

# Herald Cafe



JUSTICE AWAITS EVERYONE



LENTEN RETREATANTS LOOK FOR 'GOD IN CREATION' AT BAGA

## The darker side of adolescence

The number one most-streamed show in almost every country, 'Adolescence' is an eye opener for children and parents about the negative impact of the internet, which raises a very important question, who is raising today's youngsters?

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A four-part series, British crime drama, 'Adolescence' is created by Jack Thorne and Stephen Graham and directed by Philip Barantini. The story revolves around Jamie Miller, who is a well-mannered, 13-year-old schoolboy in England. He is arrested on charges of murdering another 14-year-old girl from his school. The series is also earning rave reviews for its gripping one-shot storytelling and stellar performances. One cannot blame just parents, the school or

friends as the main point of the series is that there is no one factor that can be blamed. It mainly addresses bullying in school and the kind of misogyny that is inculcated into boys nowadays. However, it is not his father but the internet. Which begs the question of who's raising kids nowadays? There is this mass of information out there, which is shaping a child with a world of weird language. Whether on social media or while playing games online, who are they chatting with in those chat rooms. It is good to be careful. But how careful can one be nowadays?



Owen Cooper and Stephen Graham in 'Adolescence'

### HOW TO KEEP YOUR YOUNG CHILD SAFE ONLINE:

- Be aware of online risks
- Supervise and spend time with your child online
- Set up safeguards to protect your child's digital experience
- Foster open conversations
- Teach them to be kind online

### THE IMPACT OF CONTENT POSTING

Fr Ramiro Luis, assistant professor, Psychology, St Xavier's College, Mapusa, has seen the change in the students since they have been using social media. Unfortunately, he agrees that a parent can't deny the mobile to their child, which later leads to bigger problems. "They are totally weak emotionally, vulnerable and don't want to achieve things. Everything is happening on the phone. There is too much of comparison taking place where they are comparing with what the other person is not. The person is posting an unreal image of himself/herself and the others are getting influenced with that. They feel that they are less and missing out on life. Anything

from travel, food and even snacks are put online which are these micro moments that have an impact. There is a lot of jealousy, depression among the classmates and you can make out when something is going wrong in the class," says Fr Ramiro. Though colleges have seminars and trainings on cybersecurity and cyberbullying, it is still affecting students as well as parents. "Parents are only complaining that their children are involved with the mobile. They are not getting an answer and their grades are also getting affected. Whether we want to use the phone or not, we have to use it. We only have given it to them," says Fr Ramiro.

### WHAT BOLLYWOOD SAYS:

*The gaze of perceived masculinity... The impact of bullying... the turning a blind eye to child habits and patterns... this 4 episode miniseries is a blasterclass for Parents. The Technical marvel of 4 ground breaking long shots moved me as a filmmaker but broke me as a parent.*  
—Karan Johar

*The performance by each and every person that has walked into frame and our was alive... real raw and so hot in the moment that the energy is very palpable and so moving. The magic of storytelling and an entire crew coming together to deliver, every department giving nothing but their heart and soul to every second on screen. I am in awe!*  
—Alia Bhatt

### THE BONDING BETWEEN PARENT AND CHILD

Jerry Dias is a father to three young daughters, with the youngest being 17 years old. While he is working on a cruise line across the world, he is still as much in touch with his daughters. "I enforce conditions online and give them examples to make sure they understand why I do it. They only listen to me 50 percent of the time. They can't do without their phones. The youngest one does share more about her problems, which she faces online. They are usually affected by eating habits, health and safety online, but they keep me informed. They share live location all the time they are out especially alone even if it's in the day and they don't go outside the house after 8 pm. When I'm home on holidays, we all hangout wherever they like," says Jerry.



### THE DISCONNECT BETWEEN PARENTS AND CHILDREN

Aileen De Souza is the head of Mental Health programme at Sethu - Centre for Child Development and Family Guidance. She says, "Social media can contribute to a widening gap between parents and children when both spend a lot of time online, they may be less present when it comes to family activities or face-to-face interactions. The changing parent-child relationship needs to be viewed in the larger context of changing lifestyles as well." Many parents are becoming aware of the impact of social media on their child's mental health, recognizing risks like cyberbullying, body image issues and low self-esteem. However, some parents may underestimate the effects due to lack of knowledge or even normalization of online culture as just another part of growing up, not recognizing the pressures it can pose to mental health," explains Aileen.



### THE CONTROL BUTTONS

Over the last 12 years, Myron Estibeiro has his business model that revolves around ethical hacking for tech giants, consulting and education. In education, they hold seminars and online courses for schools and colleges. "We do a lot of trainings and seminars for students and parents as well on cyber hygiene, do's and don'ts, when you give phones to your kids. If you are using WhatsApp for a child, what are the essentials and preventive controls before giving the phone to the child, so that they are protected," explains Myron. In worst case scenario, parents can also have monitoring controls through content

management, "As a parent, you get to see what type of content they are watching, where they are going, you can see their location, you can track them in terms of like, how many hours they are on the phone, and if they are using the phone, what type of activity they are doing. Recently, we were approached by a parent who has a very stubborn kid. He was in 10th standard. She wanted to have a bird's eye view for two months before the board exams what her son was doing. So we set it up for her and walked her through the steps, like how she can see at any given point of time where her son was with exact pinpoint location," informs Myron.

### SWIPE RIGHT

#### Beyoncé snubbed by Country Music Awards

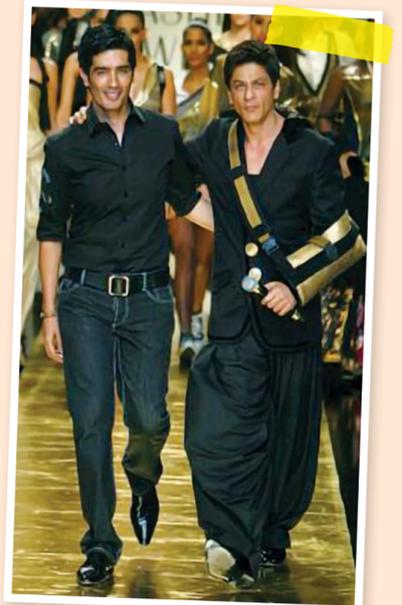


Despite picking up album of the year and best country album for Cowboy Carter at the 2025 Grammys, Beyoncé has been snubbed by a country music awards program again. The nominations for the 2025 Academy of Country Music Awards were unveiled and Beyoncé's name was notably left off the list. ACM CEO Damon Whiteside addressing the snub said, "Were we hoping she'd be nominated? Absolutely. We love that Beyoncé is in the country genre." Whiteside said that Beyoncé had "an open invitation to be on the ACM stage anytime she ever wants to."

#### Kim Kardashian is closer to a law career



Kim Kardashian took the Multistate Professional Responsibility Exam (MPRE). While the two-hour test is not part of the bar exam, passing it is a mandatory step to practicing law in California. While Kim hasn't yet taken the bar exam, the test to obtain a law license in a specific jurisdiction, she did pass the so-called "baby bar" back in 2021 after failing the test three times prior.



Manish Malhotra gave a glimpse of an arm sling at the grand finale of 25 years of Lakme Fashion Week XFDCl that he made for Shah Rukh Khan, years back.

## You've been fooled! It's April Fool's day

April 1 is celebrated as April Fool's day when pranks, hoaxes, and good-natured trickery take center stage. Here are some noted television and social media pranks pulled by noted celebrities

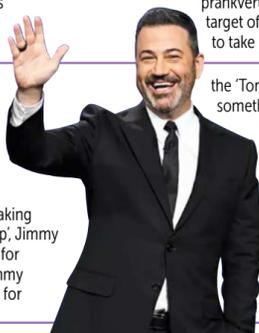
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The first day of April remains a time for laughter, surprise, and a little bit of good-natured deception — whether it's a simple joke among friends or a corporate prank that goes viral. On this day, people tend to make fools out of their near and

dear ones by pulling hilarious pranks on them. The spread and evolution of April Fools' Day remains a mystery, today, April Fools' Day is a global event. Pranks have been played by global corporations and brands around the world, using the start of April to embrace "prankvertising". If you find yourself the target of a prank today, just remember to take it in good stride.

#### JIMMY FALLON OR JIMMY KIMMEL?

In 2022, late-night hosts Jimmy Fallon and Jimmy Kimmel surprised their live audience by switching on the show, across the country. Taking inspiration from 'The Parent Trap', Jimmy Fallon went over to Los Angeles for the 'Jimmy Kimmel Live' and Jimmy Kimmel was live in New York City for



the 'Tonight Show studio'. "This is something we've been planning for years, it was a top secret operation," Kimmel said of the Jimmy-themed prank which they were planning since 2020. Jimmy Fallon had Guillermo Rodriguez for company while Jimmy Kimmel had the show's sidekick and announcer Steve Higgins.



#### TIGER SHROFF PRANKS AKSHAY KUMAR ON SET

In 2024, Tiger Shroff was shooting 'Bade Miyan Chote Miyan' with his co-star Akshay Kumar, who is known as the prankster of Bollywood. Tiger shared a video on Instagram, which begins with Tiger shaking a large bottle of soft drink before running off to play in the garden. When Akshay joins him, Tiger asks him to open the bottle. However, as soon as Akshay opens it, the fizzy beverage spills all over him, and Tiger and others burst out laughing.

#### THE 'GAME OF THRONES' SPOILER PRANK

While chatting on 'The Tonight Show', Maisie Williams plays Arya Stark in the TV series, 'Game of Thrones' seems to accidentally revealed that her character dies in the second episode of the final season. Then, it was big news as any

small detail was a huge deal. She looked shocked and covered her mouth with her hands. The host Jimmy Fallon assures the visibly upset actress, telling her that they can re-film the segment but she then storms offstage, before the duo reveal that the whole scene was a big April Fool's Day prank.



#### WHEN SPAGHETTI GREW ON TREES

In 1957, the BBC aired a hoax report, 'The Swiss Spaghetti Harvest' claiming that Swiss farmers had successfully grown spaghetti trees on April Fool's Day. The segment showed farmers apparently picking spaghetti from trees and laying the strands out to dry. Austrian-born Panorama cameraman Charles de Jaeger, was behind the hoax and BBC reporter Richard Dimbleby was in on the joke. Viewers were so convinced that many called in, asking how they could grow their own spaghetti at home.