



English II

Reading comprehension

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Cannabis (Marijuana): Yes, It Harms You

Many people believe that cannabis, also known as marijuana, is harmless. However, using cannabis, especially at a young age, can seriously affect both the brain and body. While some think it is natural and safe, the truth is that cannabis has real risks that should not be ignored.

One of the biggest dangers of cannabis is its effect on the **brain**. The active chemical in marijuana, **THC**, changes how the brain works. It can affect memory, learning, and decision-making. For young people, whose brains are still developing, regular cannabis use can lead to long-term problems, including

difficulty concentrating and lower academic performance.

Cannabis also affects the **body**. It can cause lung problems, increase heart rate, and weaken the immune system. People who smoke marijuana inhale toxic substances that can damage their lungs, just like cigarettes do. Long-term use may also lead to addiction, making it hard to stop even when it starts causing problems in life.

Another risk is the **mental health impact**. Studies show that cannabis use is linked to higher chances of anxiety, depression, and even psychosis (losing touch with reality). People who use marijuana regularly may experience mood swings, paranoia, and loss of motivation.

Even though some people believe that cannabis is safe, the reality is that it can cause serious harm. It affects the brain, the body, and mental health. The best way to stay healthy and in control of your future is to avoid cannabis and make smart choices for your well-being.

Now create the organizer with the following branches:

- What is Cannabis?
- Effects on the Brain
- Effects on the Body
- Mental Health Risks

Paste the reading in your portfolio, underline the information for each branch, then create your organizer.

This is the design you must follow, of course, you can add images, and details, be free to be creative.

