



Programmanus

av Kate Holland

Hi, I'm Kate Holland welcome to Newsreel Easy.

Coming up:

- **The dangers of shopping online.**
HELENA: If you were in a real shop, you might not even think to buy that many things.
- **And the UK tennis star inspiring children to take up the sport.**

But first.

Arlo Parks Wins the Mercury Music Prize

ARLO PARKS: Wow, I'm completely speechless...

KATE: That's singer-songwriter, Arlo Parks.

ARLO PARKS: It took a lot of sacrifice and hard work to get here, um, and there were moments where I wasn't sure whether I would make it through, but I'm here today, so thank you very much.

Arlo has just won the Mercury Music Prize – the biggest prize in UK music – for her first album – Collapsed in Sunbeams. Here she is playing live at the award ceremony on the BBC.

Arlo Parks grew up in London and is openly bi-sexual.

She is 21 years old and her songs cover difficult subjects like depression and anxiety but the judges also praised the album for its sense of hope.

The Dangers of Shopping Online

Now, have you ever spent more than you can afford online?

For many people spending too much money online can become a big problem – they become addicted to shopping. And experts say these bad habits can start in childhood.

Pamela Roberts is a therapist who works with people who have got into trouble because of their online spending.

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PAMELA: If someone's having to hide it, then that's just a little clue that something's going on there that's not quite right.

I've been talking to 15-year-old Helena about her online spending habits.

HELENA: You can sometimes find yourself adding too many things to the cart, when if you were in a real shop you might not even think to buy that many things.

KATE: So if you see something you like online, how easy is it to buy it?

HELENA: Sometimes you can just press one button and you'll instantly be able to pay for it. So that can be really dangerous because you can have just one tap of a button, one hover of your phone on a thumb print, and then you've already paid for it and that money's gone.

Helena says it's very easy to buy things you don't really need, and she says there are a lot of advertisements online aimed at young people.

HELENA: You've got adverts for clothes on Instagram and Tik Tok and Snap Chat. So, I think they're very good at aiming at the youth and going to places where they know people will click on it and be curious.

KATE: Thanks Helena.

UK Teenager Wins US Open in Tennis

TENNIS PLAYER: I already knew that she played here, and I thought it was really cool, and so I wanted to come here today to see how well I could train here.

That's the voice of a young tennis player at Emma Raducanu's tennis club talking to BBC News. She's been inspired by Raducanu's recent win at the US Open.

Raducanu, who's just 18-years old, had to play three matches just to get into the tournament and is the first qualifier ever to win a Grand Slam. Here she is talking to the BBC about how she's going to celebrate with her favourite frozen yoghurt.

Clip Raducanu: The flavour doesn't change, I mean... it's, it's chocolate with more chocolate and some chocolate brownie! I mean, I one of those!

That's all for today. I'll be back soon. Goodbye!

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