

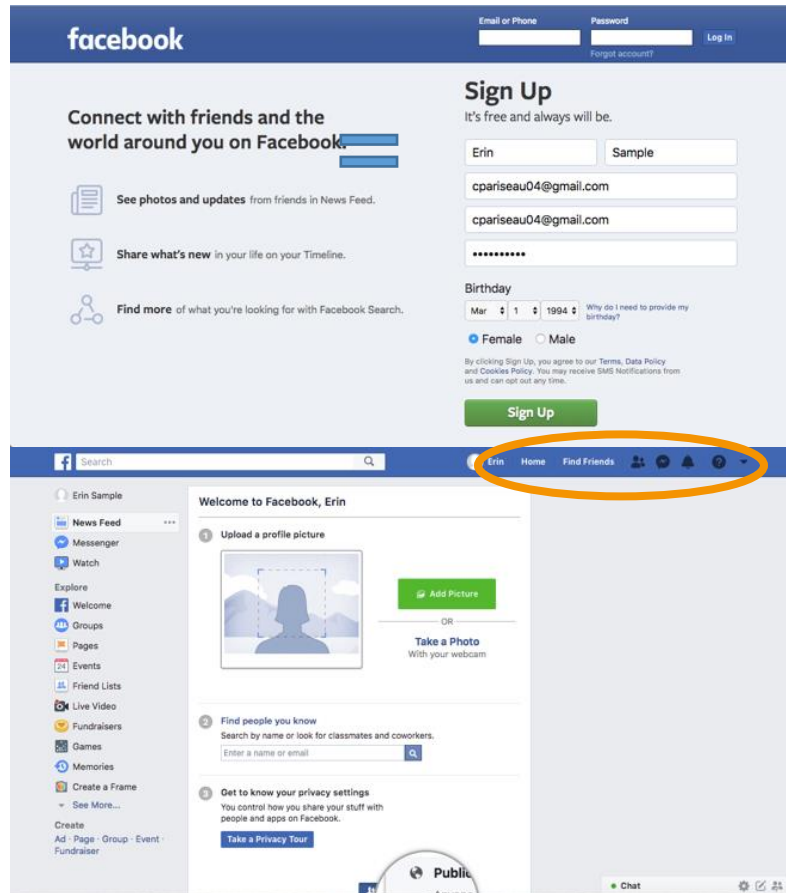
Facebook How-To Tips

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.



Facebook

A social sharing network great for finding friends, sharing photos, news articles, links, videos, and text.

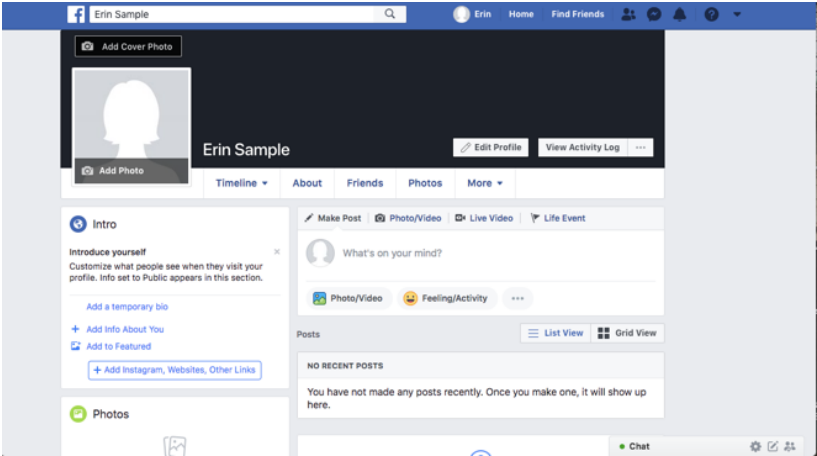


1. To sign up for Facebook, enter your name, email, password, birthday, and gender.

Image Description: A screenshot of the Facebook homepage.

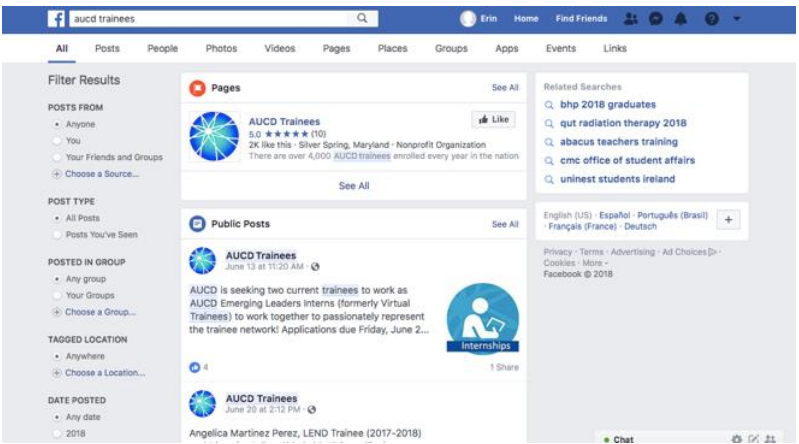
2. Once you have confirmed your email and logged in, your main Facebook screen will look like this. You can add a profile picture, find friends, and more! To view your own profile, you can click on your name on the top right side of the page.

Image Description: A screenshot of the main Facebook page of a new member.



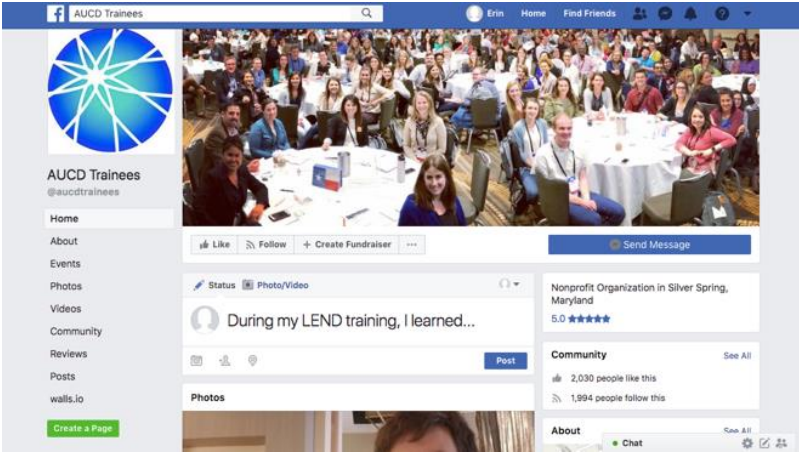
3. Your own profile looks like this. You can post anything you'd like on Facebook—photos, videos, links to articles, or your own thoughts. Use hashtags or tag people for extra connections! To search for the person or group you want to tag, type "@" then their name.

Image Description: A screenshot of the main Facebook profile of a new member.



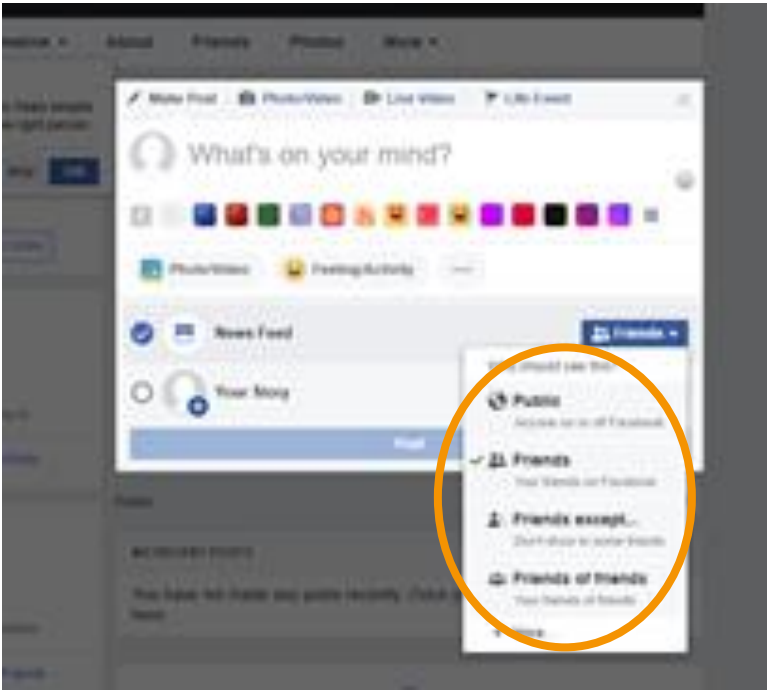
4. Don't forget to search for groups or businesses to follow. You can type a person's name, group name, or business name in the search bar to find them. See a short list of suggested users at the end of this document.

Image Description: A screenshot of a Facebook search for the AUCD Emerging Leaders Community page.



5. Once you have your Facebook created, don't forget to share important information about your program or center with us at AUCD! Simply go to the Emerging Leaders Community page and enter a post.

Image Description: A screenshot of the AUCD Trainees Facebook page with a visitor post entered in the text box.



6. Many trainees want to keep most posts on their Facebook page private, but some information such as class activities or activism is appropriate to share with everyone! Facebook makes this easy to do. Just click the dropdown menu and change the setting on any individual post from "Friends" to "Public."

Image Description: A screenshot of a drafted Facebook post with the dropdown menu for privacy settings opened.

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 |