

## Chatterbox #203 – Instagram

### Episode description

Are you addicted to social media? So many people are these days! Hear Andrew and Suzanne talk about their experiences with Instagram in this episode of Chatterbox.

### Fun fact

The Instagram account with the most followers in the world is ... The Instagram account! The rest of the top five is made up of Selena Gomez, Cristiano Ronaldo, Ariana Grande, and Beyoncé.

### Expressions included in the study guide

- Old man status
- To baby [someone/something]
- In certain circles
- To peep
- To keep one's ear to the ground
- Legit
- Time suck
- To fire [something] up
- Addict
- Yay or nay



## Transcript

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Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript.

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Andrew: You're listening to the Culips English podcast. To download the study guide for this episode, which includes the transcript, detailed vocabulary explanations, real world examples, and a quiz, visit our website, Culips.com, C-U-L-I-P-S.com.

Hey, everybody. My name is Andrew.

Suzanne: And I'm Suzanne.

Andrew: And you're listening to Culips. Hello Suzanne.

Suzanne: Hi Andrew, how are you?

Andrew: I'm doing really well. How about yourself?

Suzanne: I'm doing pretty good. Is there anything new going on in your camp these days?

Andrew: In my camp, over here on my side of the world.

Suzanne: Yes.

Andrew: Well, I'm a guy with many hobbies, but I got another new hobby to add to the list.

Suzanne: Really?

Andrew: Yeah, I started growing a bonsai tree.

Suzanne: Wow, that's really cool. No, it is! Olly and I are jealous, we really, that's a dream for us to nurture and have a bonsai tree.

Andrew: Yeah, I think I've officially cemented my **old man status** by acquiring a bonsai tree, because this is a hobby that old guys like. But it's going well so far. Actually, my friend gave me this tree so it's already fairly well established.

Suzanne: That's great.

Andrew: But it's stressing me out Suzanne. I really don't wanna kill this bonsai tree.

Suzanne: I know, I really relate to your stress, Andrew. Sometimes it doesn't matter, I do the same thing that I have been doing when the plant was alive and happy and then randomly, out of nowhere, I didn't change the spot or anything, it just decides to just go away, and leave this world. It's really sad.

Andrew: I'm really hoping that that doesn't happen to my bonsai tree, but I **am babying it**. I'm nurturing it, I'm checking it all the time. I'm really careful to not give it too much water, but still making sure to water it, making sure it's not too hot, not too cold, gets enough sunlight.

Suzanne: Maybe it should have its own Instagram account.

Andrew: You know, I will post a picture of the bonsai tree up on to the Culips Facebook page. We don't have a Culips Instagram, but maybe we should get one because it's a pretty popular social media platform these days.

And that's what we're gonna talk about today, we're going to talk all about Instagram: how we use it, why we use it, what it's good for, all of these fun things. So, today's episode will be a Chatterbox episode, and Chatterbox is our series where we chat, right? It's as simple as that, we have a conversation. We let all you guys listen in and improve your listening skills, improve your English skills this way. I think it's a great way to study English. Speaking of studying, Suzanne, we have a study guide for this episode, don't we?

Suzanne: Yes, all of our phrases and idioms and things that we say in this podcast that require a little bit more explanation and a little bit more study will be in the study guide.

Andrew: Along also with the transcript and a quiz. So this is a really awesome study package, our study guide. Head on over to Culips.com to give it a download.

OK, Suzanne, let's get into it, let's talk about Instagram. I guess maybe we'll kick things off with the question, are you an Instagram user?

Suzanne: Why, yes, I am, Andrew. Yes, I am, and sometimes we call it, **in certain circles**, Insta. Are you on Insta? Yes.

Andrew: Wow.

Suzanne: But, yes, I am on Instagram. And you? Are you on Instagram?

Andrew: I am an Instagram user as well, yeah. Like most social media, Facebook, Twitter, Instagram, I use it but I'm not super active. So, from time to time I'll post new pictures on Instagram, but the majority of the time when I'm using it, I'm using it like a consumer. I'm looking at other people's content but not really making content of my own.

- Suzanne: I'm the same way, I don't really post that often, maybe like three times a month. But it's not very often and I'm more into looking at other things or finding ideas for products or interests from other people than posting my own pictures.
- Andrew: Yeah, it's really interesting how Instagram has evolved over the years, because when it first started, I used it to mainly connect with friends and family, right? To get photo updates about the people in my social network. These days, though, I'm mostly looking at content. What I mean by content is, you know, like videos made, I look at a lot of fitness videos people are posting. I look at restaurant reviews and, like, cooking Instagram accounts, restaurants in my city.
- Suzanne: Me too, love it for restaurants.
- Andrew: I've changed the way that I use Instagram. Of course, I still look at the pictures that my friends and family post. But I'm also looking at content that other people make as well.
- Suzanne: Absolutely, one thing I like is to check up on some hair salons and see their haircuts and colour that they post and get ideas for hairstyles. Sometimes they post videos, so I know how to do the hairstyles. Also, I really am into, like, you were talking about your new hobby. One of my hobbies is to do my nails and I really like nail art and nails like stickers like vinyl wraps, and they have lots of different designs, and sometimes to get ideas of how to do nail art or combine different patterns and different decorative nails. I will kinda search on Instagram for other people's ideas and I really like that. It's kind of a great resource for hobbyists and researching creative projects, too.
- Andrew: Absolutely, absolutely. I like it for fashion, as well. It's a great way to **peep** in on the new fashion trends.
- Suzanne: Totally.
- Andrew: Because, like I said, I've cemented my **old man status**, right? I've made it official. I got the bonsai tree. So you know I'm not hanging out with teenagers and 20-year-olds too much anymore. But I still like **to keep my ear to the ground** and see what's hip. So I can do that through Instagram.
- Suzanne: Totally. Also, I like to post pictures of my dog. I really love to post my dog pictures, with him in funny poses or wearing silly hats or weird costumes and doing funny tricks. I love it and I love to connect with other dog owners who appreciate that kind of thing. And I find it really funny. He's kind of like my little character, my main character of my Instagram account.
- Andrew: He's the hero of your Instagram account.

- Suzanne: Totally. Skoshi in different environments with different clothing, and different hats and accessories.
- Andrew: Do you follow any celebrities on Instagram? I know that this is another really popular aspect of Instagram, following celebrities.
- Suzanne: I'm trying to think, do I follow celebrities? I'm gonna be real honest. I follow people who maybe are widely known, meaning they have a lot of followers, but are not celebrities. Like maybe writers or maybe inspirational people, people that have maybe written inspirational books or have a podcast or are comedians. But not really celebrity—celebrities like Kim Kardashian or anything like that, not Beyoncé ... I think I do follow Beyoncé.
- Andrew: I follow Beyoncé.
- Suzanne: I feel like everybody should follow Beyoncé. I mean what are you doing if you're not following Beyoncé? Who are you following? But I usually find myself following people who are inspirational or influential in circles that I admire and I want to belong to. So it's not always celebrities but more, you know, chefs or painters or writers, people like that.
- Andrew: You know, it's funny that you mention Beyoncé because I think the only two **legit** celebrities that I follow are Beyoncé and her sister Solange.
- Suzanne: Oh yeah, Solange is awesome. I should totally follow her, yes.
- Andrew: Yeah, those are the two straight-up celebrities that I follow but, like you, I follow some people who are famous, but not like the Kardashians and all of that nonsense. I don't need to surround myself with that.
- Suzanne: Lord help us, no, yeah, exactly. But, like, people that are maybe, like, leaders in their field, kind of, like maybe writers that are interesting or, yeah, some photographers too. I think I follow the photographer who was the White House photographer for Obama.
- Andrew: Oh, cool.
- Suzanne: Yeah, things like that.
- Andrew: So, we've talked a lot about the positive aspects of Instagram, how we can stay up to date with fashion and hair trends, nail trends, restaurant reviews, all of these positive aspects. Can you think of anything that's a negative aspect of Instagram? What are some of the bad things associated with Insta?

- Suzanne: That's a really good question. I do think that Instagram is better than Facebook for this specific negative issue. However, I still think that it exists there and that is that I think that sometimes people post things that are just not real. They're staged or photoshopped or just a snippet of their day that makes it all look so happy and joyful and perfect. And the truth underneath is that it's not, and it's kind of a lie and kind of a little extra, you know? Like it's just a little too much and, quite frankly, it can make other people feel bad about their lives and make them feel jealous, like they need to get a life. And that sucks, I think. I think that kinda stinks when people feel bad about themselves. What do you think?
- Andrew: Yeah, totally agree with you, it can be bad for self-esteem or if you compare yourself to others, which is really easy to do on Instagram. You see somebody and, like you say, people usually only post the best parts of their day.
- Suzanne: Right.
- Andrew: Them looking their best, who knows how many photos someone had to take before they select the perfect selfie to post on Instagram. Then you see that person, ah, that person's so handsome or so beautiful. I wish I could be like him or her.
- Suzanne: Exactly.
- Andrew: So, yeah, this is a negative aspect. This doesn't affect me as much, I think. I think we both realize that, right? And once you're aware of it, it's not as influential on you.
- Suzanne: Right.
- Andrew: But the negative thing about Instagram for me is that it's a real **time suck**. You know?
- Suzanne: Yes.
- Andrew: I will **fire it up**, I'll open Instagram, and then 15 minutes can fly by and I'm like, oh my god, where did that 15 minutes go? I just totally wasted my time, scrolling through pictures.
- Suzanne: Yes, that's it. It's like you're constantly scrolling through a photo album instead of doing the homework you have to do, or checking the homework you have to check, right? And suddenly you add up those 15 minutes if you take 15 minutes from this hour and that hour and that hour. Finally, you might have a couple of hours in a day that you haven't been productive because you've been on Instagram. So yeah.

- Andrew: Oh yeah, I went as far as to install an app on my phone that restricts Instagram use. So I set it up that I could only open Instagram between noon and 1 p.m., during my lunch hour. And what ended up happening is that I was so busy eating lunch that I would always forget to use Instagram. So then later in the afternoon when I was a little bit bored of work and I wanted to take a break, I would try to open Instagram and it would be blocked and I would be like, “Ah man, I gotta wait till next lunch tomorrow to open it.” So that was really great, it really stopped me from using it. But I have removed that now and I think I’ve gotten Instagram under control. I think I’m not an **addict** anymore.
- Suzanne: That’s pretty intense to have an app just for that, that’s pretty good. I think I could probably use that sometimes when I’m needing to get things done for a deadline. I could use something like that on my computer.
- Andrew: Everyone, I have a question for you, and we would love to hear your reply to this question. You can send us your answer through email to [contact@Culips.com](mailto:contact@Culips.com), or also you could send us a message through Facebook. Our Facebook address is [Facebook.com/CulipsPodcast](https://www.facebook.com/CulipsPodcast). And this is the question: Should Culips make an Instagram account? Would you like to connect with Culips through Instagram? You should vote **yay or nay**, yes or no, OK? Send us a message. If enough people say yes, then maybe, Suzanne, we’ll look into making a Culips Instagram account.
- Suzanne: Oh my gosh.
- Andrew: Sue, let’s leave it at that for today. I think we should remind everyone about our website one more time, and that is [www.culips.com](http://www.culips.com)—C-U-L-I-P-S—Culips.com, OK? Culips.com. It’s the place where you can listen to our back episodes and also download the study guide for this episode. We will talk to you next time, OK? Bye, everybody.
- Suzanne: Bye, guys.
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## Detailed Explanations

### Old man status

Idiom, informal

In this episode, Andrew jokingly refers to cementing his **old man status**, though he is relatively young, because he got a bonsai tree. In this situation, Andrew is implying that taking care of a bonsai tree is an activity only old men do. While this is not a common expression, referring to oneself or others as an old man despite not being elderly is a common joke.

Vaugh: I've officially achieved **old man status**.

Trish: Why do you say that?

Vaugh: Since we found out that Patty is having twins, I sold my sports car and bought a minivan.

Trish: Oh, yeah, you're definitely an old man now!

Carl: Where are you going?

Lenny: I'm thinking of going home. I can't stay out late anymore.

Carl: Because of your girlfriend?

Lenny: No, not at all. It's just, when I was in my 20s, sure, I'd party until 3 a.m. But now that I'm in my 30s, I just don't have the drive to stay out all night.

Carl: Have you progressed to **old man status** already? We're the same age!

### To baby (someone/something)

Verb

**To baby** is to treat someone or something like a baby. That can be good or bad. If you **baby** a plant, that means you are taking great care of it. But if you are treating your adult boyfriend or girlfriend like a baby, that's not so good!



Mother: Did you pack your toothbrush?

Daughter: Yes.

Mother: Did you pack your jacket and extra socks?

Daughter: Yes and yes! Mom, stop **babying me!** I'm an adult. I know how to prepare for a trip!

John: Harry is coming over later with his dog. Is that all right?

Nancy: I guess. He's a bit annoying with that dog.

John: Why do you say that?

Nancy: He's always dressing it up, hugging it, talking to it in a high-pitched voice. He **babies it** way too much.

John: Don't be so judgmental. That dog is all he has.

## In certain circles

### Idiomatic phrase

When you are referring to an unspecified group of people, you can say **in certain circles**. In this sense, certain means some and circle means a group of people who share something in common, like a profession, friendship, or interests.

Trevor: I think women hockey players should be playing alongside men.

Sarah: Yeah, I understand. But, **in certain circles**, there's this idea that if the best women play in men's leagues, then the women's leagues won't develop as much in popularity.

Trevor: OK, I see that point. Then which circle are you in?

Sarah: I want to develop the women's leagues.

Reporter: And what do you think about the current situation in the Far East?

Actress: Although it might be fashionable **in certain circles** to speak of politics in public, I'd rather not.

Reporter: So you have no opinion on the matter?

Actress: I have many opinions, but I'd rather keep them to myself. Thank you.

## To peep

Verb

**To peep** is to take a brief look at something. It can be used the same way you would say to take a peek at something.

Gary: I'm showing some of my artwork at the Black Cat Café this month. You should swing by.

Cate: Actually, I took a quick **peep** inside. Looked great.

Gary: Thanks!

Cate: I was thinking of going again this Saturday. Would you like to go together?

Teacher: The reason I called you in today is because of your son, Johnny.

Parent: Oh, dear. What's the problem?

Teacher: The head teacher has found him twice now trying to **peep** into the girls' locker room. This is a big problem.

Parent: I'm very sorry for this. I will have a long, hard talk with him tonight.

## To keep one's ear to the ground

### Idiom

If you are **keeping your ear to the ground**, it means you are listening to hear what's coming in the future. Think of how some animals can sense other animals or upcoming earthquakes by the vibration from the ground. For humans, it means keeping an eye out for new and upcoming things.

Sally: I love these dresses. They look so young and fresh.

Clark: Yeah, they're from the designer Betsey Johnson.

Sally: Oh, is she new?

Clark: Not quite! She's in her 70s.

Sally: Really? How does she stay so current?

Clark: I guess she **keeps her ear to the ground**.

Peter: How is Bitcoin trending today?

Dana: Upwards. It seems to be gaining a lot of value.

Peter: Good. That means other coins will too. **Keep your ear to the ground** and look for good deals on the smaller coins.

Dana: Sure thing. I'll tell you what I find.

## Legit

### Adjective, informal

**Legit** is an abbreviation of the adjective legitimate. It can have two meanings: one, something is legal and acceptable; two, something is of genuinely good quality.

Crissy: I can show my dad your drawings if you want. He's an architect.

Renee: I thought you told me your father was a real estate agent.

Crissy: He's that too. He changed professions, but he's still a **legit** architect.

Renee: OK, then. If he could take a look and tell me what he thinks, that would be great!

Smith: Let's head over to Angkor for supper.

Vance: Angkor? What kind of restaurant is that?

Smith: Cambodian.

Vance: A Cambodian restaurant in Quebec City? How good could it be?

Smith: Trust me. It's **legit**! The cooking staff are all Cambodian. They ship their ingredients over from Asia. Local Cambodians tell me it's the best in North America.

Vance: All right, let's give it a shot.

## Time suck

Noun, informal

A **time suck** is an activity that takes a lot of time to do. It's often seen as a waste of time. In this episode, Andrew that Instagram is a **time suck** for him. He would rather be doing something more productive with his time. You can think of the activity as figuratively sucking time out of your schedule.

Jill: Hey, I was wondering if you knew any good dentists. Who do you usually go to?

Lee: I got Dr. Mendez to look after me. She's great. The only thing is that she's on the other side of town.

Jill: Oh, that's not good.

Lee: Right. It takes me about an hour with no traffic. It's such a **time suck**.

Jill: Why don't you switch dentists?

Lee: She's really good. Decent rates. In the end, I guess it's worth it.

Greg: Wanna come out for a beer?

Val: Can't. Still correcting students' exams.

Greg: What? I finished mine last week. Oh, that's right. You don't give multiple choice questions.

Val: I know. Correcting essay questions is a real **time suck**, but I find they're a much better assessment tool.

Greg: All right, then. I'll be shooting darts and drinking beer with the others. Have fun with those exams!

## To fire (something) up

Idiom

In this episode, Andrew talks about **firing up** his Instagram; that means he is opening up the Instagram app. This idiom takes on the sense of starting something, just as you would set fire to charcoal to start your barbecue. You can also use it for turning on your computer, starting your car, or even, very informally, setting the pieces on a chess board before playing!

Heath: I just bought an old-school Nintendo. Wanna play Tetris?

Cliff: Sure. **Fire it up**, and I'll go get some snacks.

Heath: All right. Are you any good?

Cliff: I might have won a few tournaments back in the day.

Patty: It's cold out today. Does your car heat up quickly?

Fran: Yeah, it's pretty good. I have a remote starter, so I usually **fire it up** a few minutes before driving during the winter.

Patty: Your car is a little old. Did it come with a remote starter?

Fran: No, I had it installed. You should get that done too. It's great!

## Addict

Noun

An **addict** is someone who is addicted to something. The term is often associated with drug **addicts**, but you can use it for people who really like coffee, social media, video games, reading, shopping, gambling, etc.

John: Where did you end up going for lunch yesterday?

Vera: Pizza Romano's.

John: Again?

Vera: Yeah, I know. I'm such an **addict**. The cheese is just so good. Have you ever been?

John: Yes—once, with you. You don't remember?

Myra: Oh my god, I just wasted 2 hours on Facebook.

Mel: You definitely have a problem.

Myra: I gotta do something about it. Do you think there's a Facebook page for Facebook **addicts**?

Mel: Um, maybe you should look into some outside help.

## Yay or nay

### Phrase

**Yay or nay** is an expression used when asking people whether they approve or disapprove of the topic at hand. **Yay** means yes/affirmative, **nay** means no/negative. It is an older way of asking people to choose yes or no.

Kelly: Do you want to see this movie or not?

Ben: Not sure. It looks all right, but I'm not excited about it.

Kelly: Well, decide. **Yay or nay**? It's starting in 5 minutes.

Ben: It's playing again in 2 hours. That buys me more time to think about it.

Kelly: No! Choose right now!

Chairperson: Now to vote on motion number 15. Would the board members in favour of the motion please say **yay**.

Five members: **Yay**!

Chairperson: All those against, please say **nay**.

Four members: **Nay**!

Chairperson: The **yays** take it, five to four. The motion is passed.

## Quiz

**1. A time suck is when you:**

- a) have a terrible time
- b) finish your day
- c) do something not worthwhile
- d) vacuum your home

**2. Which word is NOT a synonym for legit?**

- a) legal
- b) great
- c) grounded
- d) genuine

**3. True or false: The expression yay or nay can be substituted with yes or no.**

- a) true
- b) false

**4. If you are \_\_\_\_\_, you are keeping your ear to the ground.**

- a) waiting for the next train
- b) searching for the next great internet idea
- c) listening for rabbits
- d) listening to your friend's story

**5. If you \_\_\_\_\_, you are firing it up.**

- a) start a rumour
- b) start smoking a cigar
- c) start watching a movie
- d) start your engine



## Writing or Discussions Questions

1. Do you follow Instagram? What are the kinds of accounts you like to follow?
2. What are the types of activities you find you waste too much time on?
3. What time management strategies you employ in your life?
4. Do you think people are born with addictive personalities? What are your thoughts on this topic?
5. How would you describe the circles you hang out in?
6. Describe your relationship with house plants. Do you have a green thumb?

## Quiz Answers

1.c    2.c    3.a    4.b    5.d

### Episode credits

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