



M.M. PUBLIC SCHOOL

VASUDHA ENCLAVE, PITAMPURA, DELHI – 110034.

Ph. No. 011-47506758, 41572587

Website: www.mmpublicschool.com

“Celebrating 58 Years of Excellence in Education”

MMPS/Circular/16/2026

Dated:-24-09-2026

Challenging the “Just Once” Mindset

Dear Parents

Greetings.

Children may sometimes view experimentation as harmless, particularly when they hear phrases such as “It’s only once” or “I’m just trying it.” Rather than focusing only on saying “no,” parents can help children think through the consequences of decisions made out of curiosity.

What Parents Can Do

- Ask your child what they think someone means when they say, “I’ll only try it once.”
- Discuss how short-term curiosity can sometimes lead to repeated choices.
- Encourage your child to think about consequences before making a decision: “What could happen next?”
- Help them distinguish between curiosity and a safe choice—being curious does not mean they have to experiment.
- When discussing tobacco, focus on making informed decisions rather than using fear or threats.
- Encourage your child to come to you with questions about tobacco or nicotine without worrying that they will automatically be punished for asking.

Try This at Home

Use everyday examples to practise the “Pause–Think–Choose” approach:

Pause: What is being offered?

Think: Why do I want to try it? What could happen next?

Choose: Is this a decision I will be comfortable with later?

Helping children pause before experimenting can strengthen their ability to make thoughtful, independent choices.

Thank you for your continued partnership.

M.M. PUBLIC SCHOOL