

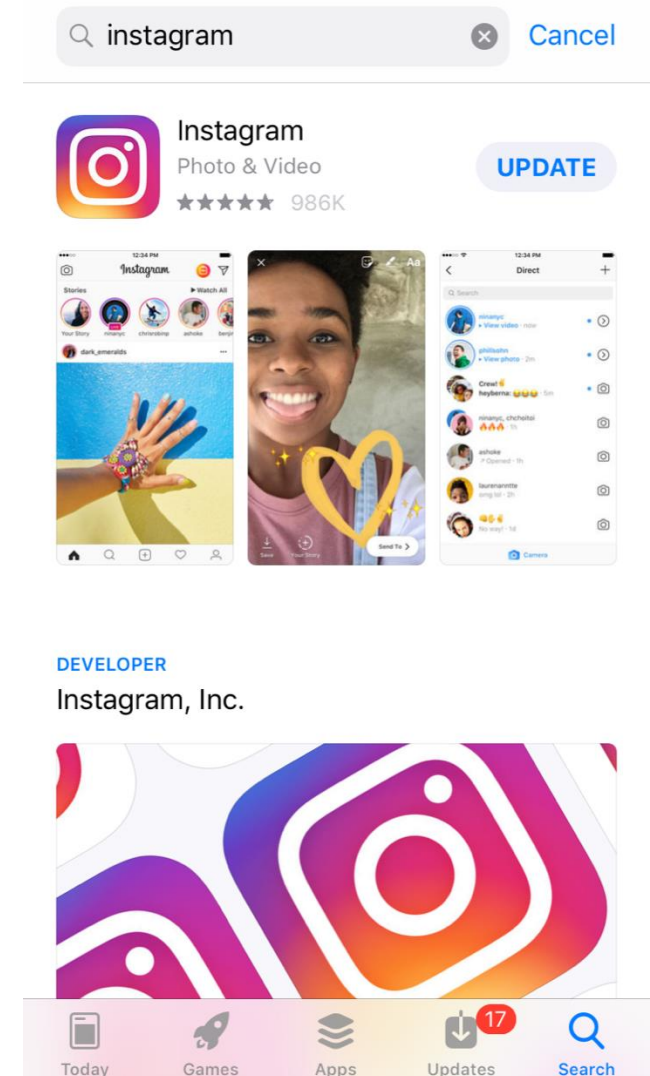
How do I set up my Instagram page?

Step 1:

Download the Instagram app for iPhone or Android from the app store

Instagram is best used on a mobile device or tablet as it is designed to be an app. While you can access it on a desktop, this is not the fully functional version as you cannot upload photos from your computer to Instagram.

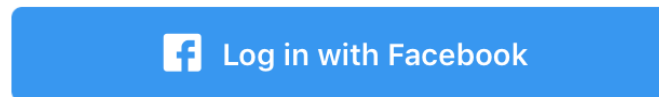
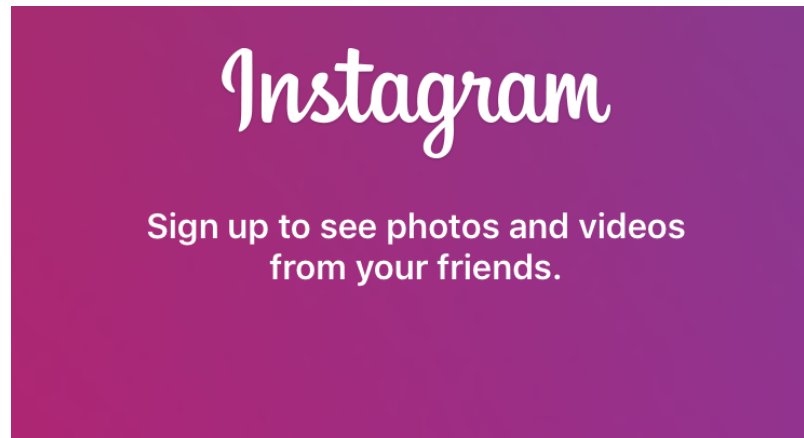
To begin with you will need to download the Instagram app from the app store on your phone or tablet, which is free.



How do I set up my Instagram page?

Step 2:

Sign up for an account either through your existing Facebook account or by entering new details



OR

[Sign up with Phone or Email](#)

Facebook owns Instagram so the two platforms are linked. If you would like to set up an Instagram page using your existing Facebook account you can do so, otherwise you are given the option to sign up with your email address or phone number.

How do I set up my Instagram page?

Step 3:

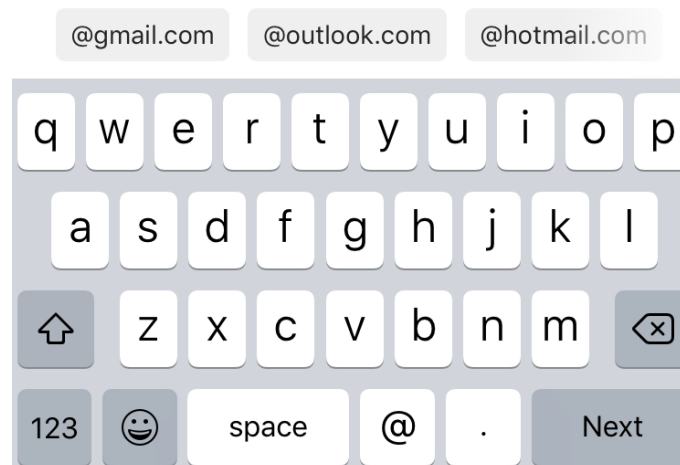
Sign up using your email address

Type in the email address you would like to be linked to your account – please note you must be able to access this email account as you will have to verify your Instagram account through it. You will then be able to use this email address to login to your Instagram account.

Phone Email address

pr@nfwi.org.uk

Next



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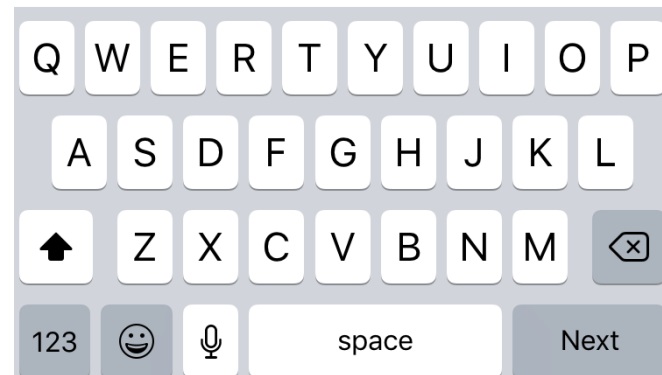
Step 4:

Add your full name and create a password for your account

Name and password

Add your name so that friends can find you.

Next



How do I set up my Instagram page?

Step 5:

Instagram will automatically generate a username for you from your name, you have the option to change this or click next if you're happy with it

Welcome to Instagram,
f.hughes2018

Find people to follow and start sharing photos.
You can change your username at any time.

Next

[Change Username](#)

From your name, Instagram will automatically generate a username for your account. Your username will be displayed at the top of your Instagram page and will be used when someone wants to tag your account in Instagram posts. If you would like to choose your own username, click where it says 'change username.' If you are happy with the username generated for you, click 'next.'

How do I set up my Instagram page?


Step 6:

Connect with friends you already have on Facebook, add a profile photo and save your login information (all optional)



Find Facebook Friends

You choose which friends to follow. We'll never post to Facebook without your permission.

 Connect to Facebook

[Skip](#)



Add profile photo

Add a profile photo so that your friends know it's you.

Add a Photo

[Skip](#)



Save login information

We'll save your login information for you. You won't need to enter it when you log in again on this device.

Save

[Skip](#)

How do I set up my Instagram page?

Step 6:

Connect with friends you already have on Facebook, add a profile photo and save your login information (all optional)

You will then be given three options, firstly you can connect to your Facebook account to see if the friends you have on Facebook also have an Instagram account. This is a useful way of gaining some followers quickly.

After clicking next you will be prompted to add a profile photo which will appear at the top of your page. If you have a logo, this would be a suitable profile photo.

Then you can choose to save your login information so you won't have to type in your details every time you want to login into your account. Only do this option if you are using a personal device.

All of the above is optional and you can do these settings at a later date if you wish.

How do I set up my Instagram page?

Step 7:

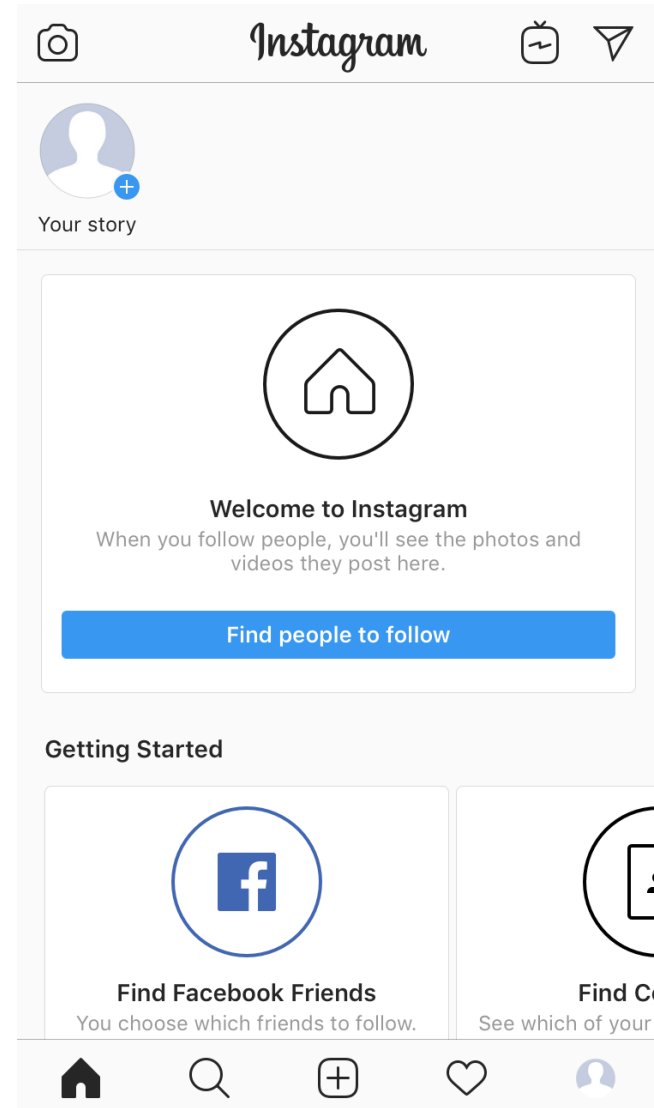
Your homepage (Instagram feed)

This is what your Instagram homepage will look like once you have set up your account. Instagram gives you some easy options to get started including how to connect with friends and gain followers.

The top bar where it says 'your story' gives you the option to upload stories to your account. Stories are photos or videos which only last 24 hours and then they disappear. Once you start following other Instagram users, their stories will also appear in this top bar.

The arrow in the top hand right corner are your private messages. Anyone can message you on Instagram but if you are not following that person, the message will come through as a 'message request' which you can then approve and reply to.

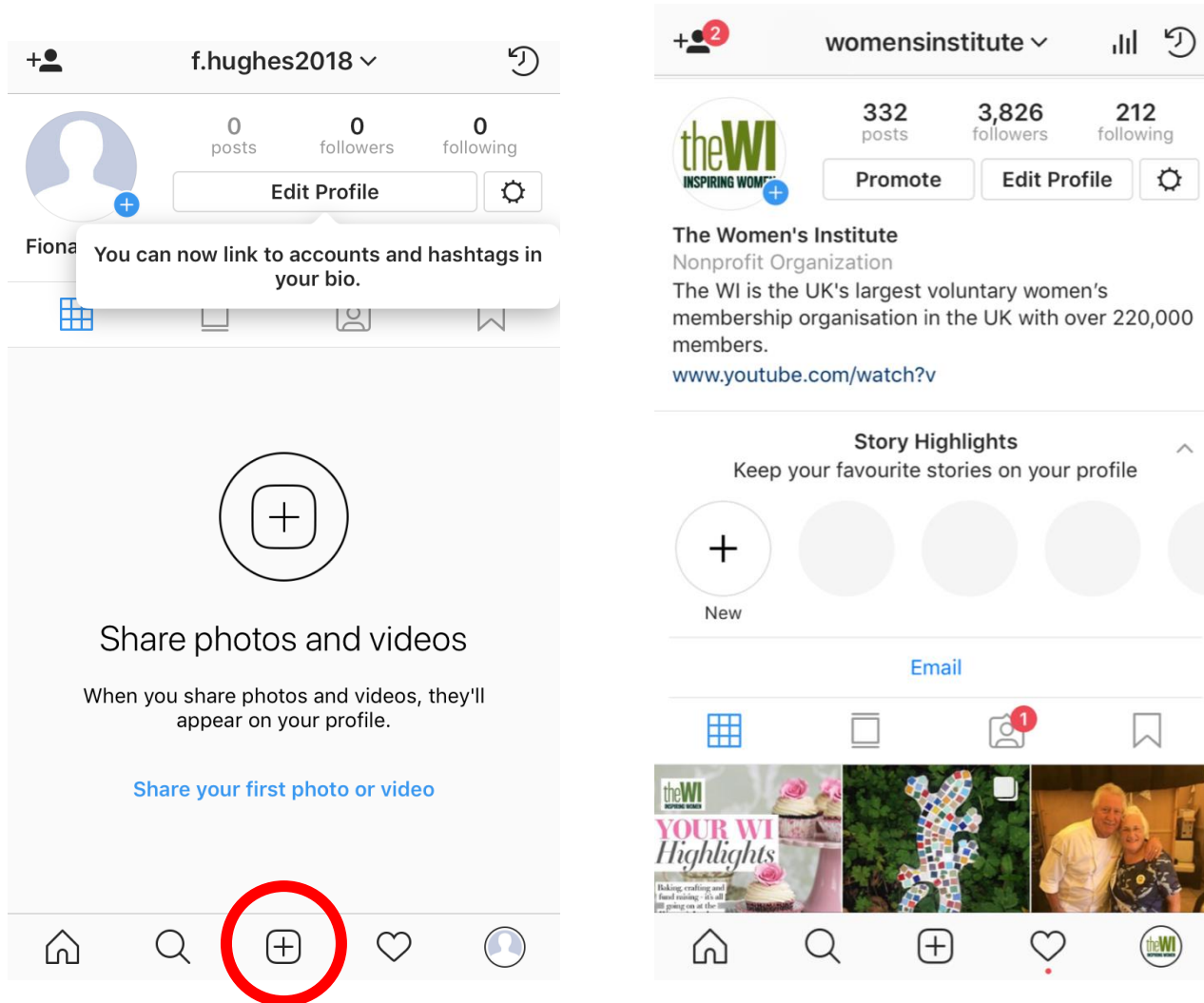
When you follow others, their Instagram posts will appear on this homepage and you will be able to scroll down and see their posts.



How do I set up my Instagram page?

Step 8:

Your Instagram profile page



How do I set up my Instagram page?

Step 8:

Your Instagram profile page

The image on the left is what your Instagram page will look like once you have set it up. As you can see there are currently no images and no profile photo. You can add a profile photo and Instagram bio about yourself by clicking 'edit profile.'

By clicking on the heart in the bottom bar, you will be able to see all your Instagram activity including who has liked or commented on your photos and anything you have been tagged in.

To upload photos to your Instagram feed you will need to click on the button with a cross (circled above). This will allow you to upload photos that are saved on your phone or take a new one.

The photo on the right is of the NFWI's Instagram page. This gives an example of what your Instagram page should look like once you have added a profile photo, a bio and some photos. You are given the option of adding one link to your Instagram page. Most organisation's put a link to their website but it can be changed when needed.