

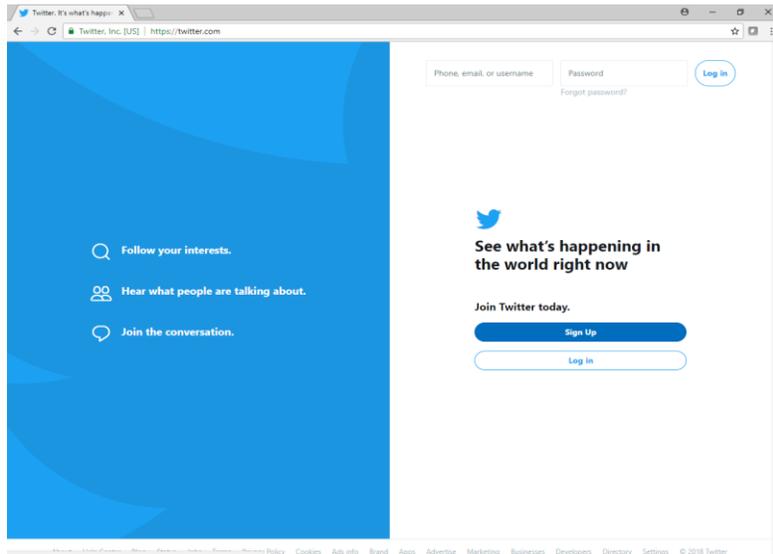
Twitter How-To Tips

Have you thought about creating a social media account to advocate for people with disabilities and their families, but weren't sure how to do so? Check out our handy guides for several major social media platforms, like Twitter, Instagram, and Facebook! We walk you through the process of creating accounts step-by-step. After you've created your accounts, see our accompanying document, "How to use Social Media Effectively," for more information on how to use your social media to effectively advocate.



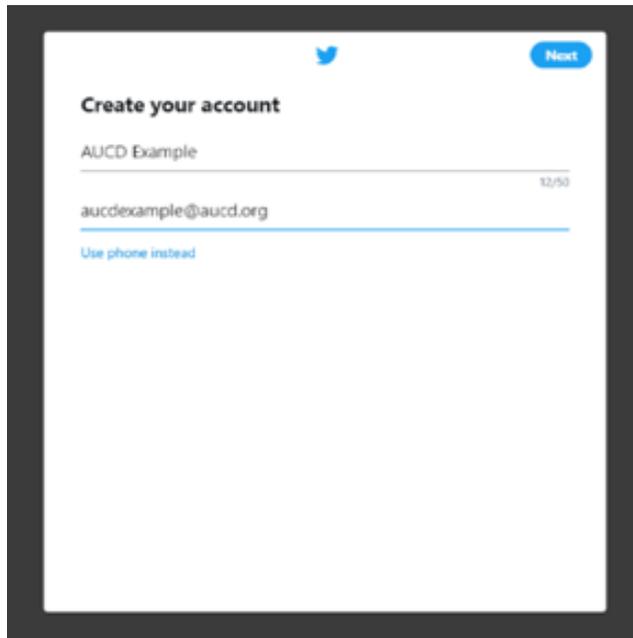
Twitter

Fast moving, information sharing network. Good for getting updates, browsing news, following live events, chatting quickly with others, and creating large scale buzz around an event or activity. Note the character limit.



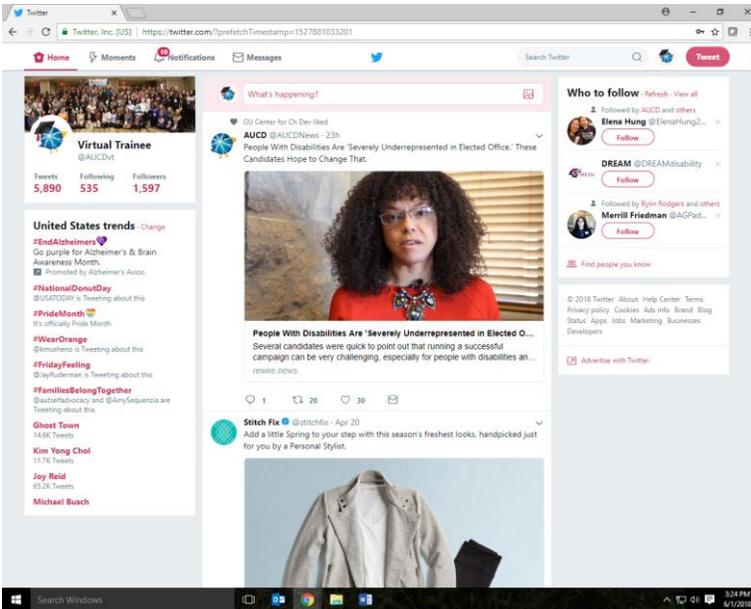
1. To create a Twitter account, first navigate to the Twitter homepage (www.twitter.com) and click "Sign Up"

Image Description: A screenshot of the Twitter Homepage with log-in and sign-up options on the right side of the screen.



2. Complete the boxes with your name on the first line, followed by your valid email address.
Tip: ensure you're using an email that you'll have access to for a long time, like a gmail or yahoo account.

Image Description: A screenshot of the Twitter sign-up screen.



3. After signing up, your homepage will look similar to this. Your feed (all the things your followers want you to see) is in the middle, and various tools and suggestions are on the left and right.

4. Remember to follow other people or organizations of interest to you. Twitter is a great outlet for staying up-to-date on relevant national and world events. Consider following your Senators, Representatives, key organizations (e.g., AUCD!), and others! **Tip:** see the end of this document for some suggested accounts to follow.

Image Description: A screenshot of the AUCD Emerging Leaders Community Twitter page, including the AUCD Trainee logo and several sample tweets.



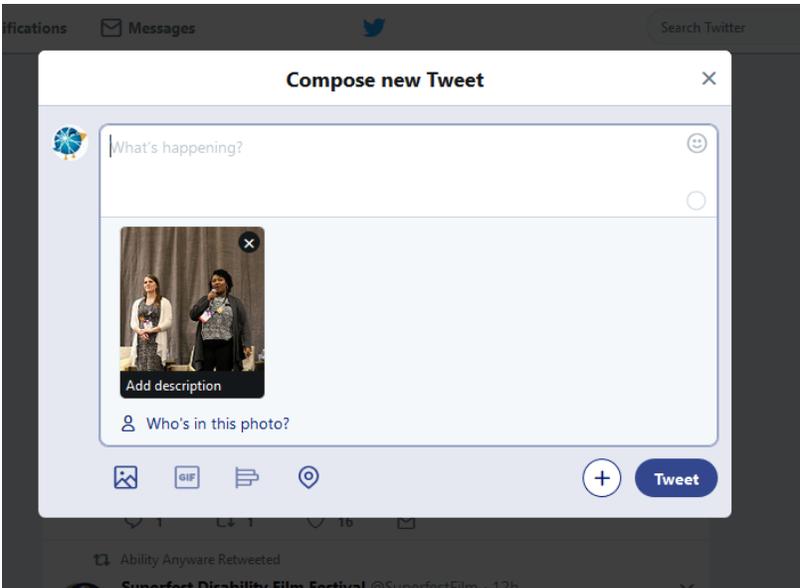
5. Clicking on your profile photo in the top right corner allows you to see your profile information and settings.
6. You can then click the button next to it ("Tweet") to share your own thoughts!

Image Description: A screenshot of a Twitter page with the profile and tweet buttons circled.



7. Twitter is great place to share upcoming events that others might be interested in, relevant opportunities, news stories, and more. Remember: Tweets must 280 characters or less. See our "Effective Social Media" page for more information on how to get your Tweet noticed!

Image Description: A screenshot of a new Tweet being composed.



8. Use Twitter's accessibility features to be as inclusive as possible. When attaching an image to a tweet, a black line will appear under the photo "add description." Clicking that will take you to another screen where you are prompted to "describe this photo for the visually impaired." It takes an extra minute, but helps so many people!

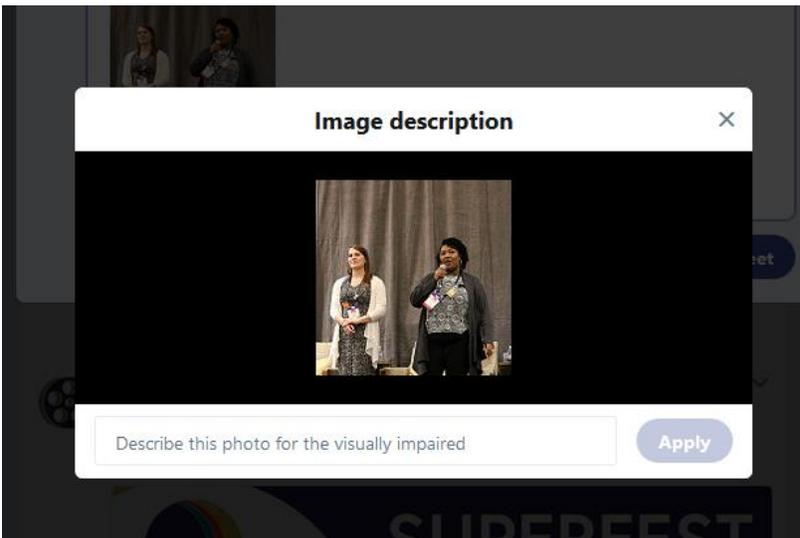


Image Description 1: Screenshot of the "compose new tweet" screen with a photo attached, and the "add description" line highlighted.

Image Description 2: Screenshot of the image description screen where the user adds text for the visually impaired.

Suggested Accounts to Follow

This is just a beginning – there are many more people and organizations to follow based on your unique interests.

Name	Who they are	Twitter	Facebook	Instagram
AUCD	LENDs, UCEDDs, IDDRCs. National disability advocacy org.	@AUCDnews	@AUCDnetwork	@AUCDpix
AUCD Emerging Leaders	Professional home for AUCD Emerging Leaders	@AUCDEmerging Leaders	@AUCD_ELC	
AAIDD	American Association on Intellectual and Developmental Disabilities	@_aaidd	@TheAAIDD	
SECP	AAIDD's Student and Early Career Professionals group	@aaidd_secp	@aaiddStudent AndEarlyCareer Professionals	
ASAN	National grassroots disability organization run by and for autistic people	@autselfadvocacy	@AutisticAdvocacy	
Disability Visibility Project	National disability activism leader. Twitter chats	@disvisibility	Disability Visibility Project	
AMCHP	Association of Maternal Child Health Programs	@DC_AMCHP	@AMCHPofficial	
Rooted in Rights	An advocacy and film group affiliated with Disability Rights Washington.	@RootedInRights	@RootedInRights	@RootedInRights