

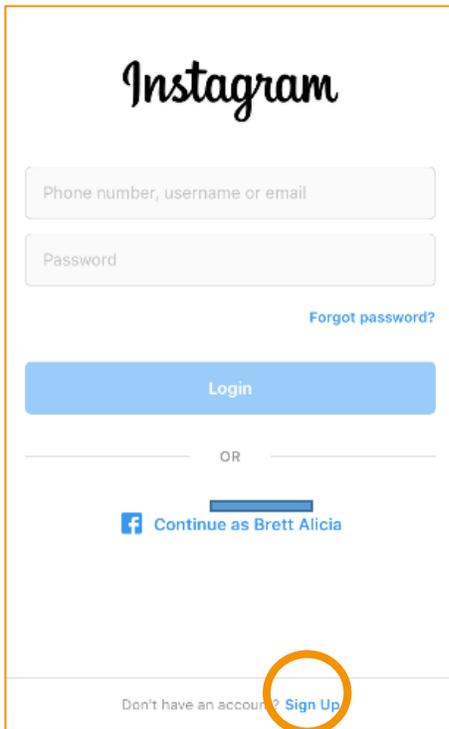
Instagram How-To Tips

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.



Instagram

Photo based sharing network – you cannot post without an image. Great for capturing memorable moments from events or activities and sharing them in a photo-journal style with comments.



1. To set up an Instagram account, click on "Sign Up" at the bottom of the initial screen. Note: while you can browse Instagram accounts on your desktop, posting to Instagram is restricted to mobile devices like a phone or tablet.

Image Description: A screenshot of the Instagram login page.



2. You can either use your phone number or a valid email to sign up for Instagram.

Image Description: A screenshot of the Instagram screen where the user can choose to enter either their phone number or email.

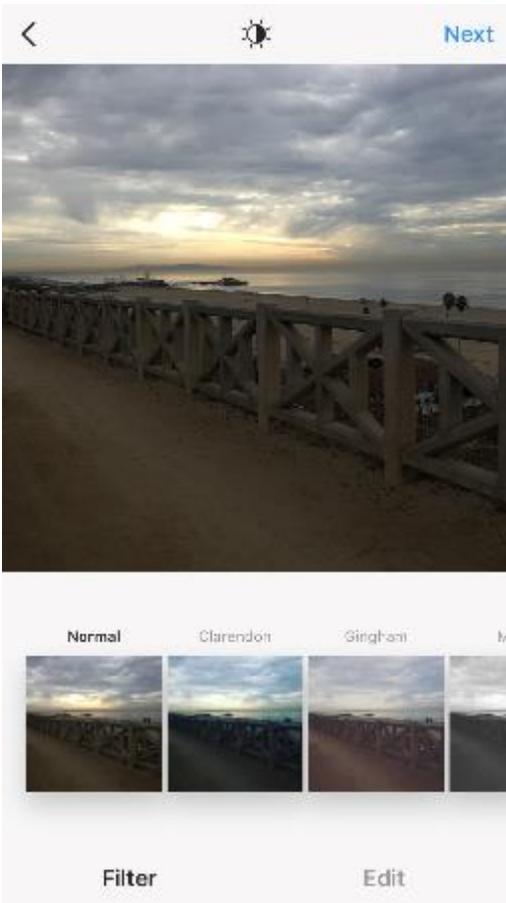
3. Your main Instagram page will look like this image, with stories from the people you follow at the top. Like Twitter, many public figures have Instagram profiles that you can follow. It's also a great place to see what your friends are up to. You can connect to your Facebook to find personal connections easily. See a short list of suggested users at the end of this document.
4. When you want to add an image, just click either the plus sign (+) at the

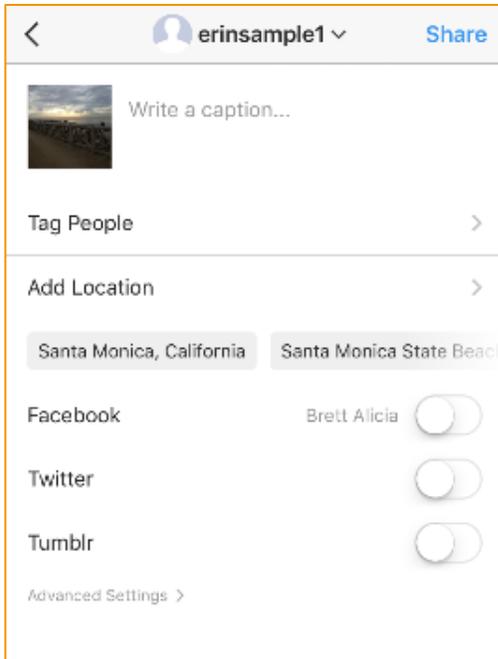
bottom of the screen or the camera at the top left.

Image Description: A screenshot of the Instagram main page.

5. Once you've picked an image, you might add a filter from the bottom to change the mood of your image.

Image Description: A screenshot of an Instagram draft post with an image of a sunset and possible filters below the original image.





6. Don't forget a caption! Instagram is also a great place to use hashtags and tag other users to stay connected. You can also automatically click on Facebook or Twitter to share your post on other platforms.

Image Description: A screenshot of the Instagram page with option to write a caption, tag people, add a location, and share via Facebook, Twitter, or Tumblr.

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	@_aidd	@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