```
trigger add_post on User__c (after insert) {

    List<Post__c> PostList = new List<Post__c>();

    for(User__c user : trigger.new){

        Post__c post = new Post__c();

        post.Name = 'AUTOMATIC POSTS';

        post.User__c = user.id;

        PostList.add(post);

    }

    insert PostList;


}
```