



# M.M. PUBLIC SCHOOL

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*“Celebrating 57 Years of Excellence in Education”*

MMPS/Circular/07/2025

Dated:-14-07-2025

## **Creating a Tobacco-Free Future: A Call to Parents**

Dear Parents/Guardians,

We trust you are doing well. As a community committed to nurturing healthy minds and bodies, we must address a growing threat to our children's well-being—tobacco use in all its forms.

Tobacco is not just a personal choice; it's a public hazard. From cigarettes and smokeless tobacco to e-cigarettes and vapes, these substances are silently infiltrating youth spaces, glamorized by media and normalized in social circles. The dangers are clear: chronic respiratory issues, cardiovascular diseases, cancer—and for children, even passive exposure can trigger lifelong complications.

### ***Your Influence is Powerful***

Children don't just listen—they watch, absorb, and imitate. As parents, your daily choices and conversations are the strongest defense.

Here's how you can lead:

- **Talk Early, Talk Often:** Initiate honest conversations about tobacco.
- **Be the Example:** Avoid all forms of tobacco—your actions speak louder than words.
- **Know What They See:** Monitor media; challenge the glamorization of smoking.
- **Stay Updated:** Be aware of emerging products like vapes and flavored nicotine.
- **Promote Purpose:** Involve them in sports, arts, and wellness activities that build identity and resilience.

### **Let's Take a Stand—Together**

This is a partnership. We need your vigilance, your voice, and your values at home to reinforce what we teach at school. Let's raise a generation that rejects tobacco not by fear, but by choice.

For resources or guidance, feel free to reach out.

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