Make an Instagram Account

Technology

ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

Instagram is so much more than just a free photo and video sharing app. It's a form of expression, and allows people to explore their creative pursuits. The app is full of inspiration and talent, and provides the tools and capabilities necessary for you to create your own content. You can explore new interests and connections, learn more about the world around you, or share some of the most memorable moments of your life with family and friends. The beauty is, you have complete control over who sees or can access your social media, keeping you in the driver's seat of your own creation!

You must be at least 13 years old to create an Instagram account.

TIME

Setting up your Instagram account will take you approximately 5 minutes.
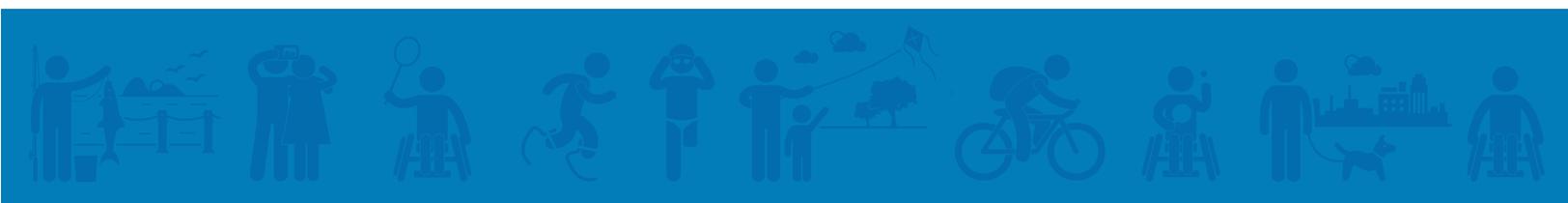
MATERIALS

What you'll need in order to create a new Instagram profile is:

- A cellphone, laptop, or tablet that has data or an accessible Wi-Fi signal

- A working email address

INSTRUCTIONS

How to successfully register and setup your Instagram account:

1. Turn on your cellphone and go to the App Store and/or the Google Play Store; alternatively, you can register your account through their website Instagram.com

2. Go to the store's search directory and type in the word "Instagram". The app should pop-up near the very top of your search engine (please see the above icon for reference).

3. Once you've located the app, click on the icon to download it directly to your phone (you may or may not be required to log-in to your Apple and/or Google account prior to purchase)

4. Now that it's downloaded, you should be able to see the Instagram icon on your phone's Home Screen; click on it to open the app.

5. Once you've opened the app, click 'Create New Account'. Then enter either your email address or phone number, and then tap Next.

6. You will need to authentic your account by entering the confirmation code that was sent to either your email or phone number.

7. Once your account has been authenticated, you will need to choose a password – remember to pick something that's memorable and not easy to guess! Then tap Next.

8. Here, you will be prompted to enter your birthday and name, before tapping Next.

9. Now is your chance to create a username for your account. This step is crucial, so choose a name that you really like and identify with.

10. It then prompts you to read through and accept Instagram's terms and conditions; tap "I agree" when you're ready to move forward.

11. Lastly, you must pick a profile picture for your account.

12. Now you're set and ready to start posting!

RESOURCES

- For more information on how to get started, please visit:
  https://help.instagram.com/3257948324491837/?helpref=hc_fnav

- To learn how to better navigate the Instagram app, please see:
  https://help.instagram.com/739823696120882/?helpref=hc_fnav

SUPPORTS NEEDED

You may wish to do this activity on your own or with a trusted companion – whatever works best for you!