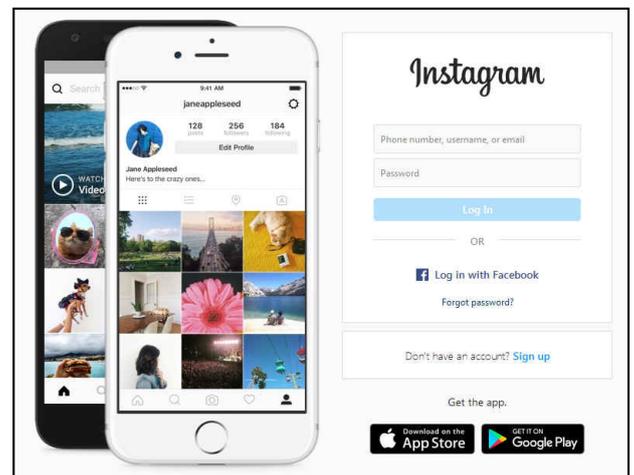
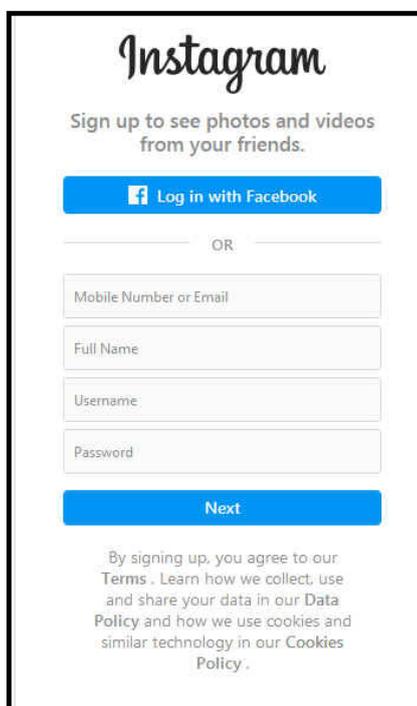


GETTING STARTED WITH INSTAGRAM

Whether in virus lockdown, or just in ordinary life, social interaction is vital to all of us. These guides will help you set up the most popular social media apps.

What is Instagram and what does it do?

- Like Facebook, Instagram is a social media sharing app.
- If you want to share pictures and videos with your friends and family, it could be what you are looking for.
- It is also great for following celebs and seeing their latest pictures and what they are up to.
- Instagram lets you easily edit your photos and videos, which makes it great for them.
- Your friends and family can then follow you on the app, and you can all keep up with each other.
- On a computer, simply browse to www.instagram.com and you will see the screen on the right.
- Or, on your mobile, download the Instagram app from the App Store (Apple) or Google Play (Android phone).
- Hit the Sign Up button

The image shows the Instagram sign-up page on a desktop browser. The page features the Instagram logo at the top, followed by the text 'Sign up to see photos and videos from your friends.' Below this is a blue button with the Facebook logo and the text 'Log in with Facebook'. Underneath is an 'OR' separator. The sign-up form consists of four input fields: 'Mobile Number or Email', 'Full Name', 'Username', and 'Password'. At the bottom of the form is a blue 'Next' button. Below the form, there is a small disclaimer: 'By signing up, you agree to our Terms . Learn how we collect, use and share your data in our Data Policy and how we use cookies and similar technology in our Cookies Policy .'

- Now you will see a screen like the one on the left.
- Add your mobile phone number or email address if you have one.
- Put in your full name.
- Give yourself a Username and a strong password that you can remember!
- A strong password should include some capital and lower case letters and at least one number and should be at least six letters long.
- After that, just hit Next to complete the sign up and launch your Instagram account.
- If you have a Facebook account you will be able to link it at this stage.
- Next you will be asked to provide a profile picture for yourself. But you can skip this stage and do it later if you like.
- After this it will offer you a long list of big names to follow - click the Follow button to add any that you're interest in.

The Instagram home screen explained

- Your Instagram home screen will look something like this.
- The pictures and messages of whoever you are following (here, The Rock) will appear in a feed on the page - slide the stories up and down with your finger.
- Just double-tap on one and you will give it a like - the heart box will turn red.
- To make a comment, tap the speech bubble under the picture (the middle icon of the three) and you will be able to comment, like you can on Facebook.
- The paper aeroplane next to the speech bubble is an instant messenger - tap it and you will be able to message The Rock directly!
- The page you are currently looking at - your homepage - is represented by the little house on the bottom of the screen.
- Next to it, the magnifying glass, is the search icon. Tapping this will let you search for people to follow.
- This is followed by the plus sign, which will let you add photos and videos.
- The heart symbol is next, and again this lets you follow people - this time suggested by Instagram. This page eventually shows all your recent activity.
- The final symbol on the bottom right is your profile. Tap it to go to your profile page where you can add your picture, bio etc.
- Tapping the three dots above the picture will bring up a lot of other options such as blocking or reporting the person, or muting the phone.
- At the very top of the screen, the camera icon is Instagram Story, where you can set up your phone with two taps to video you and your story (rather like Facebook story).
- To the left of the Instagram name, there is a TV screen. Tapping this takes you into IGTV - a channel rather like YouTube, filled with videos to explore.
- Finally, the paper aeroplane on top is one more the Instagram instant message facility.



Uploading your pictures and videos

Last, but not least, you need to know how to put your own photos and videos on Instagram - or you'll have nothing to say!

- First tap the big + button - in the middle at the bottom of the screen shown above.
- This will bring you to a new screen, with Library, Photo and Video buttons on the bottom.
- Press the photo button and you will see a screen like the one on the left. Tap the big circle and you will take a photo with your phone. Here we're snapping a candle.
- The Video button works just the same, except that you press and hold the circle to take a video with your phone.
- Using the Library button, you can upload photos and videos that you have already save in Instagram.
- When you have taken a photo or video, you will have to press a Next button on the screen.
- This gives you a page where you can add filters to, and alter the sizes of your photos and videos.
- Press the Next button again and now you can write a caption and also choose to share your picture or video to other apps, like Facebook and Twitter if you wish.
- Finally, hit OK to share to Instagram, and any other app you chose in the last step.
- The picture or video that you just made is also now added to your library, so in future you could share it from there.