



Mum said...

...and she was right.

TEENS GET REAL ABOUT NOT TAKING THEIR MUMS' ADVICE.

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BY GRACE KENNETH TENDO

There is a very specific kind of silence in a Ugandan home. It lands right after your mother gives instructions, you confidently ignore them, and then, as karma would have it, life humbles you. Loudly. Publicly sometimes. Whether you're in Kampala, Arua, or somewhere between two trading centers and a mango tree, that silence speaks one

language: you should have listened mum.

But this is bigger than a family inside joke.

This is a whole generation being shaped, sentence by sentence, warning by warning.

Uganda's 2024 Youth and Adolescents Thematic Report places young people at about 31% of the population. That's nearly one in every three Ugandans growing up in homes where advice is

served daily. Sometimes gently over dinner, sometimes loudly from the kitchen doorway, sometimes in those quiet, almost sacred moments before lights-out. Words that may sound like noise today... but echo like wisdom tomorrow.

As for science, as it turns out, is fully on your mother's side.

A 2022 study in Kisoro Municipality found a strong positive link between

firm, involved parenting and better-behaved adolescents. In simple terms? The teens whose parents were present, guiding, correcting, showing up, were more likely to stay grounded.

Meanwhile, a separate study at Mpanga Secondary School in Kabarole District found the opposite effect when parents stepped back. When guidance was outsourced to peers, vibes, and "figure it out yourself,"

misbehaviour quietly moved in and made itself comfortable. Researchers called it laissez-faire parenting. Teenagers? We call it, "mum wasn't really watching."

Different language. Same outcome.

This Mother's Day, we asked teenagers to do something that feels almost illegal at this age: admit it out loud. Without excuses. Without "but she didn't understand me..."

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Just the truth that mum was right. Not always in delivery. Not always in tone. But in the quiet, stubborn core of it... right.

And maybe that's the real glow-up. Not just growing taller or smarter, but growing wise enough to recognise wisdom... even when it first sounded like noise.