

How to Create a Post on Facebook

Quick Start Guide

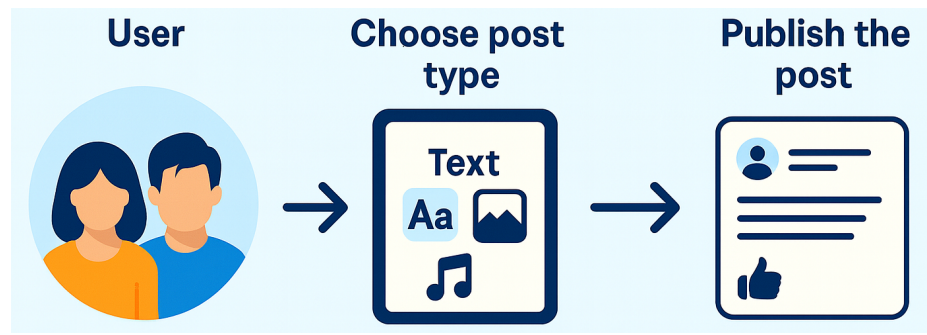
Overview

Facebook allows you to create posts to share updates with your friends, family, or followers. This quick start guide explains how to create posts from both the web browser and the mobile app.

This guide helps you perform the following actions: * Create a text-only post * Share an image or video * Share a life event * Tag friends in a post

Facebook post creation flow

This image shows how the post creation flow works.



Target audience

This guide is intended for experienced Facebook users who are already familiar with the platform and need quick instructions to create posts.

Before You Get Started

Before creating a post on Facebook, ensure you have the following: * Facebook account * Internet access * Device with a web browser or the Facebook mobile app installed

Creating a Post from Web Browser

You can create a post directly from the Facebook website using a desktop or laptop.

Prerequisites

- Supported browser
- Supported media files in device storage

To create a post, 1. On your browser, open Facebook. 2. Perform one of the following options: * At the top of the Home page, select the **What's on your mind?** text box. * On your Profile page, select the **What's on your mind?** text box.

Create post window opens.

Create a Text-only Post

A text-only post allows you to share updates or thoughts in the text.

Prerequisites

Internet connection

To create, 1. On the Create post page, enter your text in the editor. 2. Select **Post**.

The text-only post is published and visible on your timeline.

Share an Image

You can share one or more images with your post to share visual updates.

Prerequisites

- Supported image file
- Image stored on your device

To share, 1. On the Create post page, select **Photo/video**. 2. Select an image file from your device. 3. Select **Post**.

The image post is published in your feed with the attached photo.

Share a Video

Video posts help you share stories, tutorials, or updates.

Prerequisites

- Supported video file
- Video stored on your device

To share, 1. Perform any one of the following steps: * On the create post page, select any of the following: * **Photo/video** * **Live video** * On the home page, select the **Gallery** icon. 2. Select a video file from your device. 3. Select **Post**.

The video post is published in your feed.

Share a GIF

GIF posts allow you to share animated images in the post.

Prerequisites

Internet connection

To share, 1. On the Create post page, select **GIF**. 2. Select a GIF from the list. 3. Select **Post**.

The GIF post is published and displayed in your feed.

Share a Location

You can share your current location or a specific place as part of your post.

Prerequisites

- Location services are enabled on your browser.
- Facebook has permission to access your device location.

To share, 1. On the Create post page, select **Check in**. 2. Select the location from the list. 3. Select **Post**.

The location post is published and displayed in your feed with the selected place.

Share a Life Event

Life events highlight major milestones, such as starting a new job, moving, or family updates.

Prerequisites

- Facebook profile information
- Internet connection

To share, 1. On the Create post page, select **Life event**. 2. Select a category like Life, Education, Relationship, Family, or Travel. 3. Enter the required details. 4. Select **Post**.

The life event post is published and highlighted on your profile.

Share a Feeling or Activity

You can share your current mood and activity as a post or along with your post.

Prerequisites

Internet connection

To share, 1. On the Create post page, select **Feeling/activity**. 2. From the list, select your feeling or an activity. 3. (Optional) Enter text or attach media to your post. 4. Select **Post**.

The post is published with the selected feeling or activity.

(Optional) You can add captions, emoji, text or Tag Friends in all the posts.

Creating a Post from Mobile App

You can create posts using the Facebook mobile app on your phone or tablet.

Prerequisites

- Updated version of Facebook
- Phone or tablet with internet connection
- Supported media files in device storage

To create a post, 1. On your mobile, open Facebook. 2. Perform one of the following steps: * On the Home screen, tap **What's on your mind?** text box. * On the Home screen, tap **Create (+)** and select **Post**. * On your Profile page beneath your profile details, tap **What's on your mind?** text box.

Create post screen opens.

Create a Text-only Post

A text-only post lets you quickly share thoughts, reminders, or updates.

Prerequisites

- Internet connection
- Android version 6.0+ or iOS version 13.4+

To create, 1. On the Create post screen, type your text in the editor. 2. Tap **Post**.

The text-only post is published and visible on your feed.

Share an Image

You can upload an image from your phone gallery or take a photo, to share visual updates.

Prerequisites

- Supported image file
- Image stored on your device
- Internet connection
- Android version 6.0+ or iOS version 13.4+

To share, 1. Perform any one of the following steps: * On the Create post screen, select one of the following: * **Photo/video** * **Camera** * On the Create post screen, tap **AI images**. * On the home page, tap **Gallery** icon. 2. Select an image. 3. Tap **Post**.

The image post is published and displayed in your feed.

Share a Video

Videos allow you to share events, tutorials, or stories directly from your phone.

Prerequisites

- Supported video file
- Video stored on your device
- Internet connection
- Android version 6.0+ or iOS version 13.4+

To share, 1. Perform any one of the following steps: * On the create post screen, select any of the following: * **Photo/video** * **Camera** * **Live video** * On the top of your home screen, tap **Gallery** icon. 2. Select or record a video. 3. Tap **Post**.

The video post is published and visible in your feed.

Share Music

You can share a music track directly in your post.

Prerequisites

- Internet connection
- Android version 6.0+ or iOS version 13.4+

To share, 1. On the Create post screen, tap **Music**. 2. Select a track from the list. 3. Tap **Post**.

The music post is published and displayed in your feed.

Share a Location

You can share your current location or a specific place as part of your post.

Prerequisites

- Location services are enabled on your Phone.
- Facebook has permission to access your device location.

To share, 1. On the Create post screen, tap **Check in**. 2. Select the location from the list. 3. Tap **Post**.

The location post is published and displayed in your feed with the selected place.

Share a GIF

GIF posts allow you to share animated images in the post.

Prerequisites

- Internet connection
- Android version 6.0+ or iOS version 13.4+

To share, 1. On the Create post screen, tap **GIF**. 2. Select a GIF from the list. 3. Tap **Post**.

The GIF post is published and displayed in your feed.

Share a Life Event

Life events highlight major milestones, such as starting a new job, moving, or family updates.

Prerequisites

- Internet connection
- Android version 6.0+ or iOS version 13.4+
- Facebook profile information

To share, 1. On the Create post screen, tap **Life event**. 2. Select a category like Life, Education, Relationship, Family, or Travel. 3. Enter the required details. 4. Tap **Post**.

The life event post is published and highlighted on your profile.

Share a Feeling or Activity

You can share your current mood, activity, or status update as a post or along with your post.

Prerequisites

- Internet connection
- Android version 6.0+ or iOS version 13.4+

To share, 1. On the Create post screen, tap **Feeling/activity**. 2. From the list, select a feeling or an activity. 3. (Optional) Enter text or attach media to your post. 4. Tap **Post**.

The post is published with the selected feeling or activity.

(Optional) You can add captions, emoji, text or Tag Friends in all the posts.

Tag Friends

Tagging allows you to include friends in your post so they are notified.

Prerequisites

- Internet connection
- The friend you want to tag is in your Facebook friends list.

To tag, 1. On the Create post page, select the post you want to share. 2. At the bottom of the screen, select **Tag people**. 3. Select the names from the list. 4. Select **Post**.

The post is published, and your tagged friends receive a notification.

Troubleshooting

Use the following solutions if you face issues while creating a post on Facebook:

Unable to upload images or videos * Check your internet connection. * Verify that the file size and format are supported like JPEG, PNG, and MP4. * Try uploading from a different browser or update the Facebook app.

Post not visible after publishing * Check your audience settings like Public, Friends, or Group. * Review Facebook's community standards to ensure the post complies with policies.