

DEALING WITH A PARENT'S SOCIAL MEDIA ADDICTION

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Times have changed drastically. It was just the other day when your mother threatened to beat you with her sandals if you didn't get off that stupid phone of yours. Yet today, she watches videos on her phone so loudly, you have to tell her to keep it down. In the words of the legendary Michael Scott, "Well, well, well, how the turntables."

Parents have always had a knack for overindulgence, and thanks to the availability of smartphones, they've turned away from Sultan Suleiman and headed towards social media. Jokes aside, sometimes just like us, our parents can spend an unhealthy amount of time on the internet, prompting us to play the parent card. So, what can we do to help our parents spend less time on their devices?

LEAD BY EXAMPLE

Again, how the turntables. When we were younger, we used to take after our parents' habits. Similarly, as most of our parents are still learning how to navigate social media, it's no surprise that they mirror our approach when it comes to technology. So, it's best to make a conscious effort to curb your social media addiction first. And hopefully, your parents will follow suit.

SPEND MORE TIME WITH YOUR PARENTS

The impact that technology has on the time we spend with our parents is very underscored. We might not realise it but before the days of doom scrolling, our daily lives revolved, at least to some extent, around our parents. Even though it's not feasible to spend all day with them, we could try to devote more time to them instead of shielding ourselves away. Making conversations, going out on walks, or planning to dine outside are great places to start. They surely wouldn't refuse to spend some time with us.

EXPLAIN THE IMPACT THAT SOCIAL MEDIA HAS ON THEM

Chances are, your parents have not grasped how their social media usage is changing their behaviour and potentially affecting your life in the process. For instance, if your mother picks up a habit of video calling her sisters three times a day, try to calmly explain to her why and how this trait isn't healthy. Likewise, explain to your dad how all the bizarre and negative political clickbait he reads on Whatsapp text chains is making him more cynical. For the most part, it is stressing everyone out. They can only attempt to break their habits, once they



PHOTO: **ORCHID CHAKMA**

realise the impact it has on them.

ENCOURAGE THEM TO PICK UP NEW HOBBIES

More often than not, our parent's social media practices can reveal many of the interests that they never picked up. For example, if they watch knitting and sewing videos, encourage them to actively pursue it. Just make sure they don't stumble upon 5-minute crafts.

It's important that we treat our parents with dignity and respect when explaining the problems with their social media usage. After all, they raised us and deserve nothing less from us in return.

Turns out Taaseen Mohammed Islam can write semi-decently at the expense of being able to do basic math. Send him pointers at taaseen.2001@gmail.com

The wealthy should take accountability for their climate crimes

MASHIYAT NAYEEM

When the world is collectively reeling from the onslaught of recording breaking heatwaves and mourning the fast-approaching demise of the planet, there exists a tiny portion of the population who continue to leave massive carbon footprints. Case in point: celebrities, billionaires, and multi-billion corporations who aggressively contribute to climate change.

Earlier this year, Kylie Jenner and her brief flight aboard her private jet sparked fresh outcries about the need to hold the top rung of the social ladder accountable for their actions. The makeup mogul made a journey within California, which would have just taken 45 minutes by car. People online were quick to point out the reality of the emissions. To put it in perspective, the carbon dioxide emitted per hour on a flight is approximately how much a regular person in a first-world country emits in an entire year.

However, the Kardashian-Jenner clan are not the only celebrities to blame. Personalities like Steven Spielberg and Oprah Win-

frey frequently appear in the top 10 worst offenders list. Beloved popstar Taylor Swift is no stranger to this dazzling display of wealth either. Scrutiny of her jet usage revealed that she had taken a majority of the recorded 170 flights by her private jet. Taylor's version of the matter is that the jet is frequently loaned out to other individuals – a claim that does not help improve the situation.

In fact, most of the world's wealthiest are to blame for the rising use of private jets. The increase of this phenomenon is mostly concentrated in the US, and can be attributed to Southern California's notorious traffic, which the rich want to avoid simply because they have the means

to. Since billionaire entrepreneurs like Elon Musk take refuge in flimsy excuses such as the need to attend many meetings throughout the day, it is mostly celebrities who come under fire.

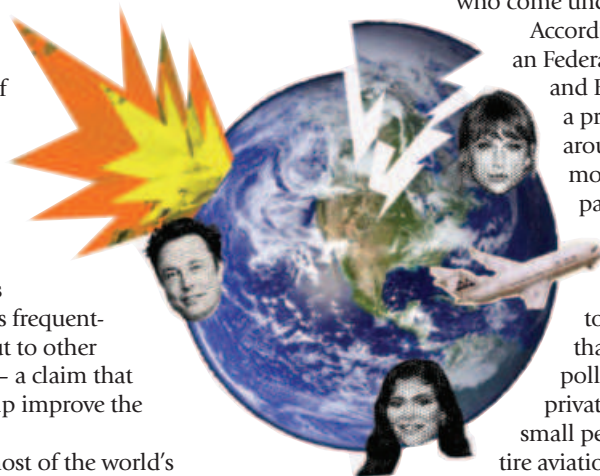
According to the European Federation for Transport and Environment, a private jet causes around 5 to 14 times more pollution per passenger than commercial planes, and is 50 times more damaging to the environment than trains. The pollution caused by private flights may be a small percentage of the entire aviation industry, but the problem lies in the frequency of private plane usage. Even avid climate change advocates like Leonardo Di Caprio, who has done his part by driving a Prius and planting a forest to offset his car-

bon emissions, are no strangers to hypocrisy. He has been called out on his frequent use of private jets in the past and his regular vacations atop yachts.

What's baffling is the fact that while record-breaking heatwaves in Europe and the rising frequency of flash floods in South Asia have served to be a wake-up call to scientists, governments, and the masses, the world's wealthiest choose to remain ignorant and sheltered in their billion-dollar bubbles. What the planet needs right now from them is not performative activism or the greenwashing of brands they own, but a step in the right direction when it comes to their lavish, polluting lifestyles.

References

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