

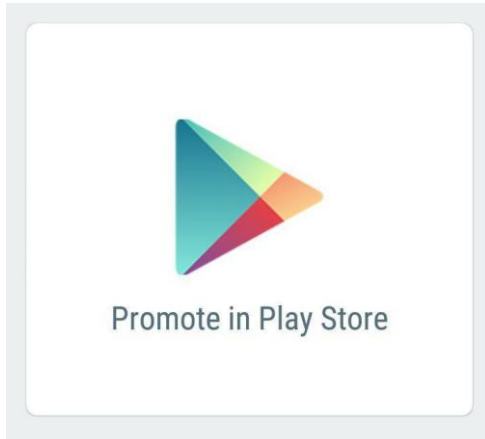


Instagram 101

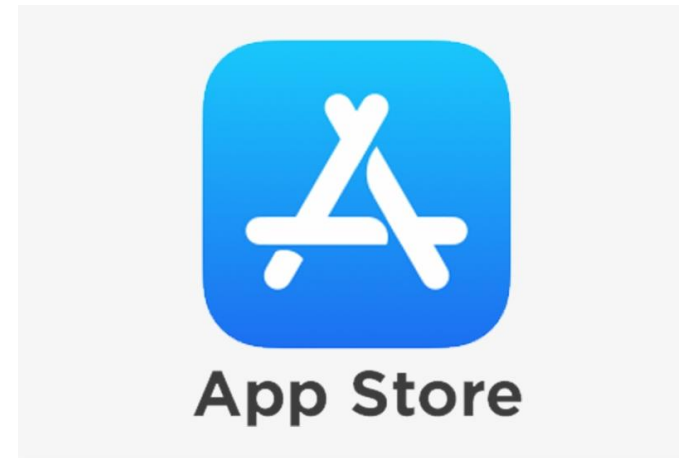
By Mindy Holliday & Kristi South

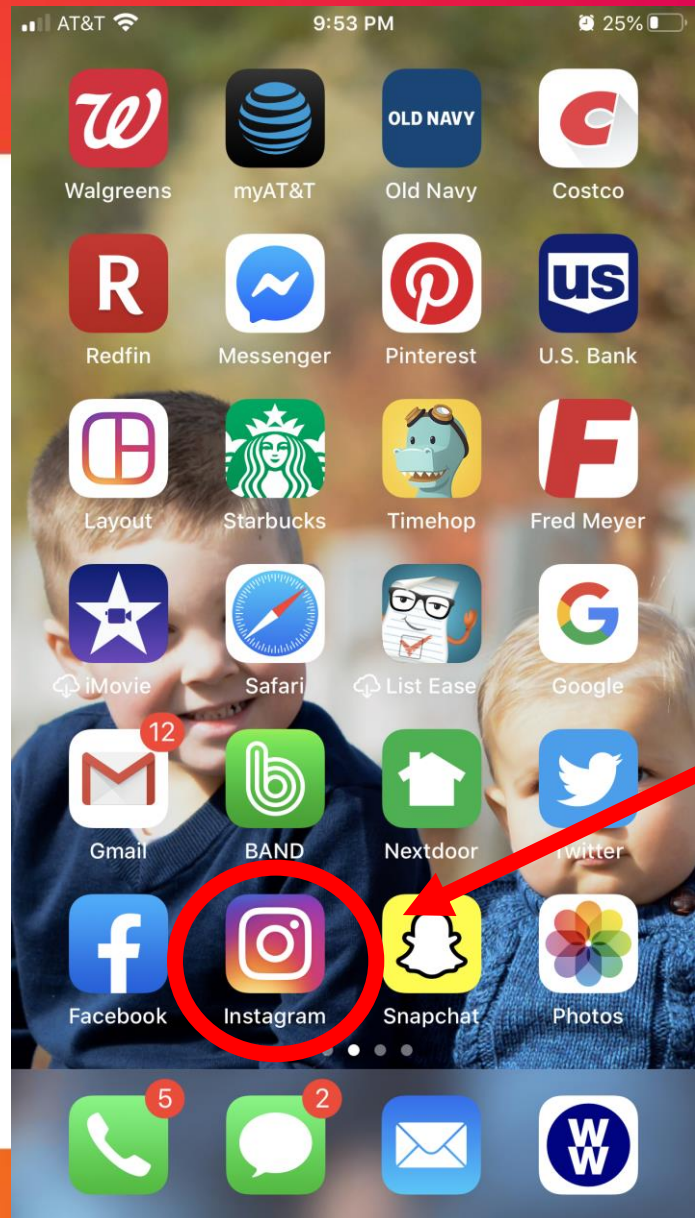
Download the Instagram App

Android



i-Phone





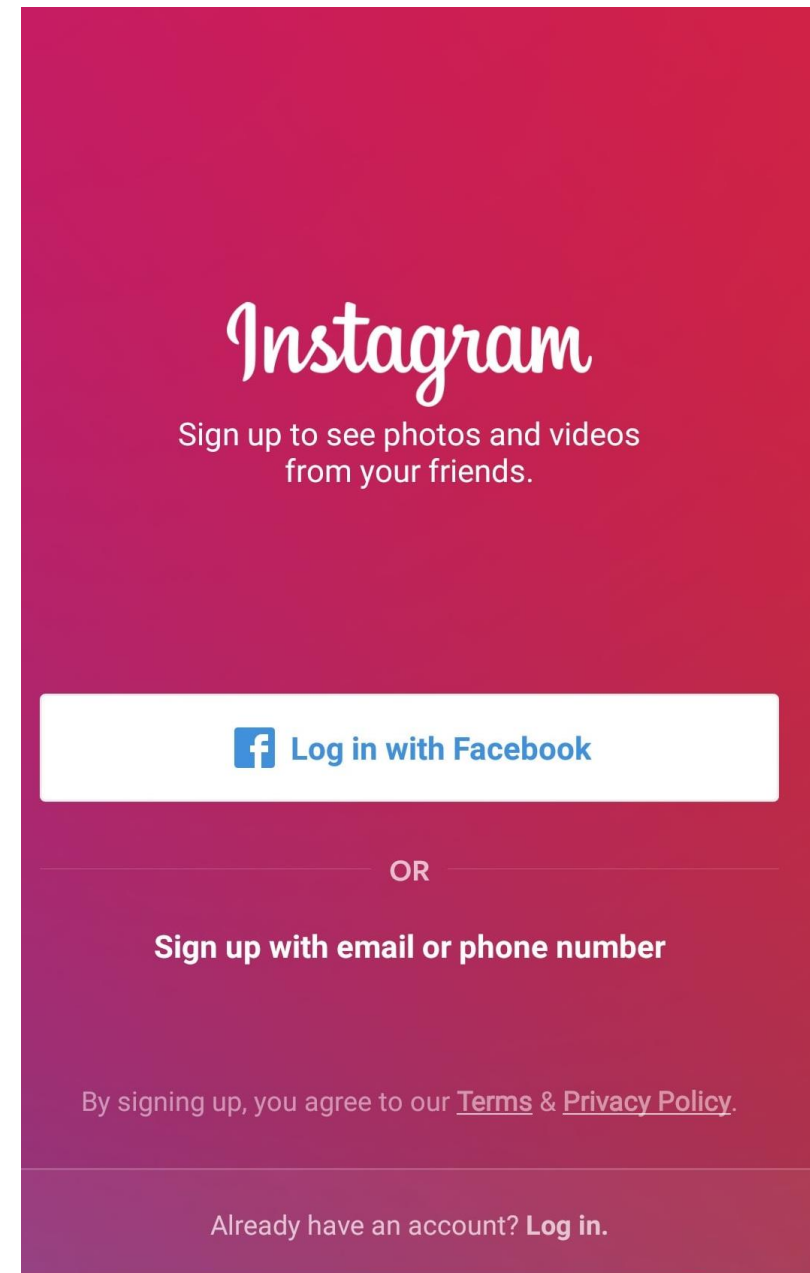
Open
the
Instagram
App

Login Options:

Login using Facebook

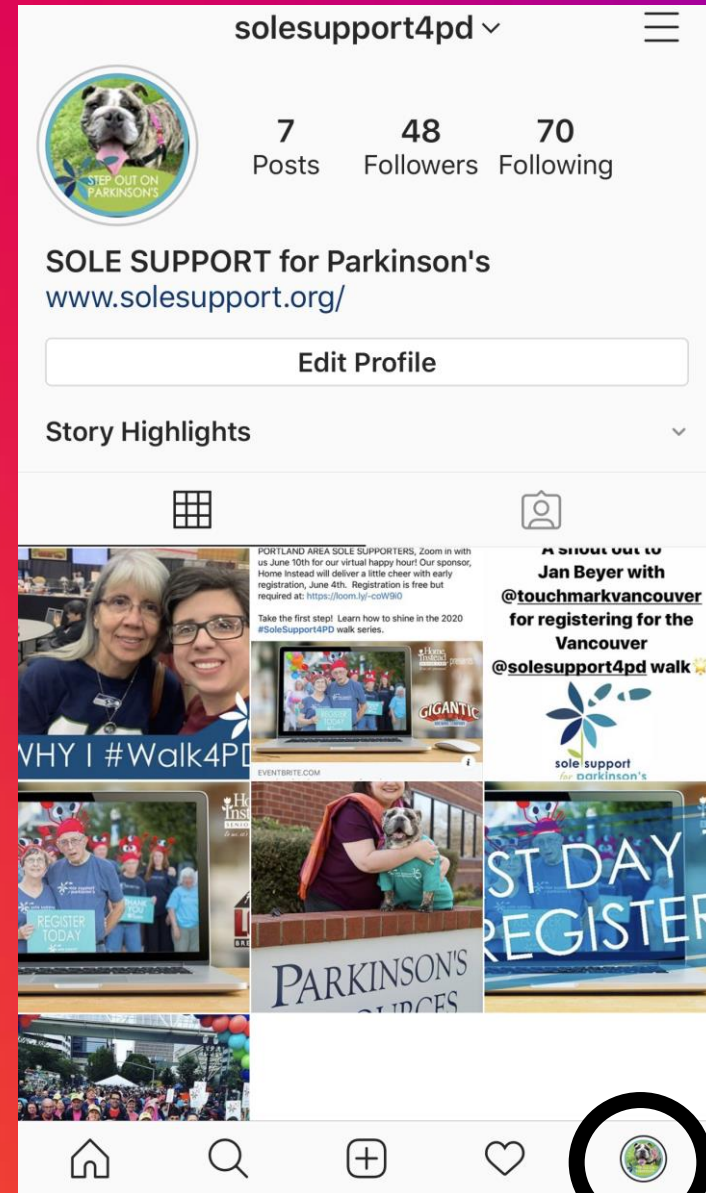
or

**Create a new Login with
email or phone number**

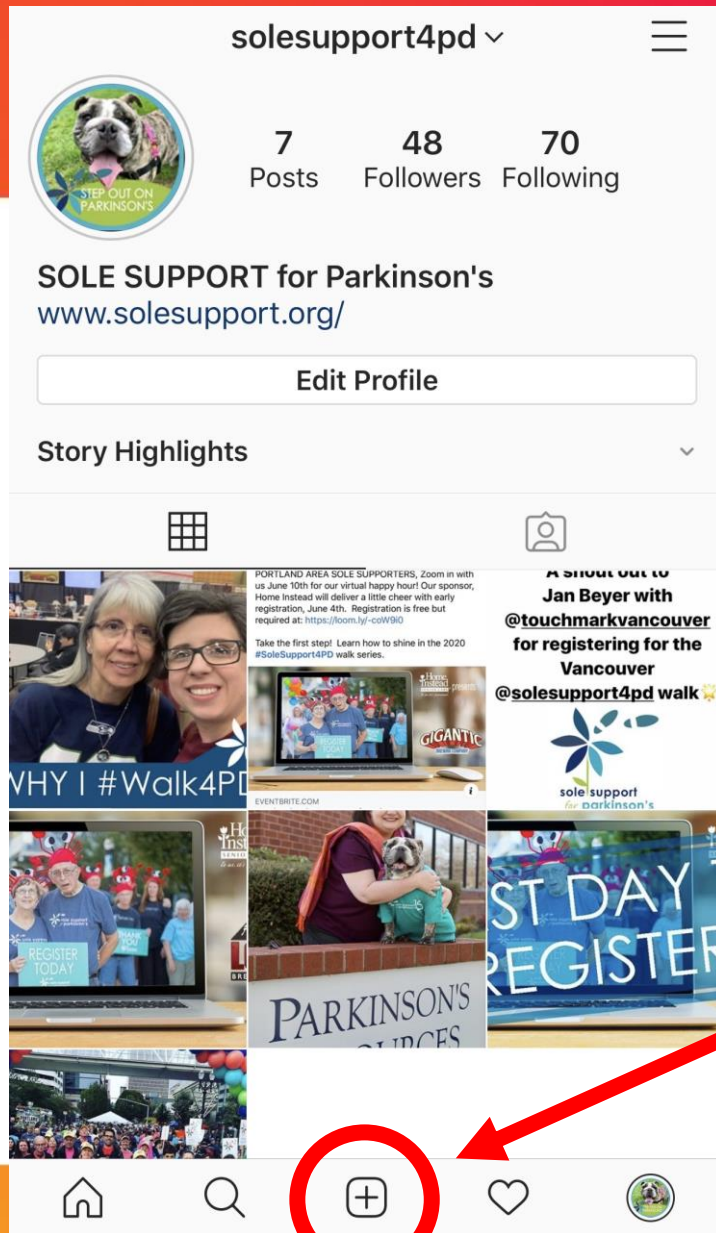




Feed Page



Profile Page



To post to your
Instagram page:

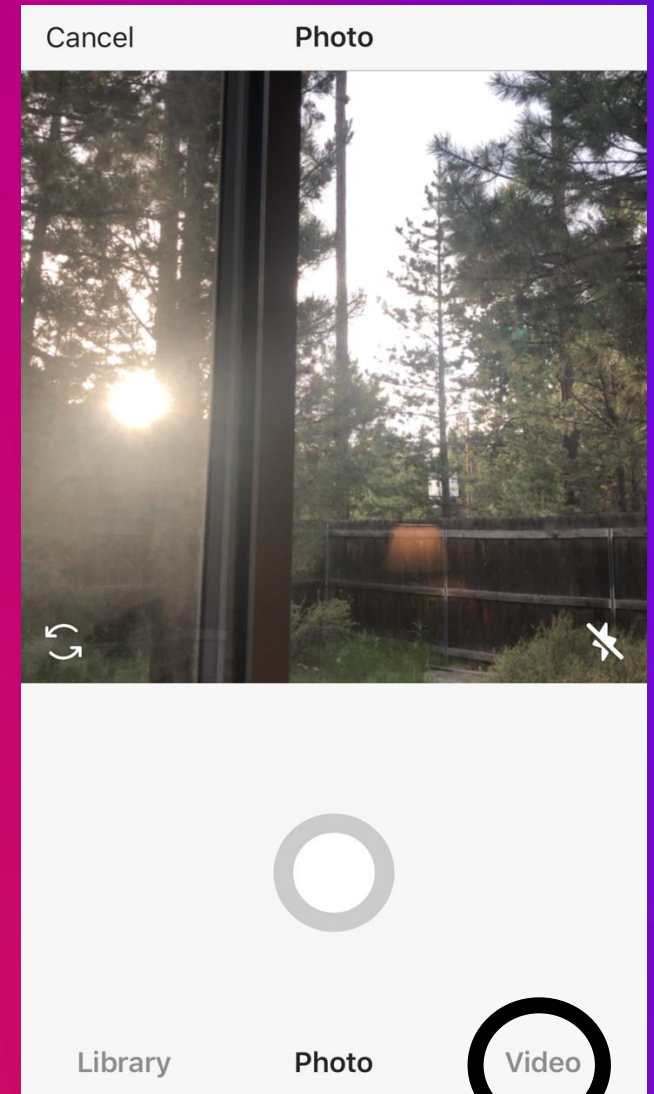
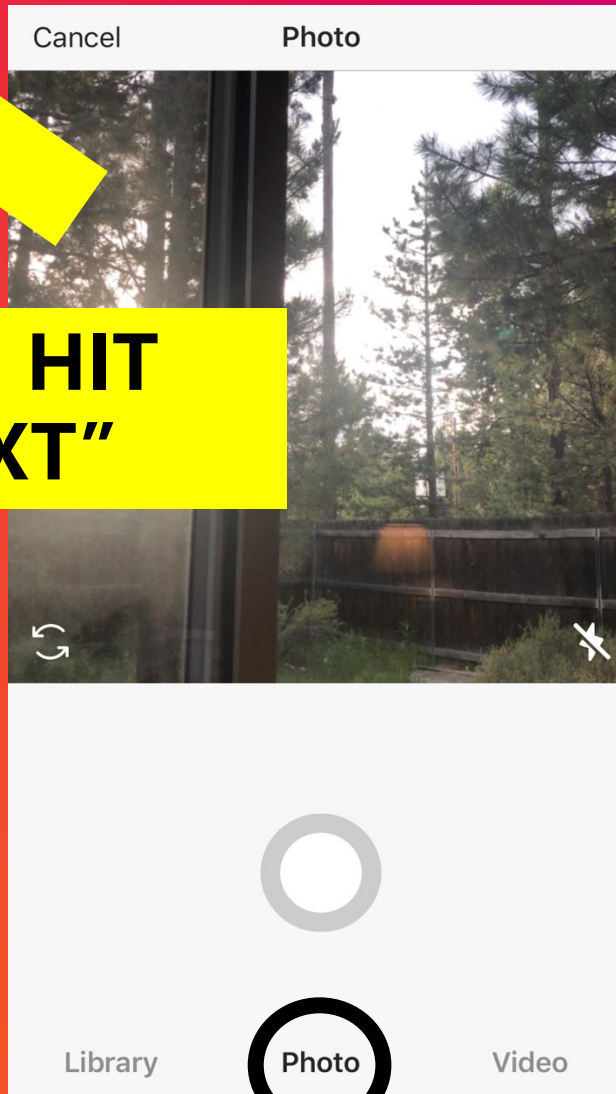
Click on the + Icon



3 Options To Post:

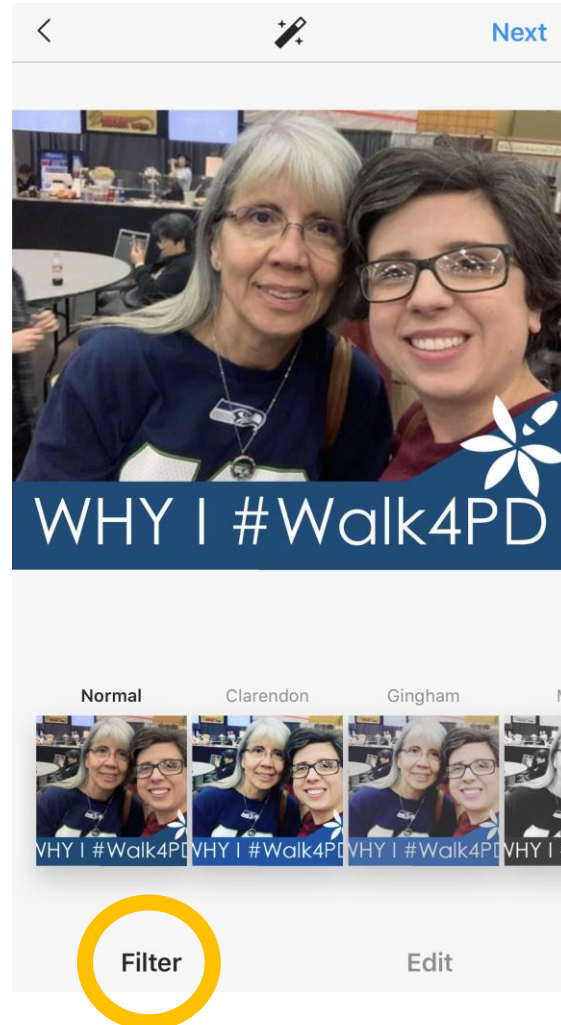


**THEN HIT
"NEXT"**

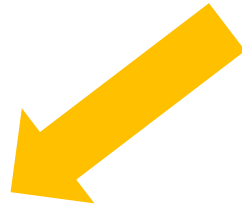


Filters & Edits

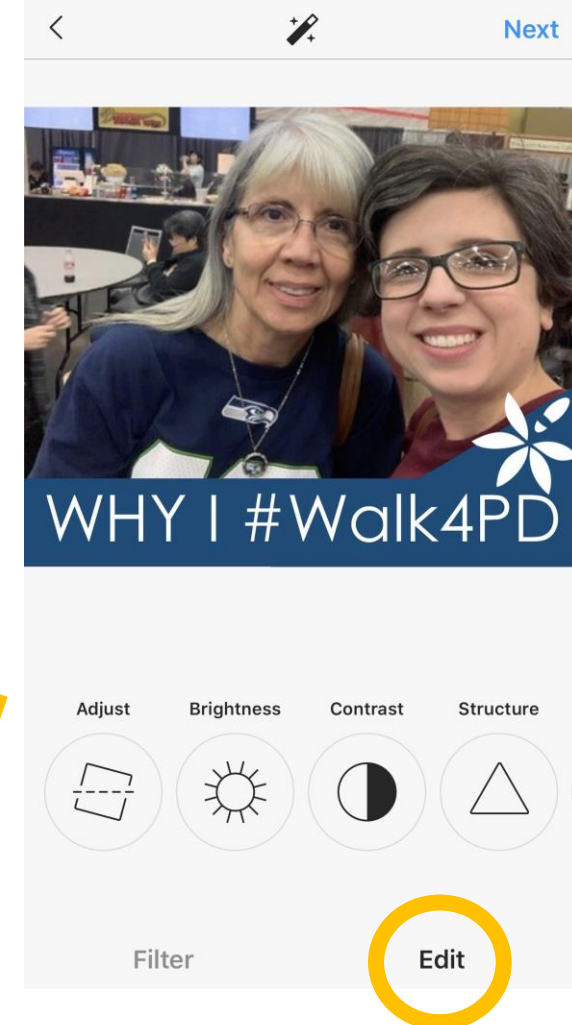
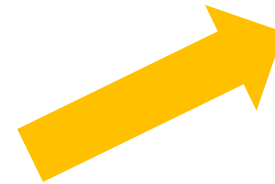
**THEN HIT
"NEXT"**




**Lots of
pre-made
options**



**More
personalization**



< New Post Share


 Write a caption...


Tag People >

Add Location >

Three Rivers School Three Rivers, Oregon La Pi

Post to Other Accounts

 solesupport4p ☒

 mindyholliday ☐

Facebook Mindy Holliday ☐

Twitter ☐

Tumblr ☐

Advanced Settings >



← Add a Caption



← Tag a friend



← Where ya at??



← Do not share on other accounts



← Share on more social media

**THEN HIT
"SHARE"**

You're on the 'Gram!



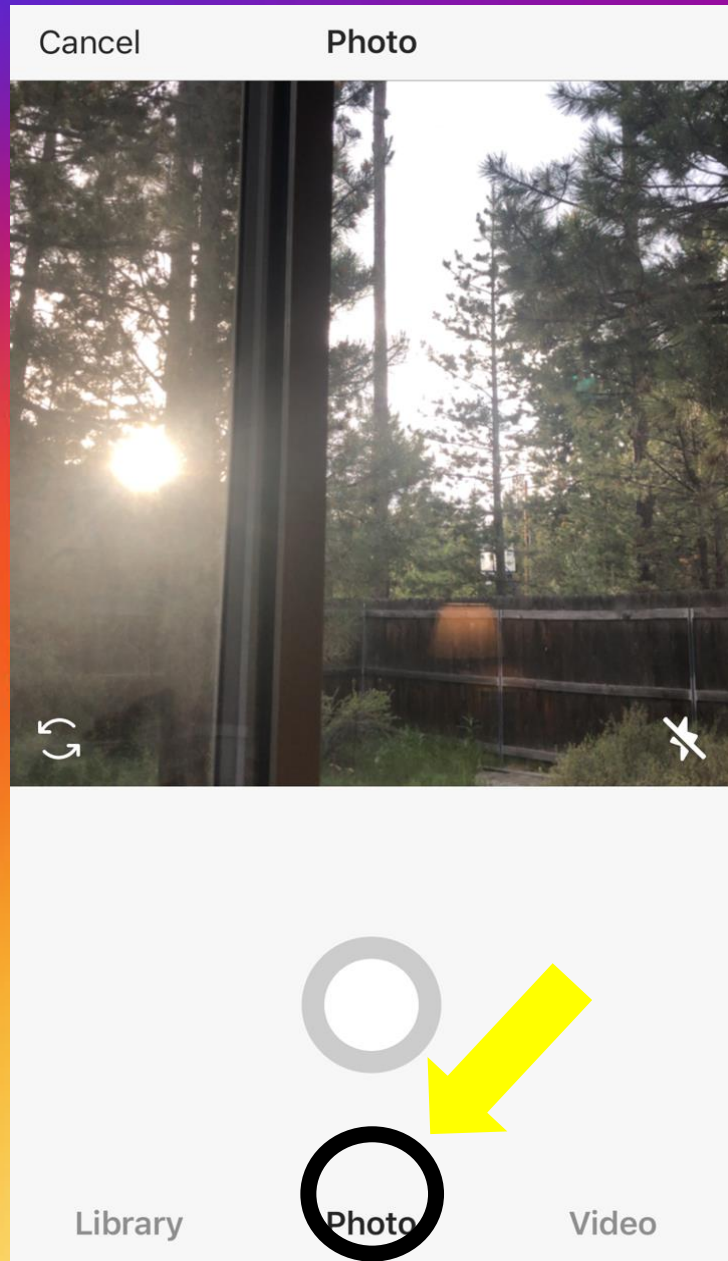
Create an Instagram Story



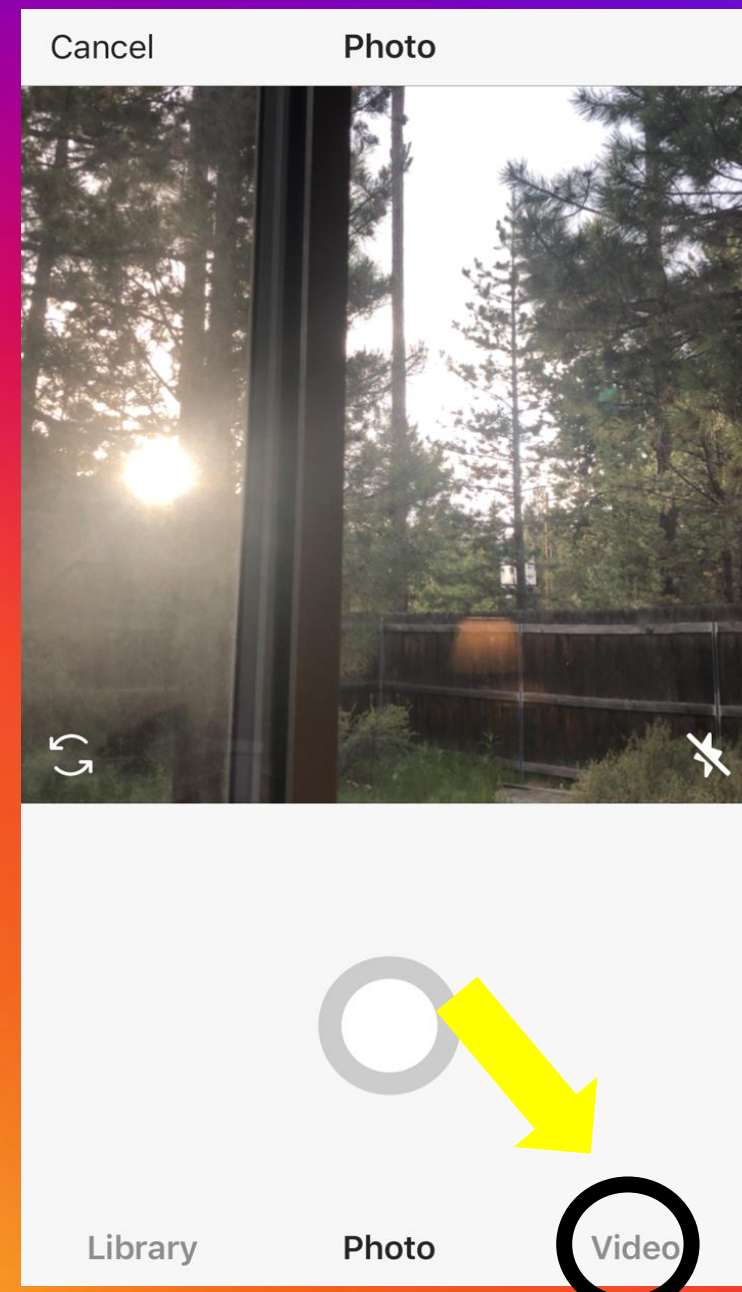
On the app's homepage, click the **Your Story** icon in the top right corner



Create an Instagram Story



Select photo or video



Create an Instagram Story

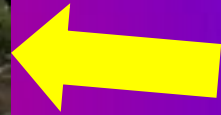
After selecting **photo** or **video** hit Your Story to add to **your story**.



Instagram

Create an Instagram Story

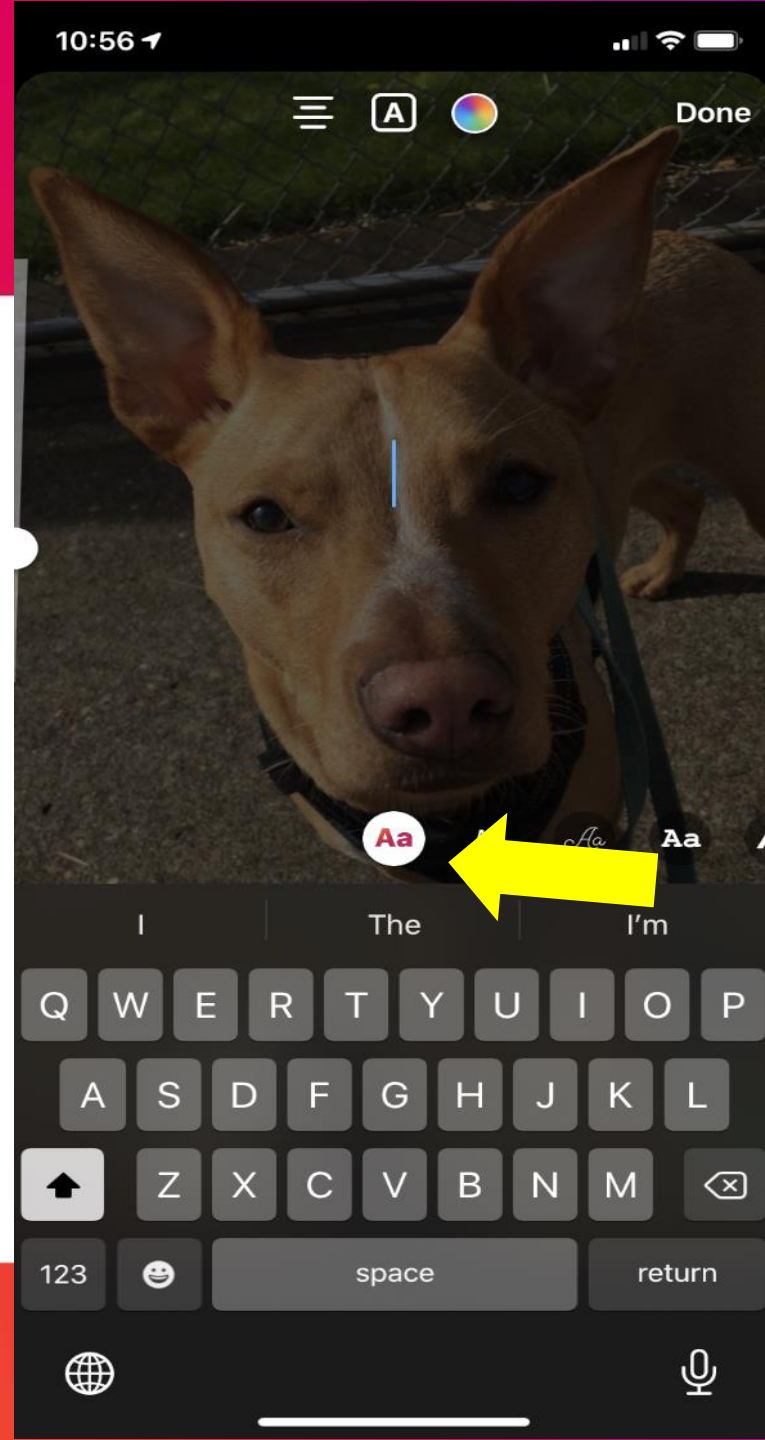
To add **text**, **draw**, or **emojis** select icons at top of screen.



Instagram

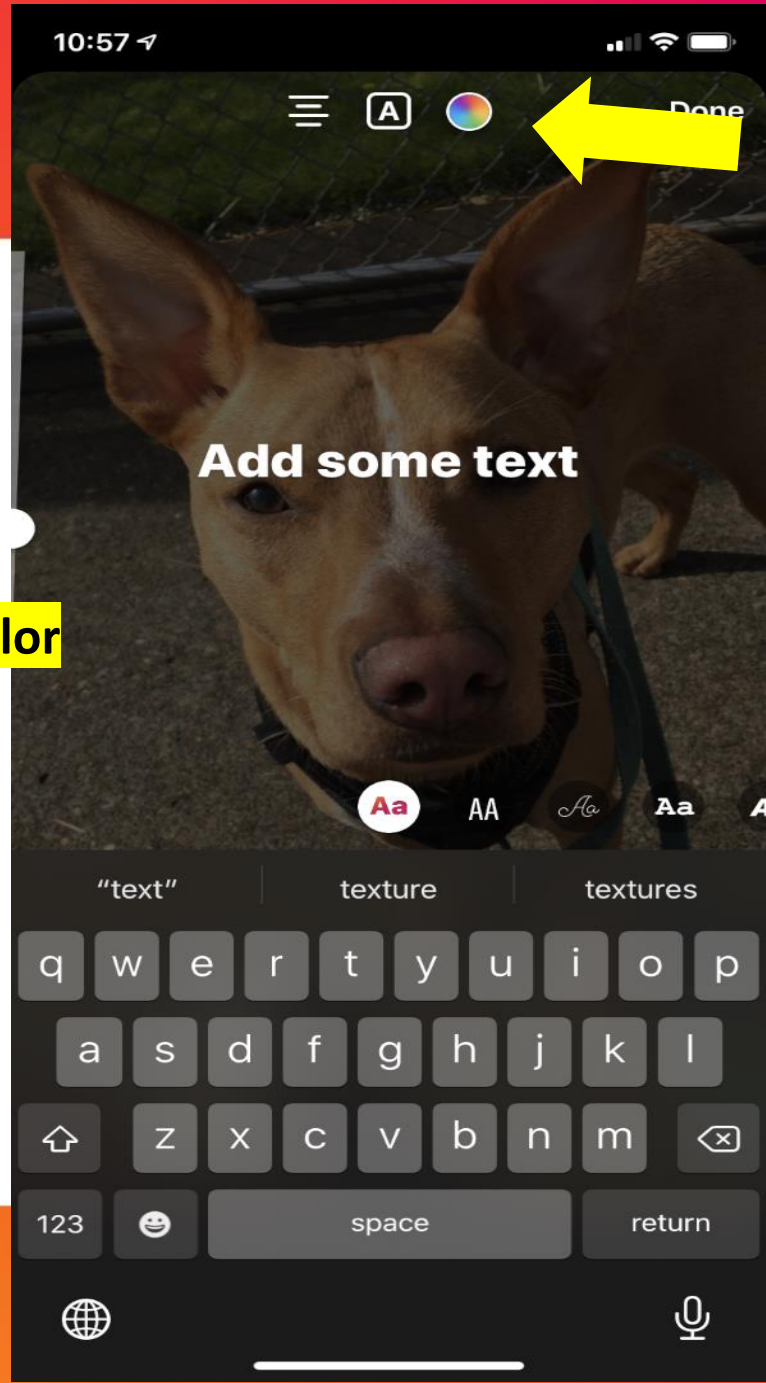
Create an Instagram Story

Type or select content and
you have a customized
story!

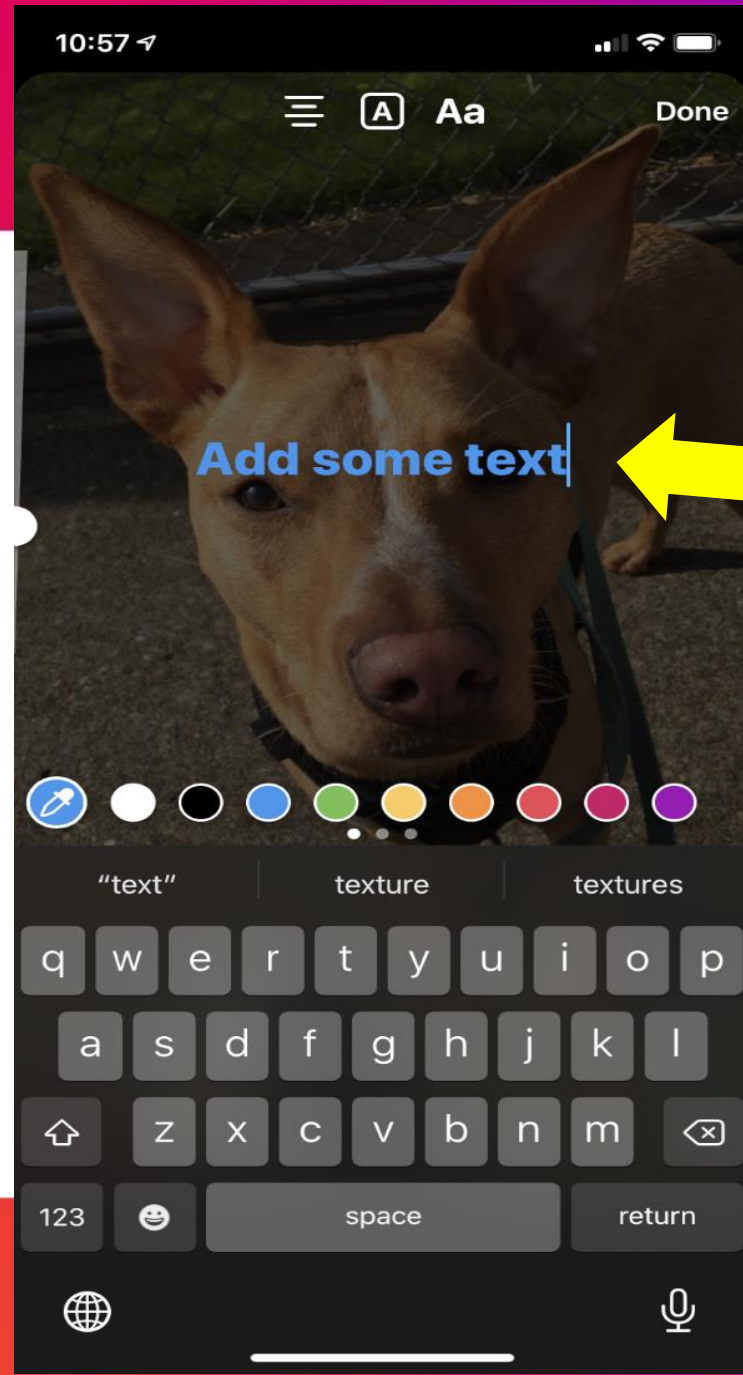


Instagram

Add Text



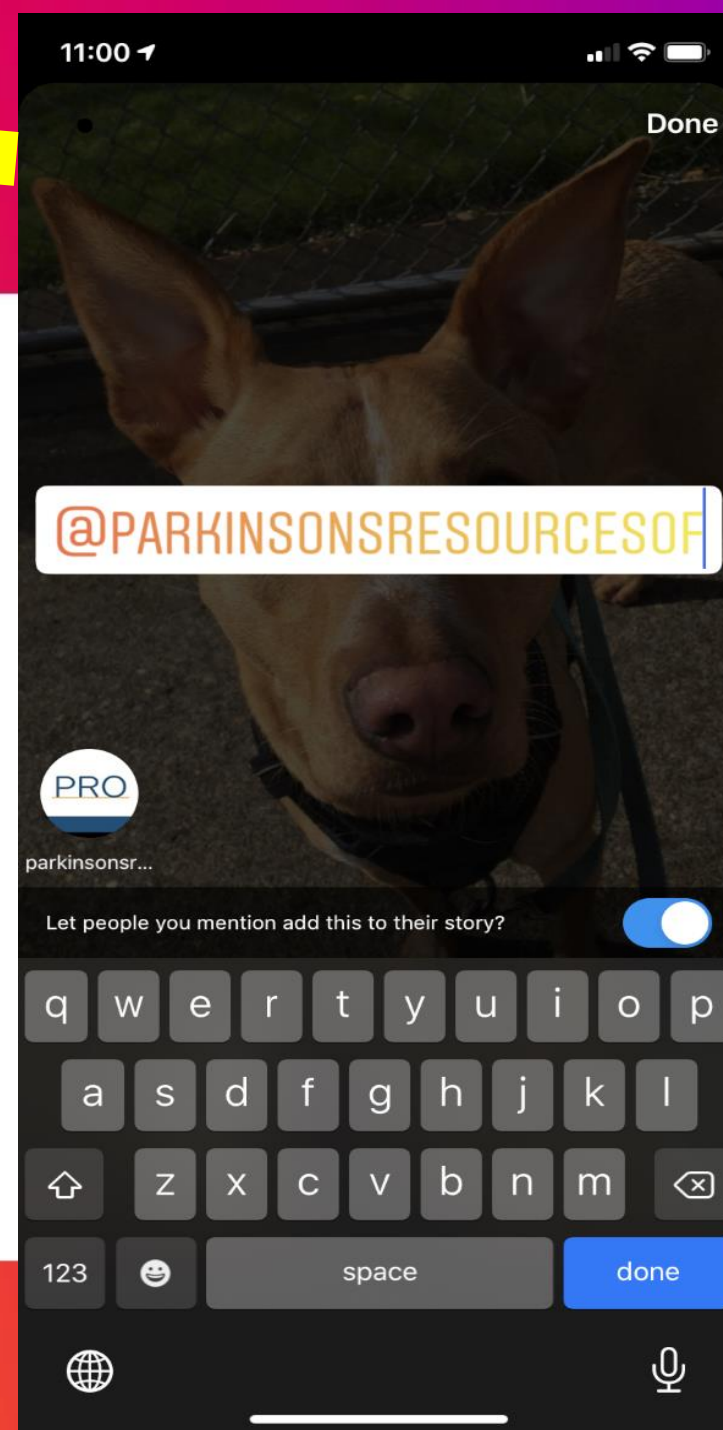
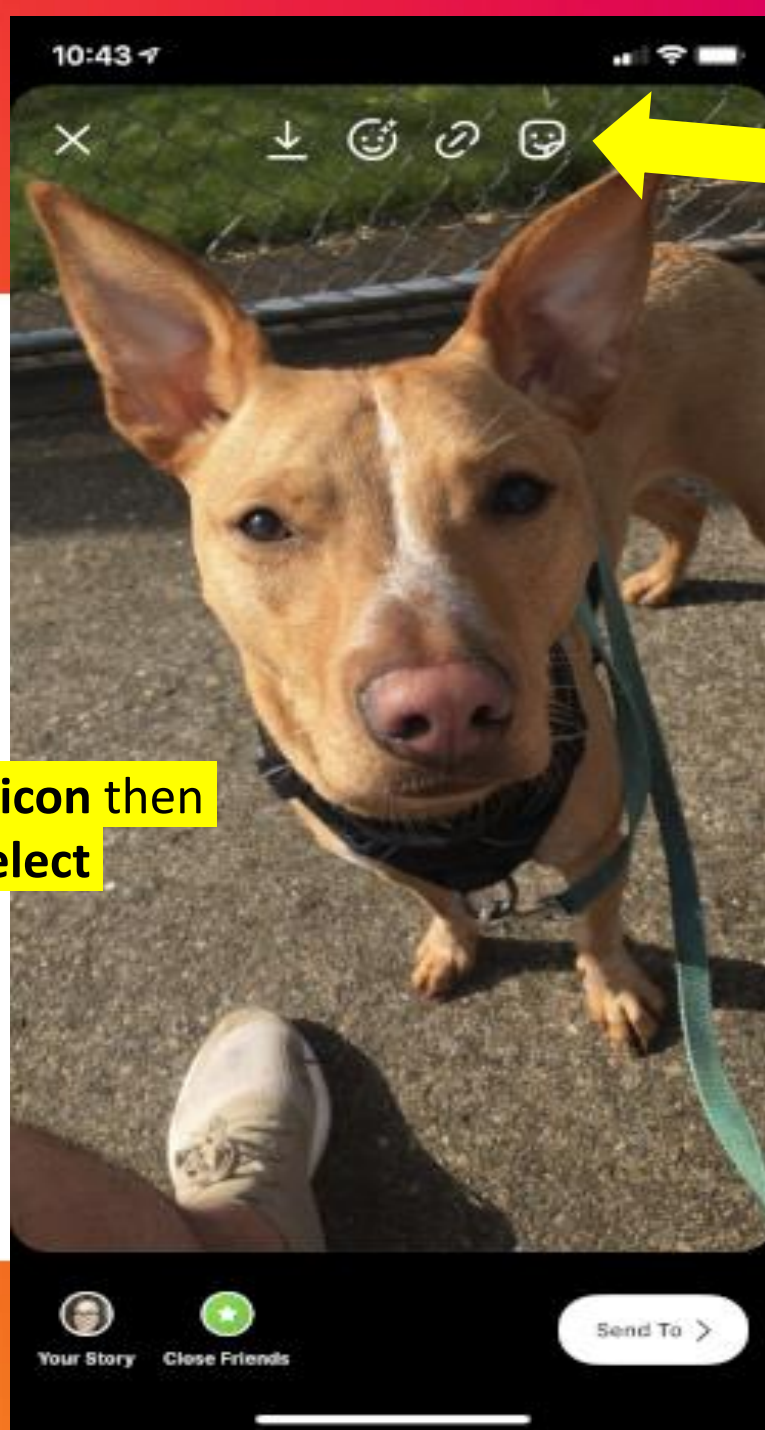
Type or change text color



Instagram

Tag others

Click square face icon then
@mention and select
person or entity.

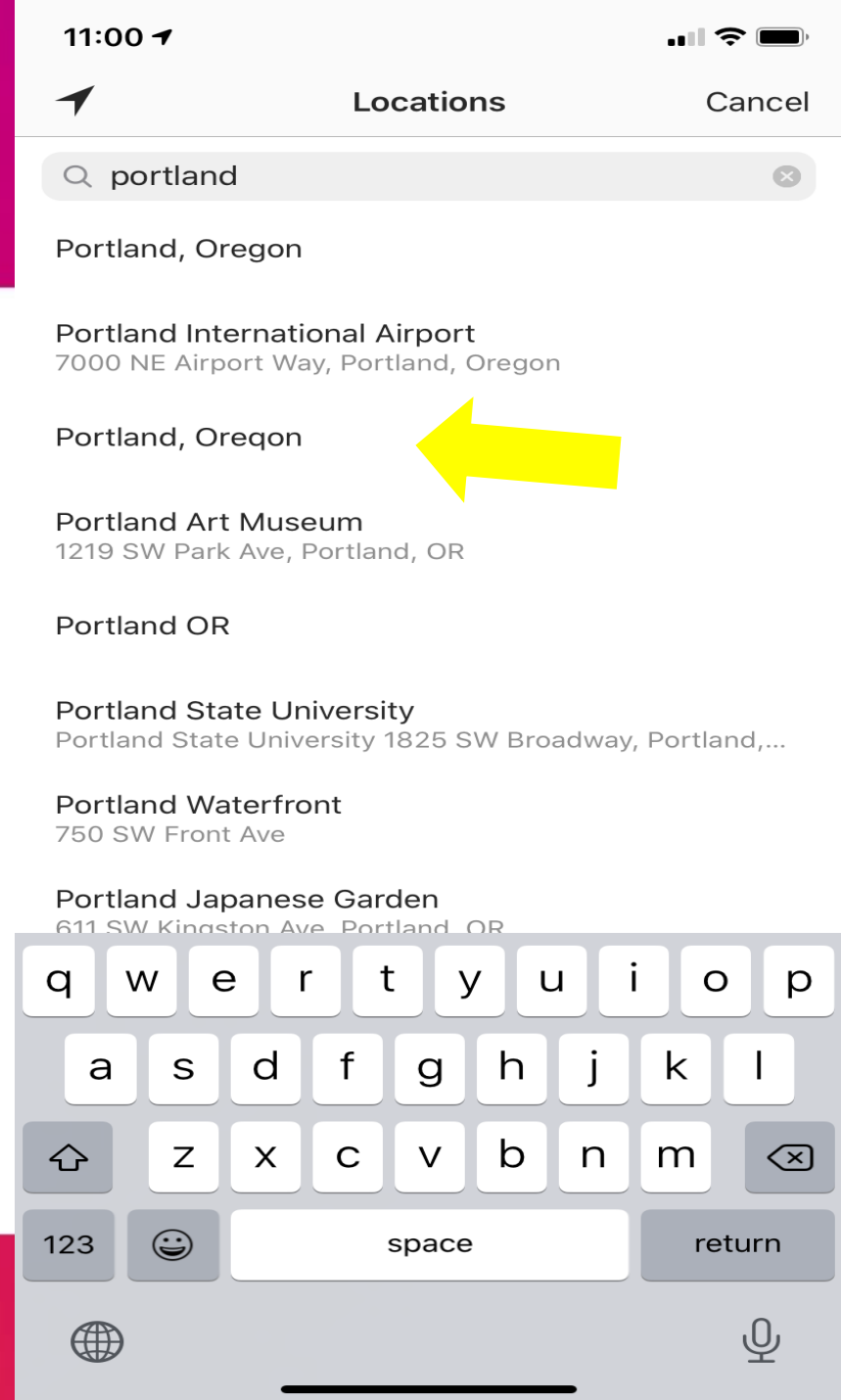
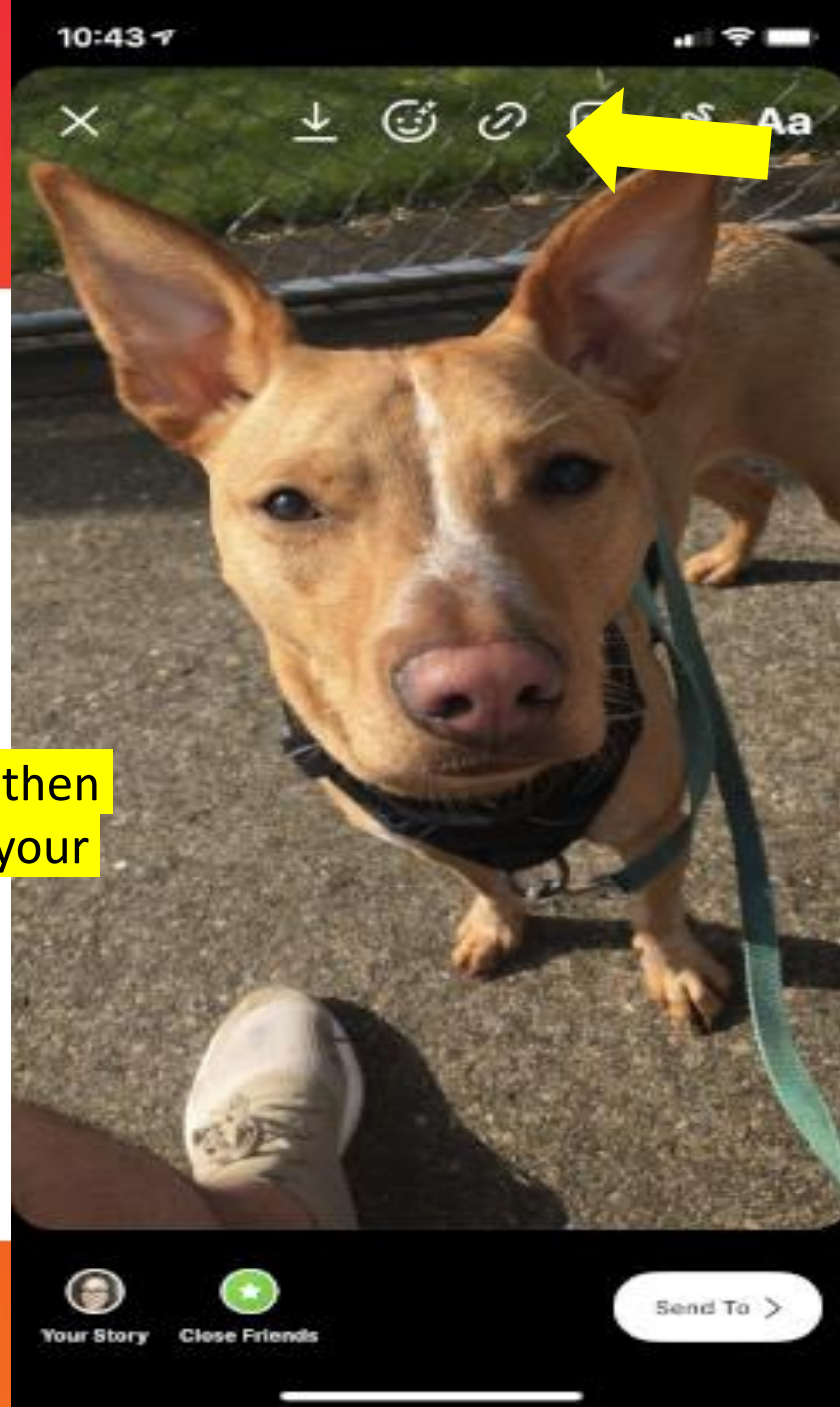


You've tagged PRO.

Instagram

Tag location

Click square face icon then
@location and select your
location.



Successful location tagging



Adding picture to your story



Click Your Story



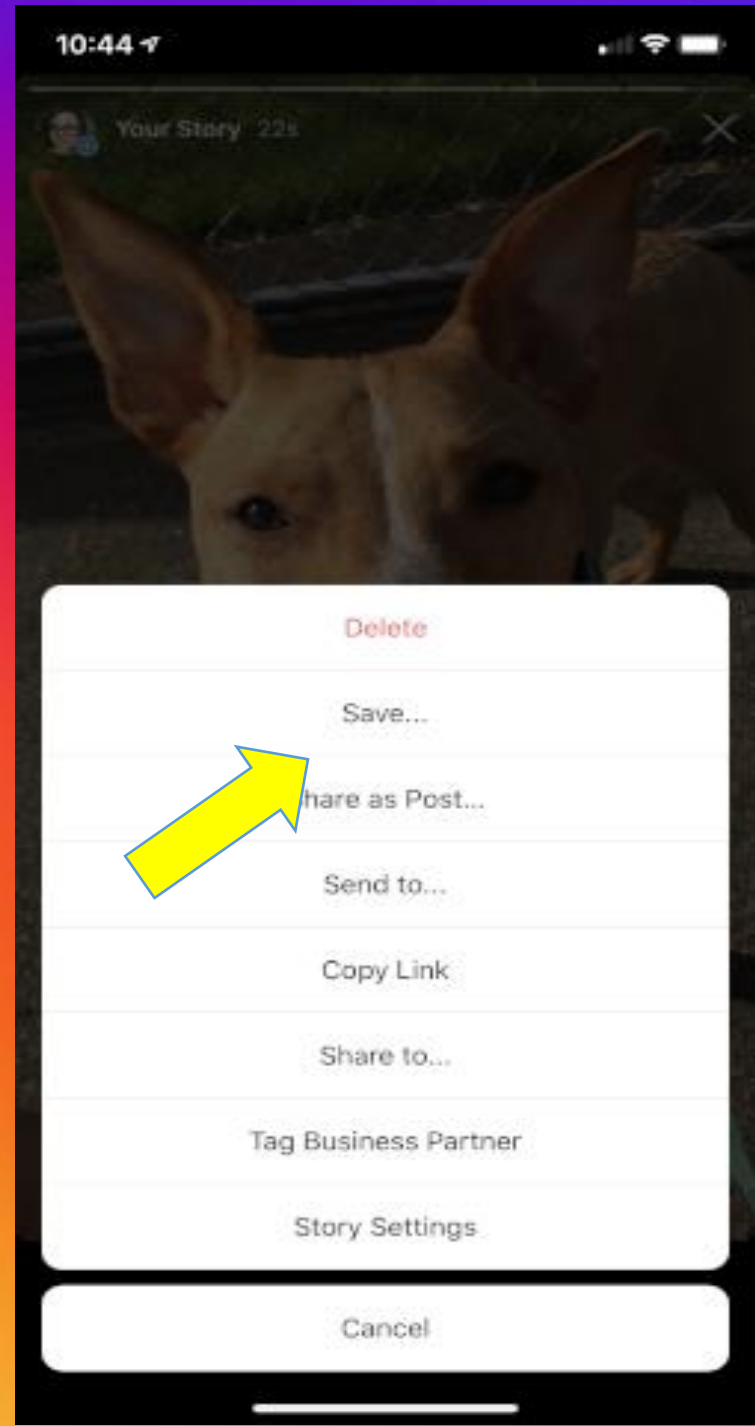
Saving your story



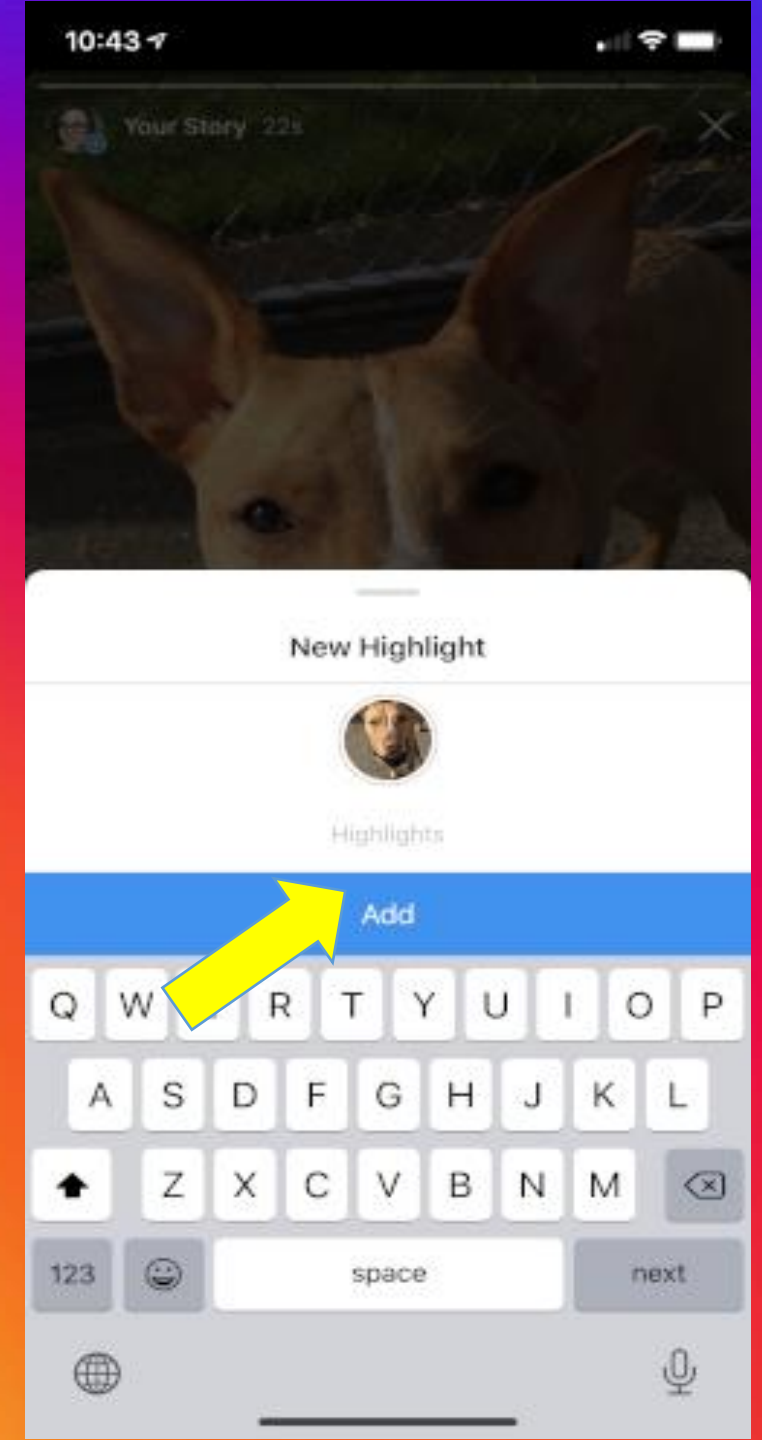
Save to Instagram or
phone



Save your story to your phone



Save your story to your profile





Contact me or Mindy if you have any questions:

kristi@parkinsonsresources.org or 800-426-6806;

Mindy at: mj9380@yahoo.com or 509-210-1044