

Level 3



YMCA
Youth Cannabis
Awareness
Program

Programme de
sensibilisation des
jeunes au cannabis
du YMCA

The two most
researched
cannabinoids in
cannabis are
called...

	E				H	Y		R							B				
2	8	2	14	25	1	26	22	14	13	19	25	21	21	25	15	17	21	13	14

25	21	22

					B					
19	25	21	21	25	15	17	22	17	13	24