

HOW TO CREATE AN INSTAGRAM ACCOUNT

Instagram is a mobile app that you can download on iOS and Android phones and tablets as well as Windows Phone 8 and later. Keep in mind that you can only share photos and videos from the mobile app.

To create an Instagram account from the app:

1. Download the Instagram app for iOS from the **Apps Store**, Android from **Google Play Store** or from the **Windows Phone Store**.
2. Once the app is installed, tap the button  to open it.
3. Tap **Sign Up**, then enter your email address and tap **Next** or tap **Log in with Facebook** to sign up with your Facebook account.
4. If you register with email, create a username and password, fill out your profile info and then tap **Done**. If you register with Facebook, you'll be prompted to log into your Facebook account if you're currently logged out.

To create an Instagram account from a computer:

1. Go to <https://www.instagram.com>
2. Enter your email address, create a username and password or click **Log in with Facebook** to sign up with your Facebook account.
3. If you register with an email, click **Sign up**. If you register with Facebook, you'll be prompted to log into your Facebook account if you're currently logged out.

Keep in mind, if you sign up with email, make sure you enter your email address correctly and you choose an email address that only you can access. If you log out and forget your password, you'll need access to your email to get back into your Instagram account.

HOW TO USE INSTAGRAM

Photos

- To take a photo or upload one from your phone's library, first tap  at the bottom of the screen.
- To take a new photos, tap Photo at the bottom of the screen, then tap . To switch between front and rear-facing cameras, tap . To adjust the flash, tap .
- Once you've taken or uploaded a photo, you can add effects or filters, a caption and your location before sharing.
- **Note: You can't upload photos from a desktop computer.**

Videos

- To record a video or upload one from your phone's library, first tap  at the bottom of the screen.
- To record a video, tap **Video** at the bottom of the screen. Tap and hold  to start recording, and lift your finger to stop. Tap  to switch between front and rear-facing cameras.
- To upload a video from your phone or tablet's library, tap **Library** at the bottom of the screen and select the video you'd like to share.
- Once you've recorded or uploaded a video, you can add a [filter](#), a [caption](#) and [your location](#) before sharing.
- **Note: You can't upload videos from a desktop computer unless you have specific software.**

Applying filters to photos or videos

Once you've taken a photo or video, or selected one from your phone or tablet, you can edit it by applying filters:

1. Tap **Next**, then tap the filter you'd like to apply.
2. Tap the filter again if you want to adjust filter strength up or down using the slider. Tap **Done** to save your change.
3. Tap **Next** to add a caption and location and to share your photo.

Adding captions before sharing photos

After you take or choose a photo or video and add any effects or filters you want, you can add a caption. Tap where it says **Write a caption....** Add your caption and tap **OK**. Then tap **Share** to upload your post.

Editing, adding or deleting captions on existing posts

You can add a caption to a photo or video you've already shared or edit or delete the caption you originally included. To add, edit or delete a caption:

1. Tap  (iPhone) or  (Android) above your photo or video.
2. Tap **Edit**.
3. Edit, delete or add a caption, then tap **Done**.

When you tap  below a post, the word **Edited** will appear above captions that have been edited.

Adding a location to your photos

After you upload or take a photo or video and add any effects or filters you want, you can add your location. To add your location:

1. Tap **Add Location**.
2. Find your location in the suggestions or search for the location and select it.
3. Tap **Share**.

You can also use a public Facebook event as a location. You can tap the event name to view all photos and videos shared publicly at that event or location.

You can also add or edit the location of a photo or video you've already posted.

- When you add a location to a photo or video, that photo or video will be added to your photo map (allows you to showcase where you've taken your photos or explore where others have taken photos on a map).
- If you don't select a location, your post won't be added to your map.
- You can set your profile to private so that only approved followers will be able to see your map. If your profile is public, anyone can see your map.

For further Instagram help, visit <https://help.instagram.com/> and for further RCSLT resources on Communications Technology, go to https://www.rcslt.org/news/events/rcslt_techipes

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