



M.M. PUBLIC SCHOOL

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“Celebrating 57 Years of Excellence in Education”

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Circular for Parents : Awareness about Tobacco Use and its Harmful Effects

Dear Parent,

At MMPS, we are committed to ensuring the overall well-being of our students, not only academically but also physically and emotionally. One of the major health concerns affecting young people today is **tobacco use** in various forms (smoking, chewing, vaping, etc.).

Tobacco consumption can lead to serious health issues such as cancer, heart disease, lung problems, and addiction. Unfortunately, children may sometimes be influenced by peer pressure, media, or curiosity to experiment with these harmful substances.

How Parents Can Contribute:

- **Be Role Models:** Avoid using tobacco and set a positive example for your child.
- **Start Conversations:** Talk openly about the harmful effects of tobacco in an age-appropriate manner.
- **Be Alert:** Watch for early signs such as unusual smell, possession of lighters, withdrawal, or sudden changes in behaviour.
- **Discourage Exposure:** Ensure that children are not exposed to second-hand smoke or environments where tobacco use is normalized.
- **Work Together:** If you suspect or know of any such cases, inform the school so timely guidance and counselling can be provided.

Together, as parents and educators, we can guide our children to make healthy choices and lead a tobacco-free life.

Let us join hands to protect our children and build a healthier future.

PRINCIPAL