



**STAND  
TOGETHER**

# Brighton Counseling

APRIL 2019

## How to Find Out if Your Kid Has a Second Instagram Account (Finsta)

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By Josh Smith

### Does your kid have a Finsta?

That's a fake Instagram account if you aren't caught up on the latest lingo. We'll show you how to find out if your kid has a second Instagram account, or even a third.

If you want to monitor your child's online activity you will need access to their phone, or you will need to plan on doing a bit of detective work. Keep in mind that most kids who are using a Finsta, will gladly show you one account, where they are posting the bland items that they will gladly share with mom and dad. That means you may be looking at their Instagram account right now, and you don't even know it's completely censored. What you want to do is find the fake Instagram account where they are posting more risqué photos or highlighting dangerous behavior.

### What is a Finsta?

What you need to know about Finstas, fake Instagram accounts. KTVB covers this growing trend, where teens are creating second or third Instagram accounts to share with friends and to gain followers without outing their behaviors to mom and dad. "A finsta is a fake Instagram account," 19-year-old Bri tells KTVB. "You post whatever. You post really wild things you wouldn't want anyone to see like your grandma..." "It's almost like blackmailing yourself." If you want to know what your kid is really doing or posting on Instagram, you need to look at more than just the account that you are following.

### How to Find Your Kid's Second Instagram Account

Check to see if your kid has a second Instagram account. You will need your kid's iPhone or Android to check this. You will also need their passcode. Assuming you are paying for the service and monitoring what they do, you'll already have this access. If not, it's time for another talk.

1. Open the Instagram app on their phone.
2. Tap on the profile in the bottom right corner.
3. Tap on the username at the top of the screen.

If there is a second account you will see it in a drop down here. From there you can see the second or third account. Keep in mind that they could log out of the Finsta account if they know you are going to look for it.

## Contact Your Counselor

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## CREDIT RECOVERY

- ❖ **Canyons Virtual High School** (used for making up a failed course AND/OR original credit) <http://cvhs.canyonsdistrict.org>

- A good option for grade replacement, see your counselor for the form

- ❖ **Summer School general info:** <http://www.bhscounseling.org/credit-recovery>

- ❖ **Northridge Learning Center** [www.northridgelearningcenter.com](http://www.northridgelearningcenter.com)

- ❖ **BYU Independent Study** [www.is.byu.edu](http://www.is.byu.edu)

- ❖ **Brighton High School Bridge** See Ms. Isley

## Scholarship Search

- Go to counseling center website
- Under College Tab
- Find scholarship
- Private scholarships are listed by months
- If any apply to you, fill out the application
- See Mrs. Schwendiman in the counseling center
- [leslie.schwendiman@canyonsdistrict.org](mailto:leslie.schwendiman@canyonsdistrict.org)

## THE 24 DO'S AND DON'TS OF CELL PHONE ETIQUETTE

### DO

- call your friend every once in a while instead of just texting
- be nice, polite, honest, and respectful
- call your parents if you think they'll be worried
- say "pardon" instead of "WHAT?" if you can't hear the person
- take the call outside or move away from the group
- put your phone on vibrate or turn off the ringer during dinner
- get off the phone when your parents say to
- talk quietly in public (no one cares to hear your conversation)
- refrain from eating while talking on the phone
- silence your phone in class, at the library, and other places where people are trying to concentrate
- let people know if you're going to have to take an important call
- turn off your phone anywhere where quiet or respect is required (e.g., school, church, theaters, concerts)

### DON'T

- use loud, obnoxious ringtones
- talk in a public place and go WHAT? WHAT? I CAN'T HEAR YOU! OH! SHE SAID THAT? REALLY? Etc...
- ignore the people who are with you to talk on your cell phone
- hang up without saying good-bye
- put a person on speaker without their knowing
- interrupt someone talking on the phone unless it's an emergency
- make prank calls or leave mean voicemails
- send embarrassing pictures to anyone
- talk or text in dangerous or inappropriate situations, e.g., while driving, crossing the street, riding in an elevator, ordering from a cashier
- carry on conversation with people in the room while talking on the phone
- put your phone on the table in restaurants
- use your phone in public restroom

## ACT/SAT INFORMATION

Brighton High Code: 450-362

ACT/SAT Testing: Most Colleges and Universities require an entrance exam for admissions. Registration for testing is done online. Taking the ACT or SAT test is dependent on your choice of college. The ACT is more subject-based and focuses on material students have learned in high school while the SAT is more of an aptitude test that assesses a student's reasoning skills. Some Utah Colleges and Universities require the ACT.

Test Dates: Online registration: [www.actstudent.org](http://www.actstudent.org)

### 2019-20 ACT NATIONAL TEST DATES

JUNE 8, 2019  
 JULY 13, 2019  
 SEPTEMBER 14, 2019  
 OCTOBER 26, 2019  
 DECEMBER 14, 2019  
 FEBRUARY 8, 2020  
 APRIL 4, 2020  
 JUNE 13, 2020  
 JULY 18, 2020

### 2019-20 SAT ADMINISTRATION DATES

(ANTICIPATED)  
 AUGUST 24, 2019  
 OCTOBER 5, 2019  
 NOVEMBER 2, 2019  
 DECEMBER 7, 2019  
 MARCH 14, 2020  
 MAY 2, 2020  
 JUNE 6, 2020

achieve more

## Great Web Resources:

[www.actstudent.org/sampletest/qotd](http://www.actstudent.org/sampletest/qotd)  
[www.act.org](http://www.act.org)  
[www.collegeboard.org](http://www.collegeboard.org)  
[www.utahfutures.org](http://www.utahfutures.org)  
[www.bhscounseling.org/shmoop](http://www.bhscounseling.org/shmoop)  
[www.petersons.com/college-search/free-acttest.aspx](http://www.petersons.com/college-search/free-acttest.aspx)  
[www.bhscounseling.org/admission-tests](http://www.bhscounseling.org/admission-tests)  
[www.crackact.com](http://www.crackact.com)  
[www.kaplan.com](http://www.kaplan.com)  
[www.number2.com](http://www.number2.com)