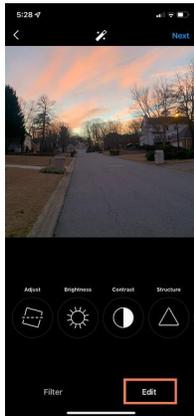




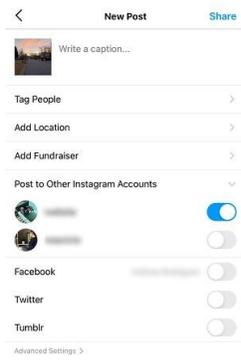
3. Edit your image if desired.

Next, click "Edit". Here, you can adjust contrast, brightness, structure, warmth, and more. When you're happy with your edited image, or if you don't want to edit it at all, click "Next" in the top right.



4. Write a caption and toggle sharing settings.

Now, you can add a caption, tag people (you can only tag someone if they also have an Instagram account) and add a location. Additionally, click the button beside Facebook or another linked social media account to share your image on that platform, as well. When you're ready to publish, click "Share" in the top right.



# Upload an Image or Video to Your Stories

Instagram Stories is a feature that allows you to post videos or images that disappear after 24-hours. Instagram's Stories feature is similar to Snapchat in terms of content — users often post more casual and candid videos and images, offering glimpses into their everyday lives.

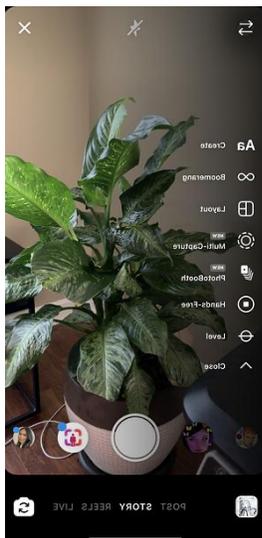
## 1. Tap your profile picture in the upper left-hand corner.

Alternatively, swipe right on your feed or tap the “+” button in the top navigation bar.



## 2. Capture or add your media.

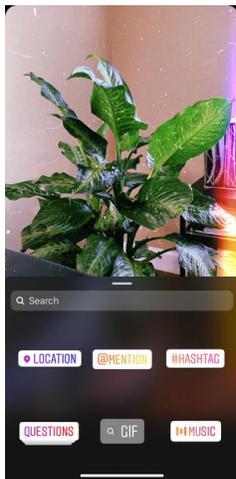
Once you're within the Stories feature, you can take a picture or video right from within the app. Alternatively, if you have an image saved to your phone that you'd like to use, you can choose it from your media library.



### 3. Add stickers or filters.

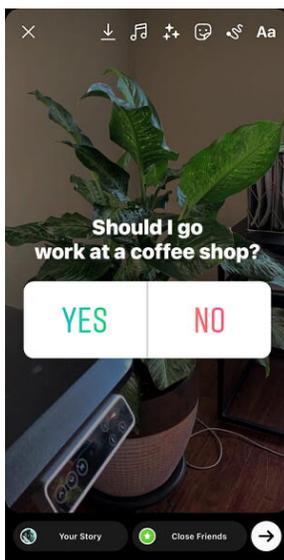
On the left-hand side, you have a few different editing features.

The “Create” button lets you add a location, hashtag, time, date, and other fun images or emojis to your picture.



The “Boomerang” option allows you to create a looping video. And the "Aa" icon is your text button. Once you click "Aa", you have the option to change your font.

If you click the smiley face icon, you'll see the following screen. Simply click on one of the icons to add them to your image. If you don't like it, drag it to the bottom, and a trash can will appear so you can delete it.



For instance, I clicked the smiley face icon to add a poll to my image. You can also swipe to the left or right to add filters to your photo or video.

#### **4. Publish your Story.**

Once you're happy with your content, you can either click the white arrow icon in the bottom right, which allows you to share your Story with everyone who follows you, or select "Close Friends" first, so that only your close friends see it.

Then you're done! Your Story is immediately live.

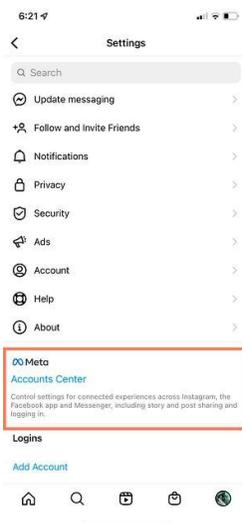
# How to Connect Instagram to Facebook

Since Instagram and Facebook are owned by the same company, Meta, you can connect the two accounts for a more seamless experience. Connecting your Instagram and Facebook accounts allows you to:

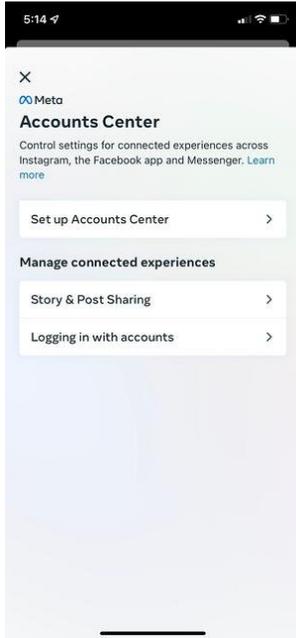
- Share Stories across both Instagram and Facebook
- Login with Facebook into Instagram
- Sync your profile name and picture across both profiles
- Use Facebook Pay on both platforms
- Access your shopping activity on both accounts

If you're a frequent Facebook user, then connecting your account to your new Instagram profile is highly recommended. Here's how:

1. Open up your Instagram app.
2. Click on your profile picture on the bottom right-hand corner.
3. Click the hamburger menu on the top right-hand corner.
4. Tap "Settings."
5. Under the Meta logo, tap "Accounts Center."



## 6. Tap “Set up Accounts Center.”



## 7. Follow the prompts to log in into Facebook.

Done! Your two accounts are now connected. Here's how it'll look like once you're finished:

