GUIDE • INSPIRE • VALUE • EDUCATE

1.

Download and install the Instagram App on your cell phone or iPad from either Apple App Store or Google Play for Android. Instagram posts have to be done from your cell phone although you can view an Instagram page on a desktop/laptop.

2.
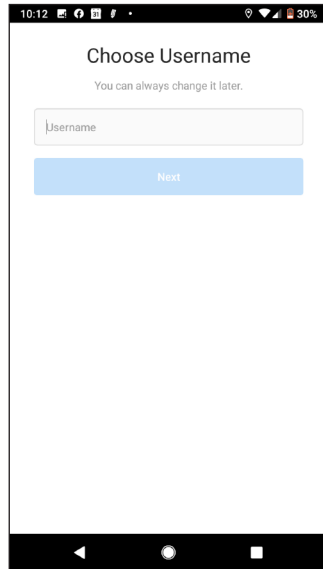
Open the App and Create an Account:
You'll need to create a **Username** (the name of your Instagram page)

Think about this… It will have no spaces and should be something people will know is you.The username can be changed later although an account is tricky to delete (must be deleted using a desktop/laptop computer at instagram.com).

I use **JeannetteStutzmanArt.** I have multiple Instagram accounts (art, jewelry, health coaching) and my followers can find all of my accounts if they want to follow others.
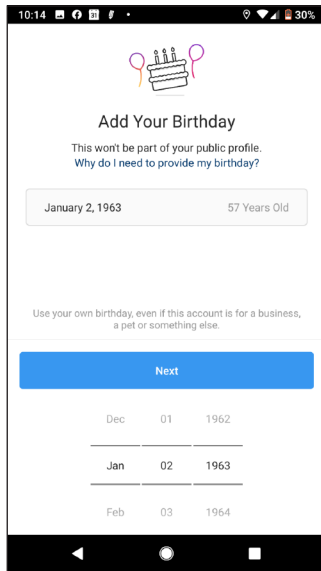
Hit Next

3.
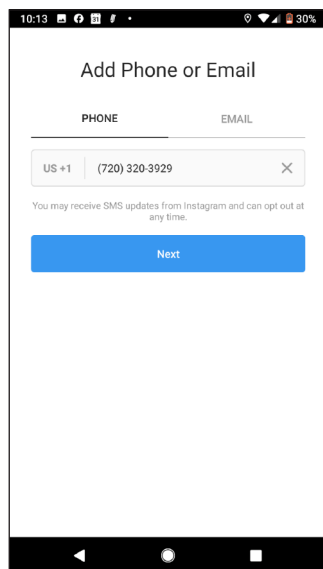
Add your phone number or email address
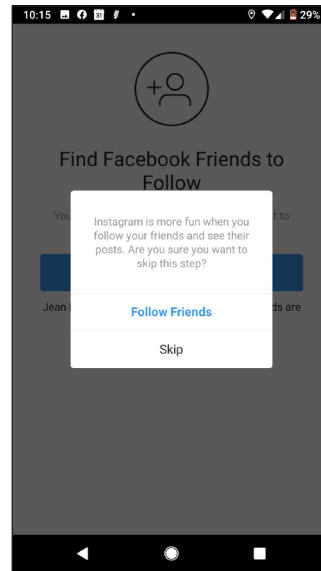
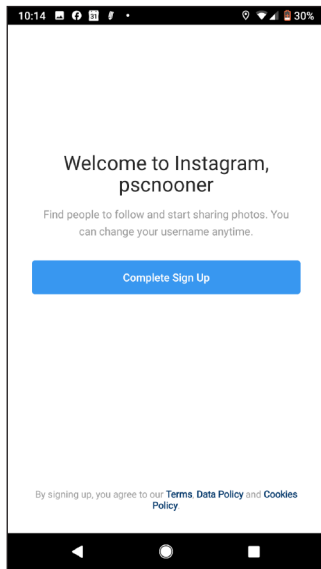Hit Next

4.

Enter your birthday

Hit Next

7.

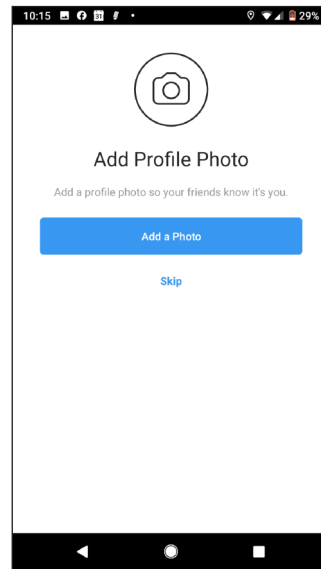In this step you can opt to follow friends or Skip.

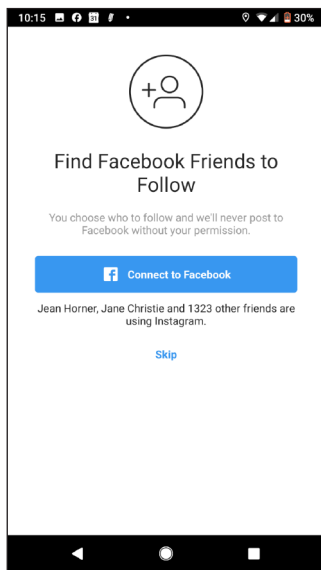Skip this for now and I'll get into "following" later...

5.

Hit Complete Sign Up

8.

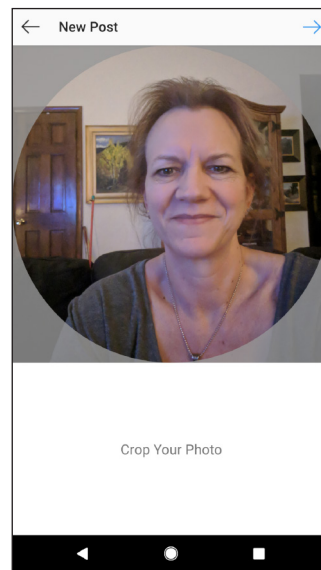You can add a profile photo now or later by hitting Skip

6.

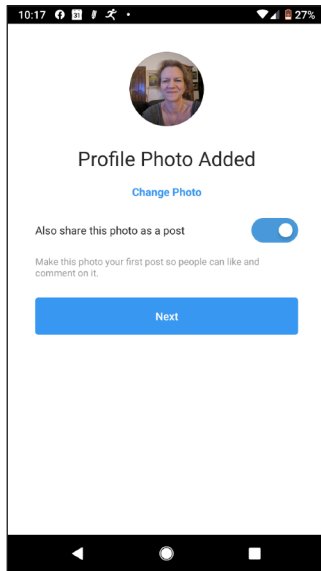You can Connect to Facebook here or do it later by hitting Skip.

Instagram is owned by Face- book. When you make a post, you can choose to have it post to your facebook page if you want to...

9.

Go ahead and take a selfie and crop it. You can always upload another later.
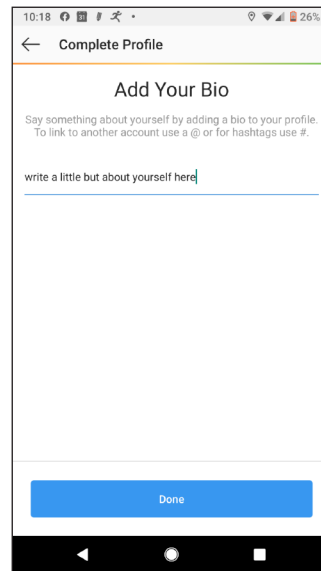
10.

Once your photo is added you can opt to post the photo. Go ahead and do this so you have a post in your account.
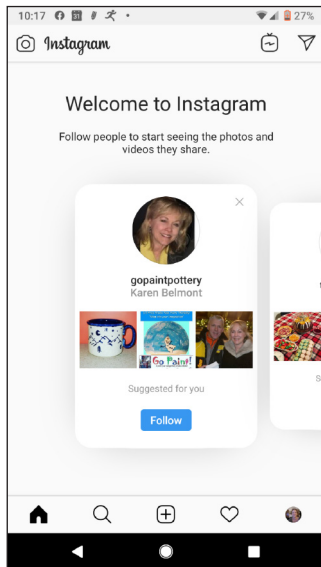
Hit Next

11.

Your Instagram page is now setup :) Yay!

12.

Now you'll edit your profile by adding your name

Hit Next

13.

Now write a little Bio. These need to be short. It will tell you if you're over on characters. Again, this can be edited later.
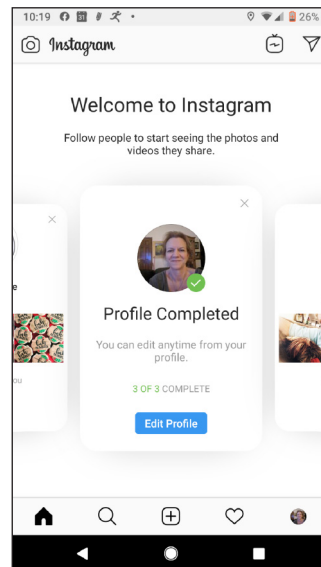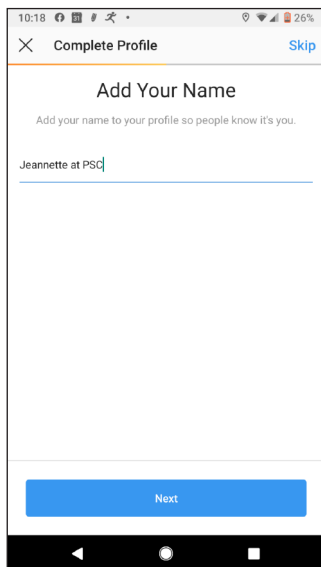
Hit Done

14.

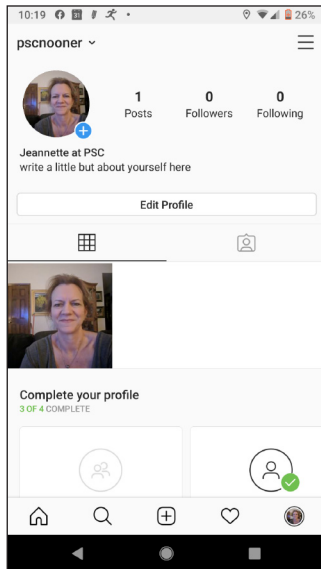Your Instagram Profile is completed and you're ready to use everything.

15.
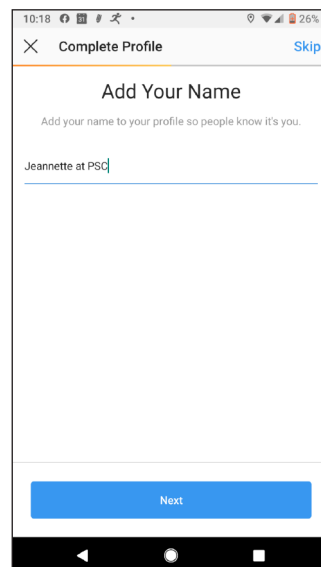
Now you'll edit your profile by adding your name

Hit Next

16.

At the top you'll see your username, profile pic and bio along with the number of posts (1), followers (people following you) and how many people you are following.

Below that you'll see Edit Profile. This is how you change your Bio. Click on your photo to change that.

Under Edit Profile, you'll see a grid icon. This is to view your posts in a grid format. The grayed out icon to the right is to view any posts where someone else has tagged you from their post.

At the bottom you'll see the following icons:
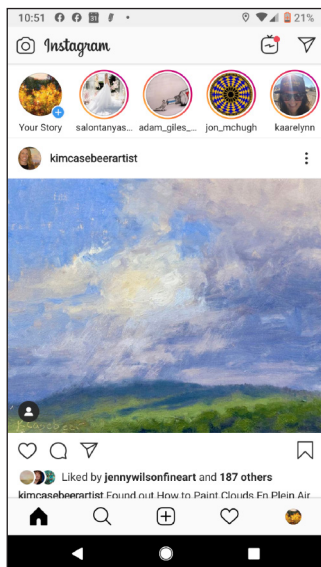Home = Instagram posts from those that you follow
Search = Use this to find people and topics that you are interested in
+ = This is what you press to add a post
Heart = This is where you go to see if someone "liked" or commented on your posts
Profile Pic = This is your page with your profile and posts

17.

Here's an example of my art Instagram home showing posts of those that I follow. You just scroll down to see more. You can select the row of 3 vertical dots on top right of a post to select that you'd like to be notified when this person posts.
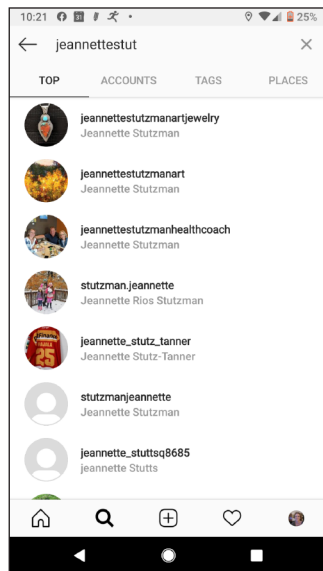
Under the image you can select the heart to like it, comment bubble to write a comment, airplane to send them a message or bookmark icon to save the post.

18.

Here's an example of my art Instagram page with my posts, etc.

19.

Here's an example of search. You can search for a person, account, tags, places, etc. When you find someone you want to follow click it and then you can follow.

I searched here for my name…

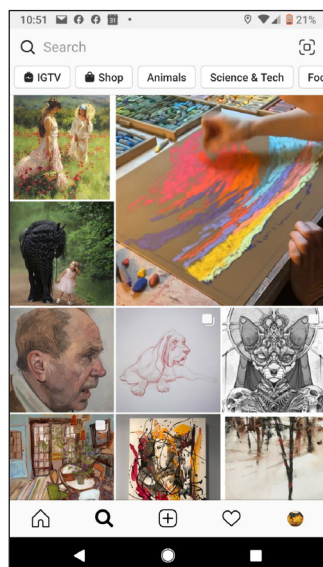You can search for a tag like pastelartists, etc. In Instagram they don't use spaces.

Or you could search for a place, like Colorado…

20.
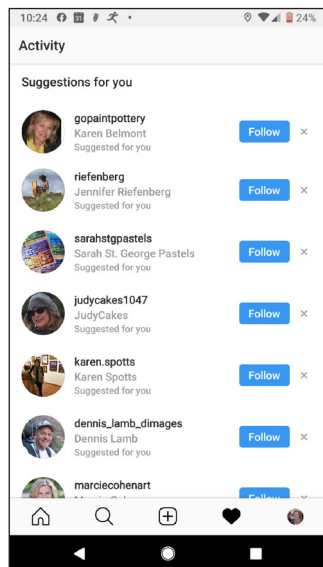
This is the Heart icon. Since you aren't yet following anyone it makes suggestions and then you can choose to follow.

21.

This is what it looks like when you first hit search. It comes up with stuff it thinks you'll like and you can find some really interesting things this way.

HAVE FUN!! Google How do I… when you're ready to find out more. This is just an overview to start…