

# User Instructions - How to Post on Instagram

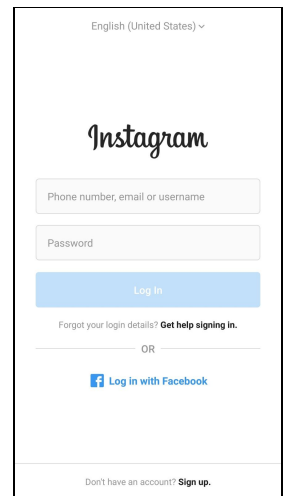
**Objective** - After reading and following this short guide, the user will be able to successfully post an image to Instagram from their account.

## Pre-requisites:

- The user should have the Instagram App installed on their device of choice.
- The user needs to have created an Instagram Account.

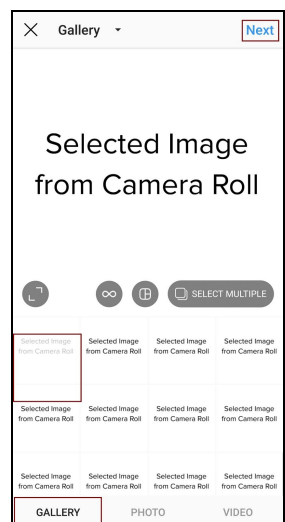
## Steps:

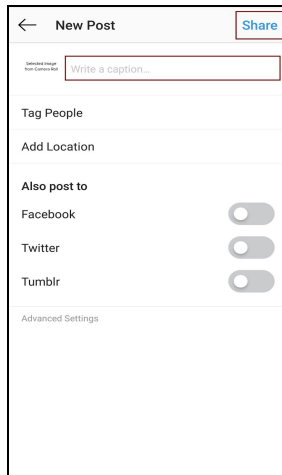
The first step to uploading your photo to Instagram is to open the Instagram app on your device. You will then be prompted to log in using either your phone number, email, or username and password. Enter your credentials and press the “Log In” button.



After logging into Instagram, you will be brought to your Instagram feed which displays all recent posts from accounts that you are following. Near the bottom of the page, click the plus icon to begin selecting the image you would like to post.

From here, click on the “Gallery” button in the left corner of the page and select the image, or images, that you would like to upload. Once the image is selected, click the “Next” button on the top right of the page. At this point, you will have the option to add filters to your image, simply click the “Next” button again to proceed.





Finally, click on the “Write a caption...” text box, write a short sentence that describes the image you are uploading and press the “Share” button on the top right of the screen. You will then be brought back to your Instagram feed and your image will be uploaded!

## Conclusion:

As social media continues to grow, it is important to utilize applications such as Instagram to develop your online profile. Some precautions to take when using forms of social media is to be aware of who can view your content. When uploading a photo to Instagram, make sure you are uploading an image that would be acceptable for a potential manager to view. Uploading images which could be used to incriminate you, or harm your reputation, is heavily advised against. I hope you were able to follow along, and good luck building your Instagram profile!