



English II

Reading comprehension

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Alcohol: Take Care, Don't Start



Alcohol is a liquid found in drinks like beer, wine, and liquor. It is a **depressant**, which means it slows down the brain and body. People drink alcohol to feel relaxed or happy, but it also has many negative effects. Many people think drinking alcohol is fun and harmless, but the truth is that alcohol affects both the **brain and body**, especially in young people. It slows down thinking, makes it harder to make good decisions, and increases the risk of accidents or dangerous situations.

Drinking too much damages the **liver, heart, and digestive system**. Over time, it can cause serious illnesses like **liver failure**. Even small amounts of alcohol can be

harmful, especially for teenagers, because their bodies and brains are still developing.

One of the biggest dangers is **alcohol addiction**. People who start drinking at a young age are more likely to become dependent on alcohol later in life. Alcohol use can also cause problems at school, with friends, and in future careers.

The best way to stay safe is simple: **don't start drinking alcohol**. Choosing a healthy lifestyle will help you stay in control of your body, mind, and future.

Branches for the concept map:

1. What is Alcohol?

- A substance that slows down the brain
- Found in beer, wine, and liquor

2. Effects on the Body

- Damages the liver and heart
- Affects growth and brain development
- Causes addiction over time

3. Effects on Behavior

- Poor decision-making
- Increased risk of accidents and violence
- Problems with school and relationships

4. Why Avoid Alcohol?

- Dangerous for young people
- Leads to long-term health risks
- The best choice is to say no

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 more creative.

