



# Tech How To's Instagram

# Creating an Instagram Account



English ▾

# Instagram

Phone number, email or username

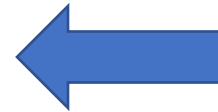
Password

Log In

Forgot your login details? **Get help signing in.**

OR

 **Log in with Facebook**



Don't have an account? **Sign up**



# Creating an Instagram Account

- You can either Log in using your Facebook account or You need to provide an email address or phone number to create an Instagram profile
- You need to create a username and password
- Your username is how others will be able to search and find you on Instagram
- Write your login information in your notes or on a concealed piece of paper so you don't forget!

# Instagram Public Profile & Private

## Public Profile

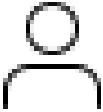

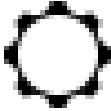
- Everyone on Instagram can see your profile
- Everyone on Instagram can follow you, no one would need the approval of acceptance to follow you
- Everyone on Instagram can see your updates in posts and stories you share

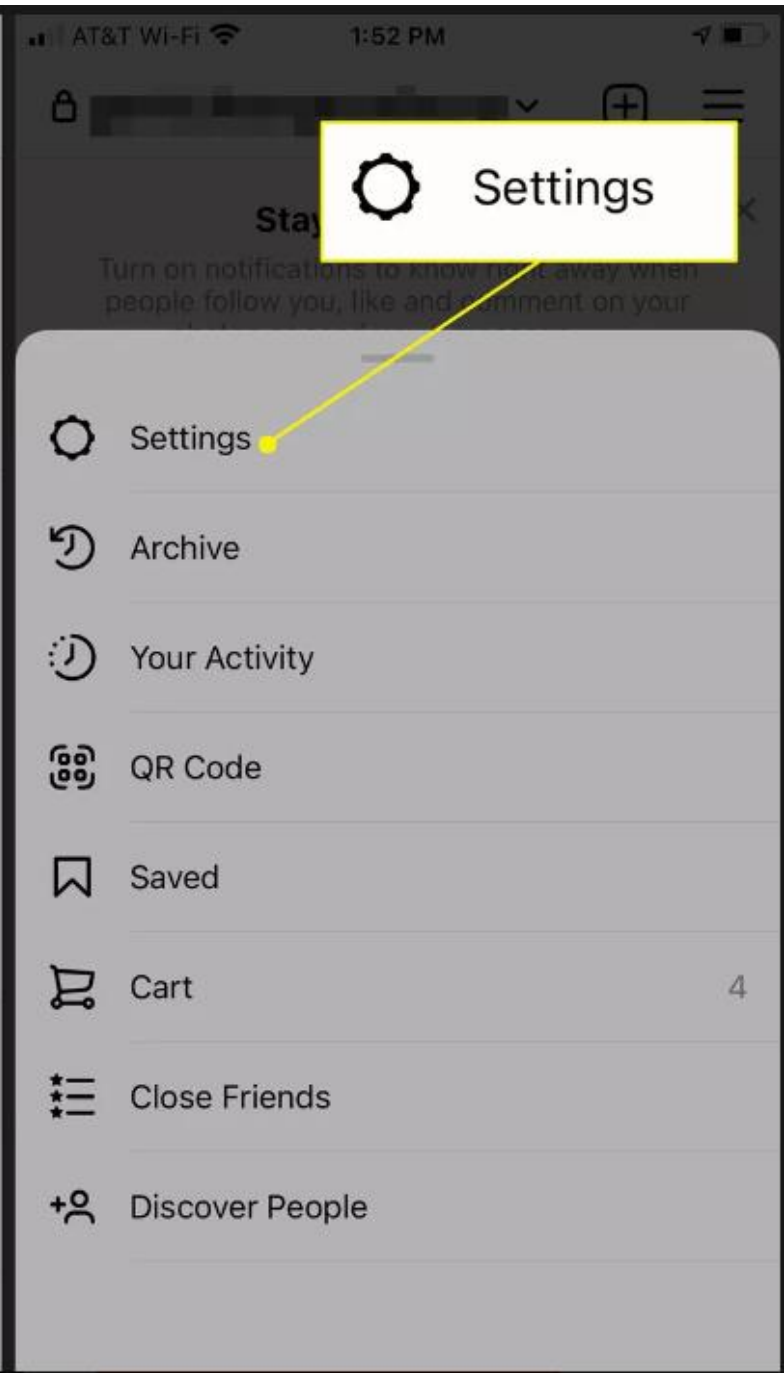
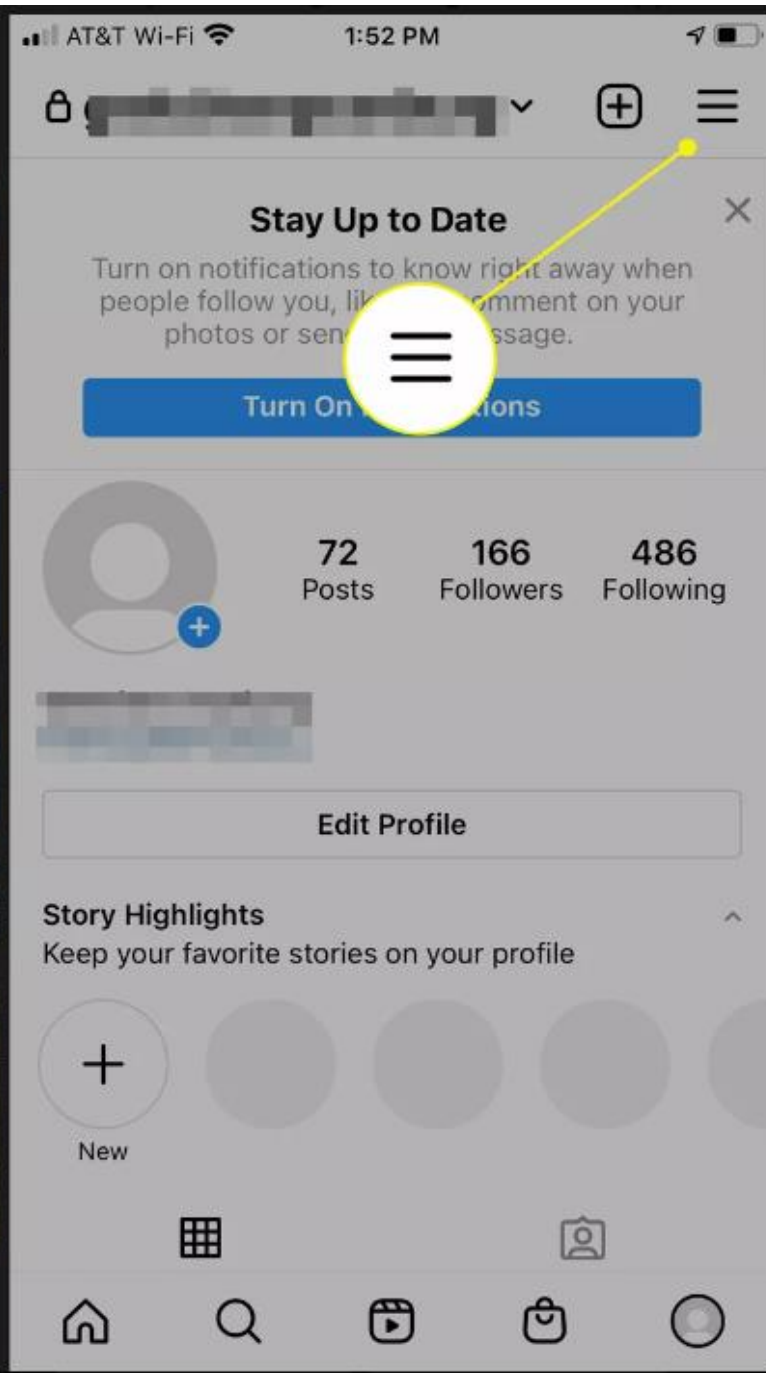
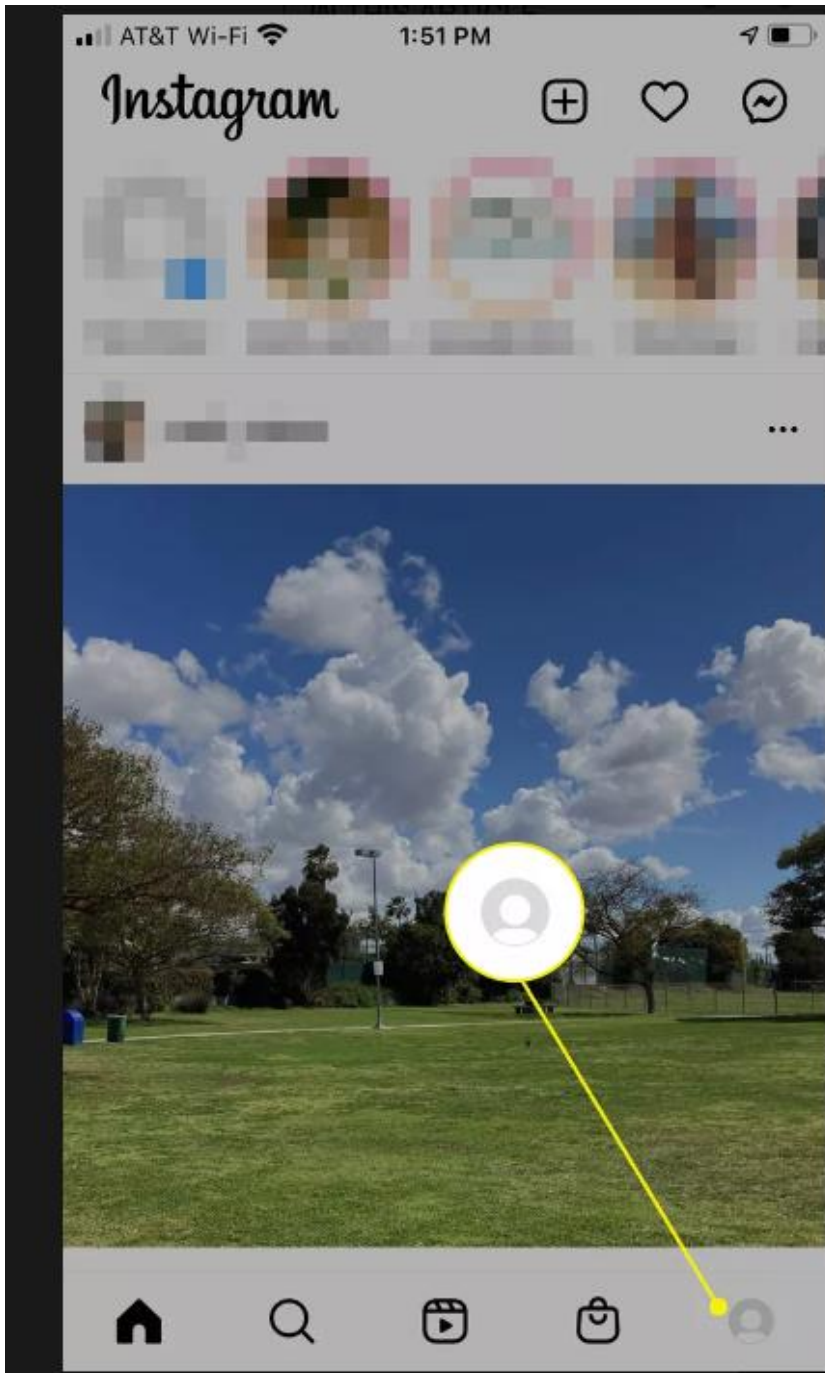
## Private Profile

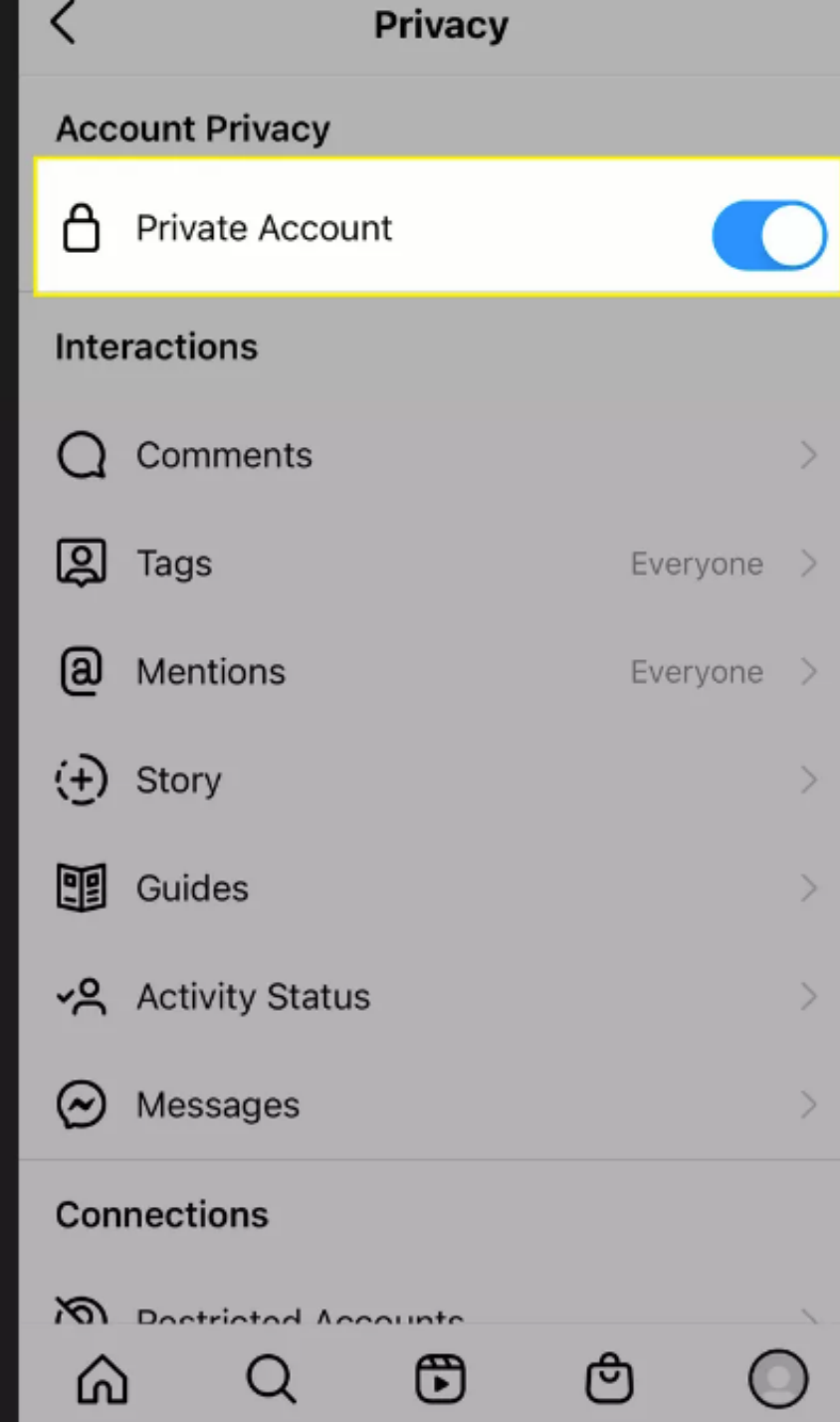
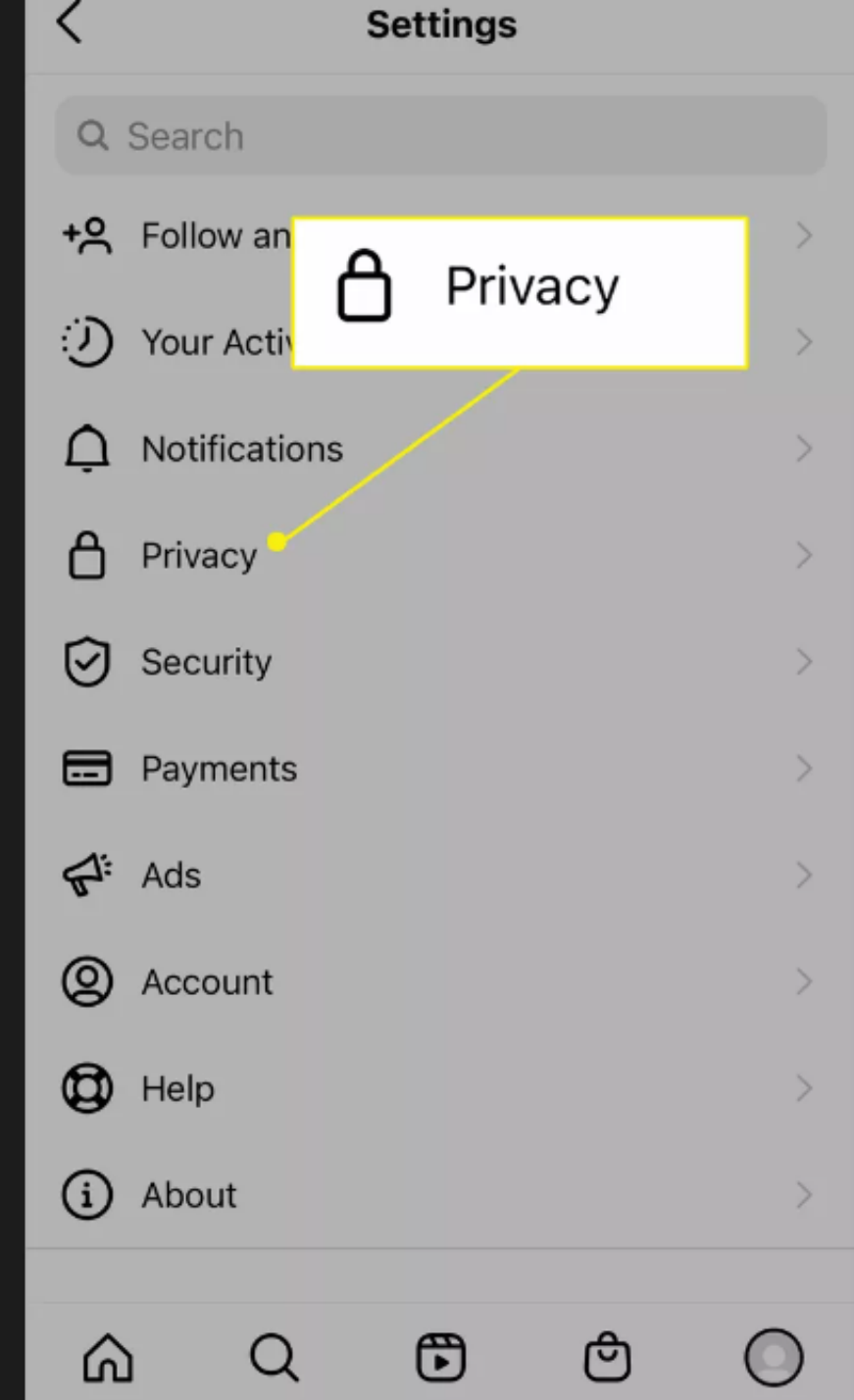
- Not everyone on Instagram can see your profile
- Only those requests that you accept can see your updates in posts and stories you share

# How To make your Instagram profile Private

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1. Tap  or your profile picture in the bottom right to go to your profile.
2. Tap  in the top right, then tap  **Settings**.
3. Tap **Privacy**.
4. Tap next to **Private Account** to make your account private.



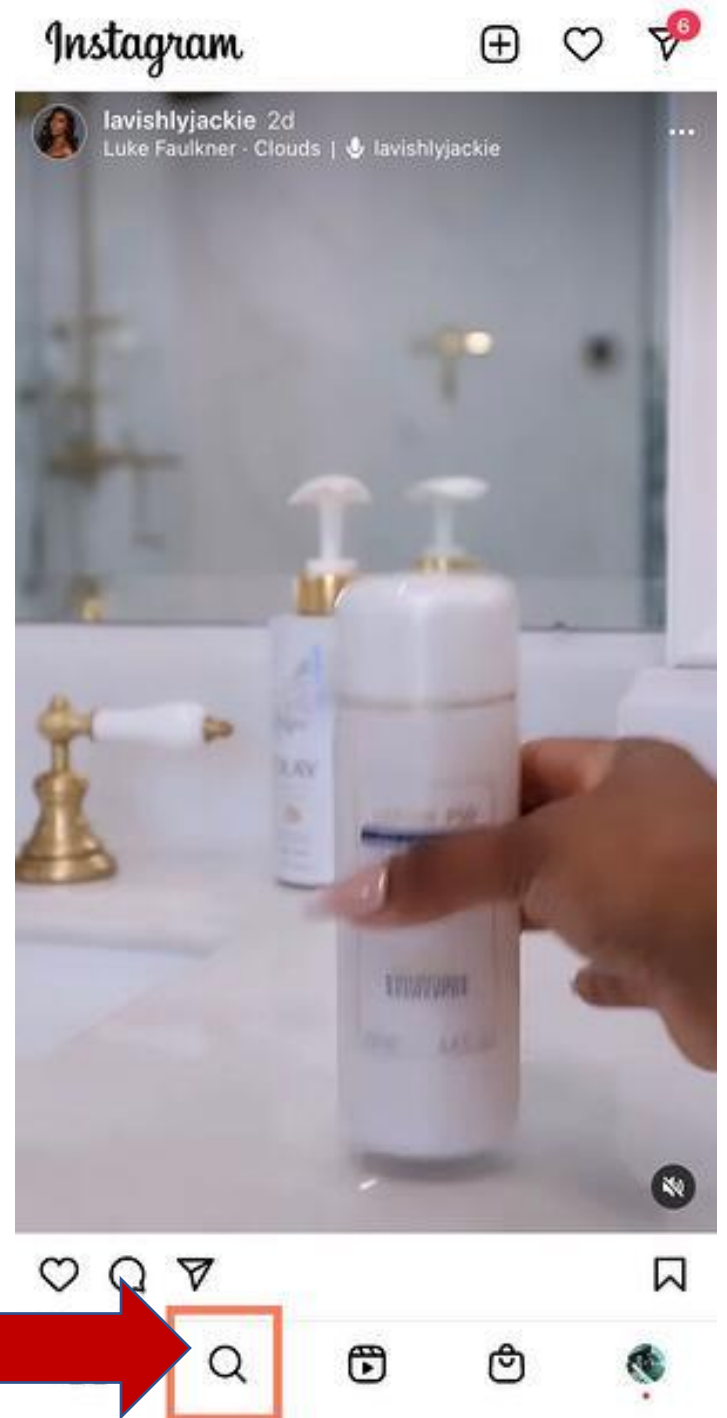




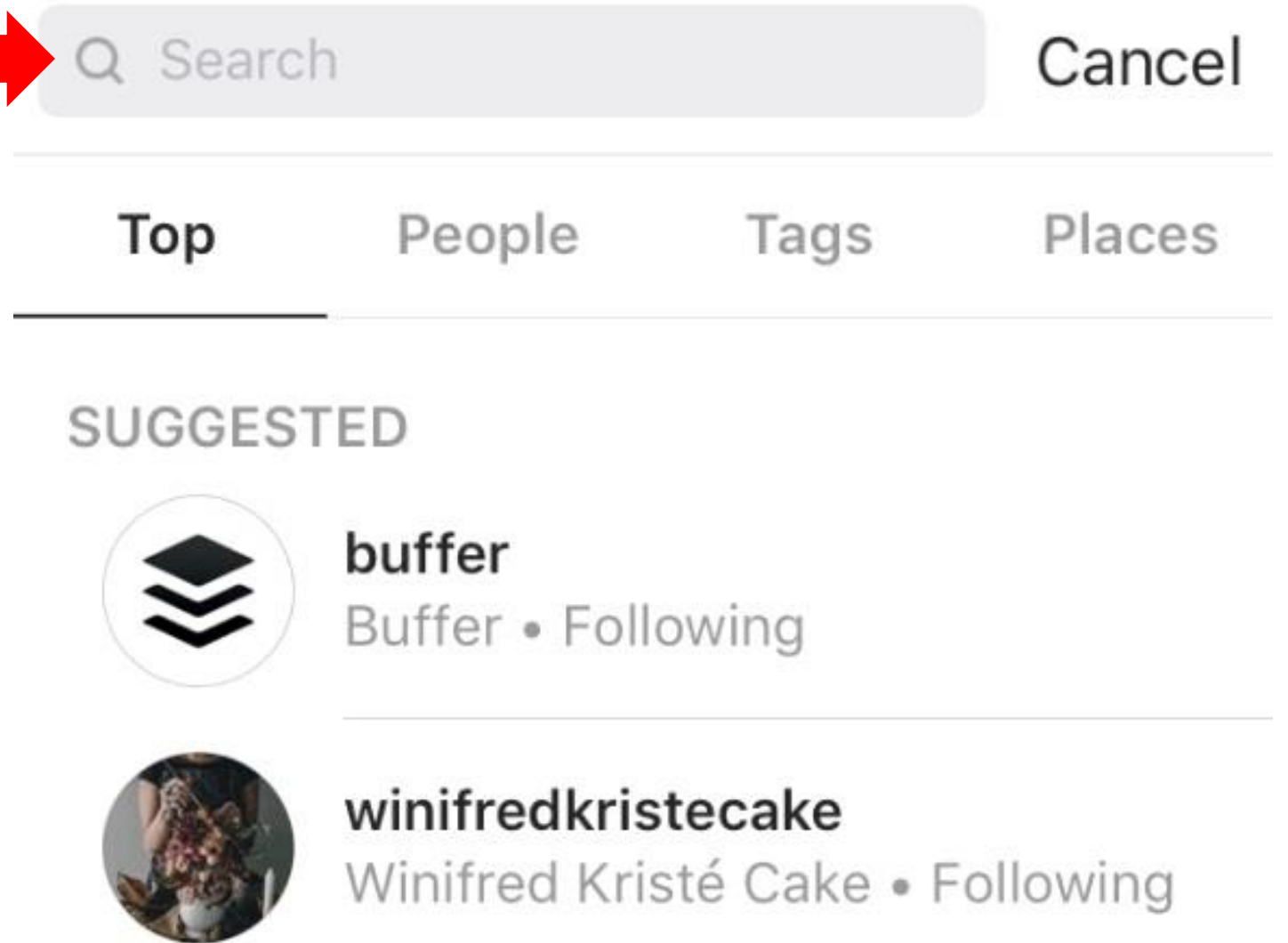
# How to Search for Friends, Family, and Others



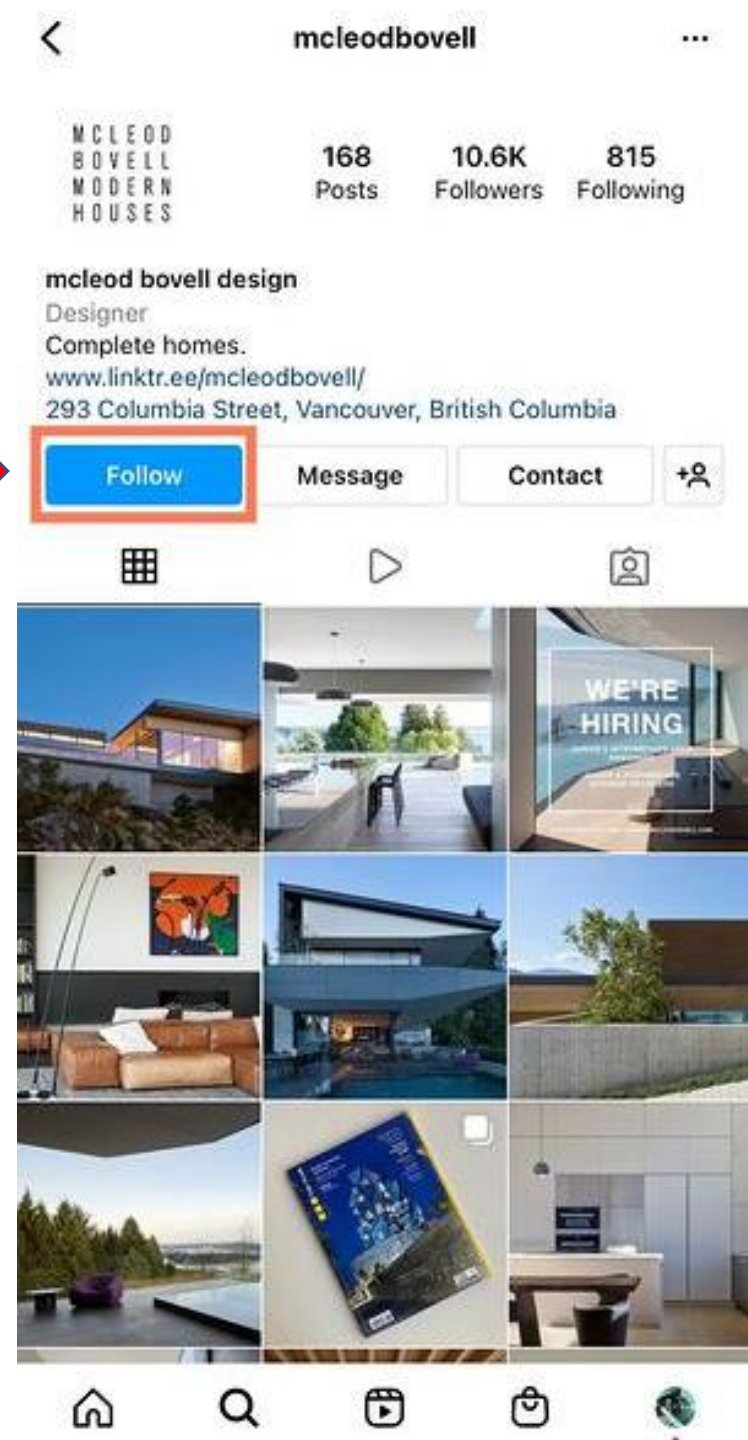
- Locate the Search icon at the bottom of the screen on your phone



- Next, type in the search bar a person, topic, or brand.
- Type either their username or
- First Name & Last Name

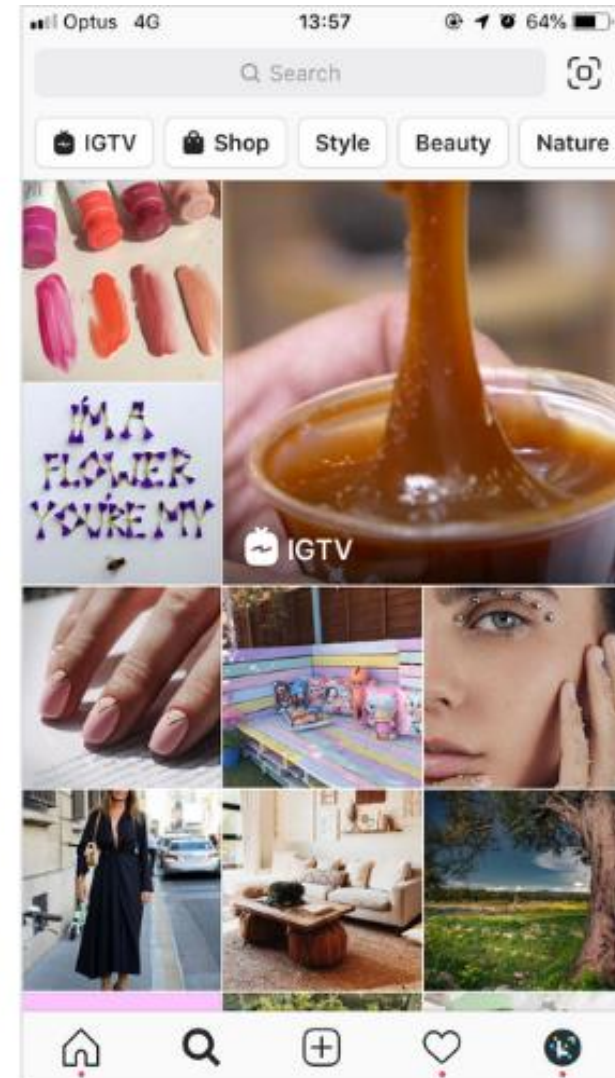
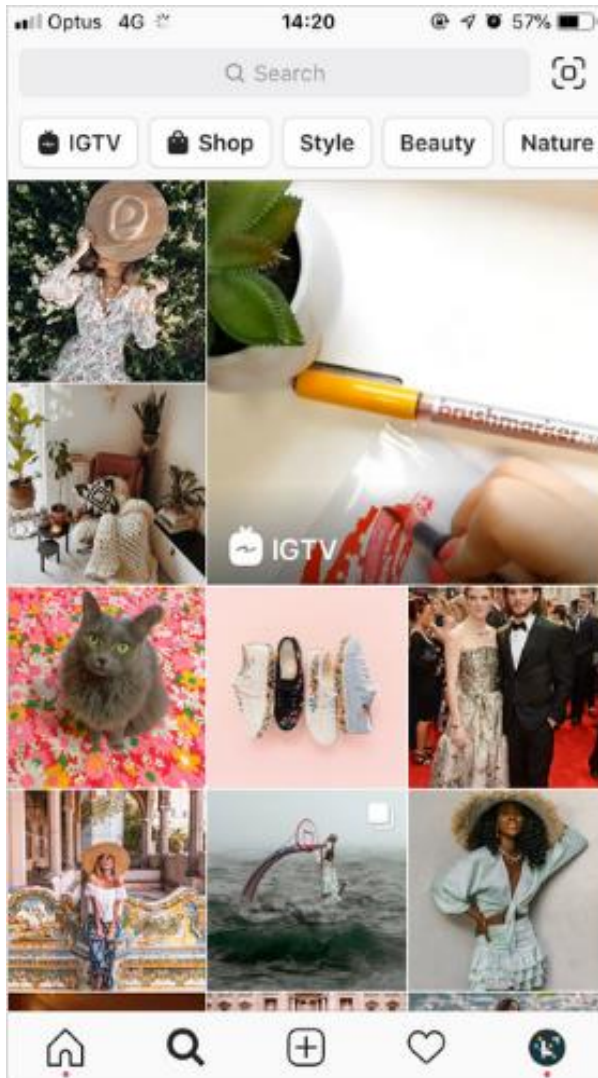


- Once you find the account you are looking for. Click the blue follow button to stay up to date on their newest posts.



# Explore Page

- The Explore page on Instagram is a collection of content based on a **user's individual interests.**



# Hashtags

- Hashtags are a way to find specific topics on Instagram
- Hashtags are way to categorize content.
- If you are looking for specific photos, videos, and accounts based on fashion, you would search "  
#fashion "
- Anyone can use hashtags and they are encouraged!

Q fashion



Cancel

Top

People

Tags

Places

#

**#fashion**

351,224,545 posts

#

**#fashionstylist**

2,038,699 posts

#

**#fashionblogger**

34,455,128 posts

#

**#fashionista**

39,273,883 posts

#

**#fashions**

850,653 posts

#

**#fashionmen**

926,757 posts

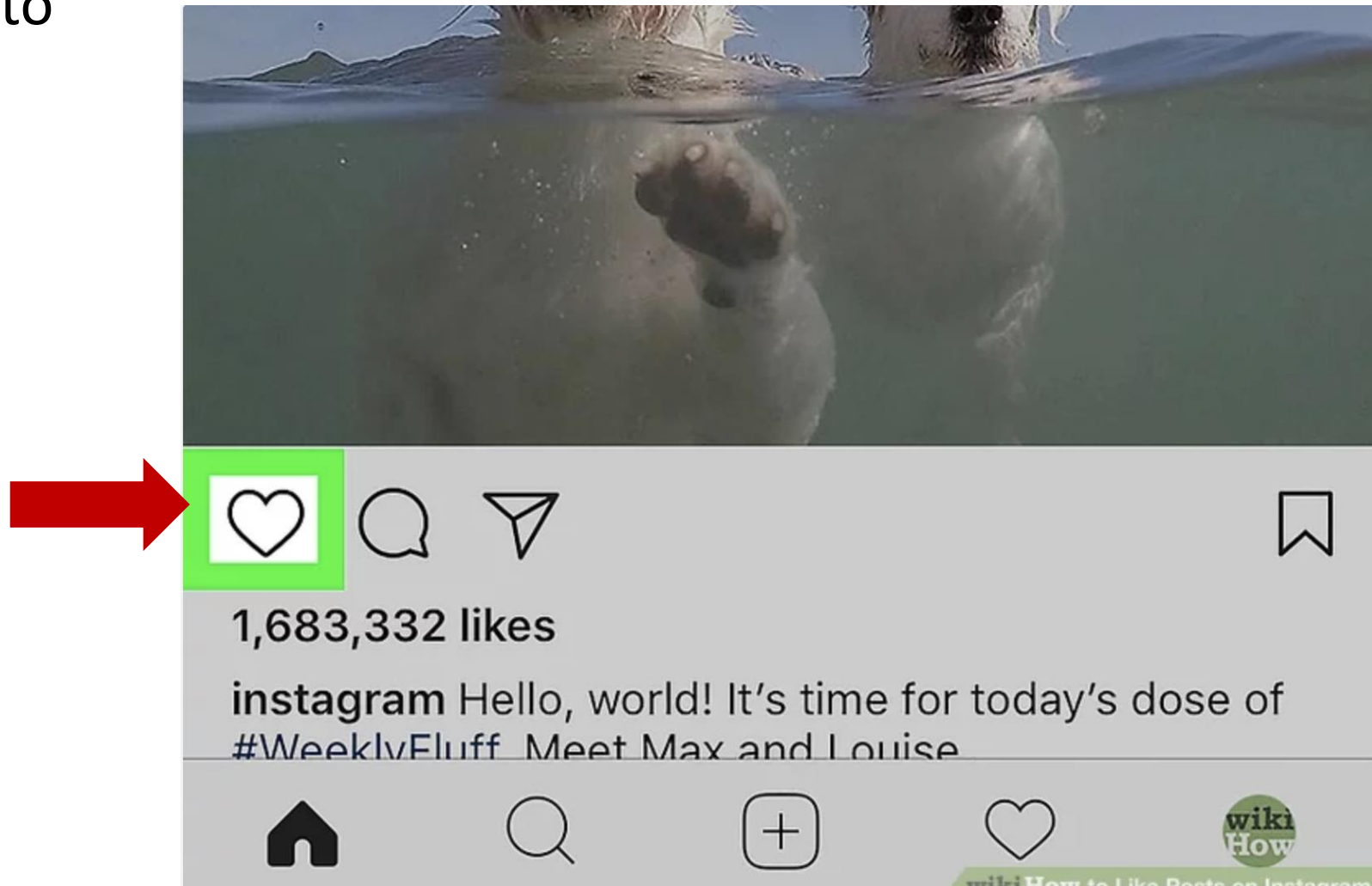
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**#fashionstyle**



# How to interact with Instagram Posts






- You can like, save, or comment on any Instagram post.
- Double tap on the phone's screen or press on the heart to like a photo





# How to message on Instagram

## Instagram app for Android and iPhone

1. Tap  or  in the top right of Feed.
2. Tap  in the top right.
3. Select people you'd like to send a message to, then tap **Chat**.
4. Type a message. You can also tap  to take and send a disappearing photo or video, or  to select a photo or video from your library.
5. Tap **Send**.

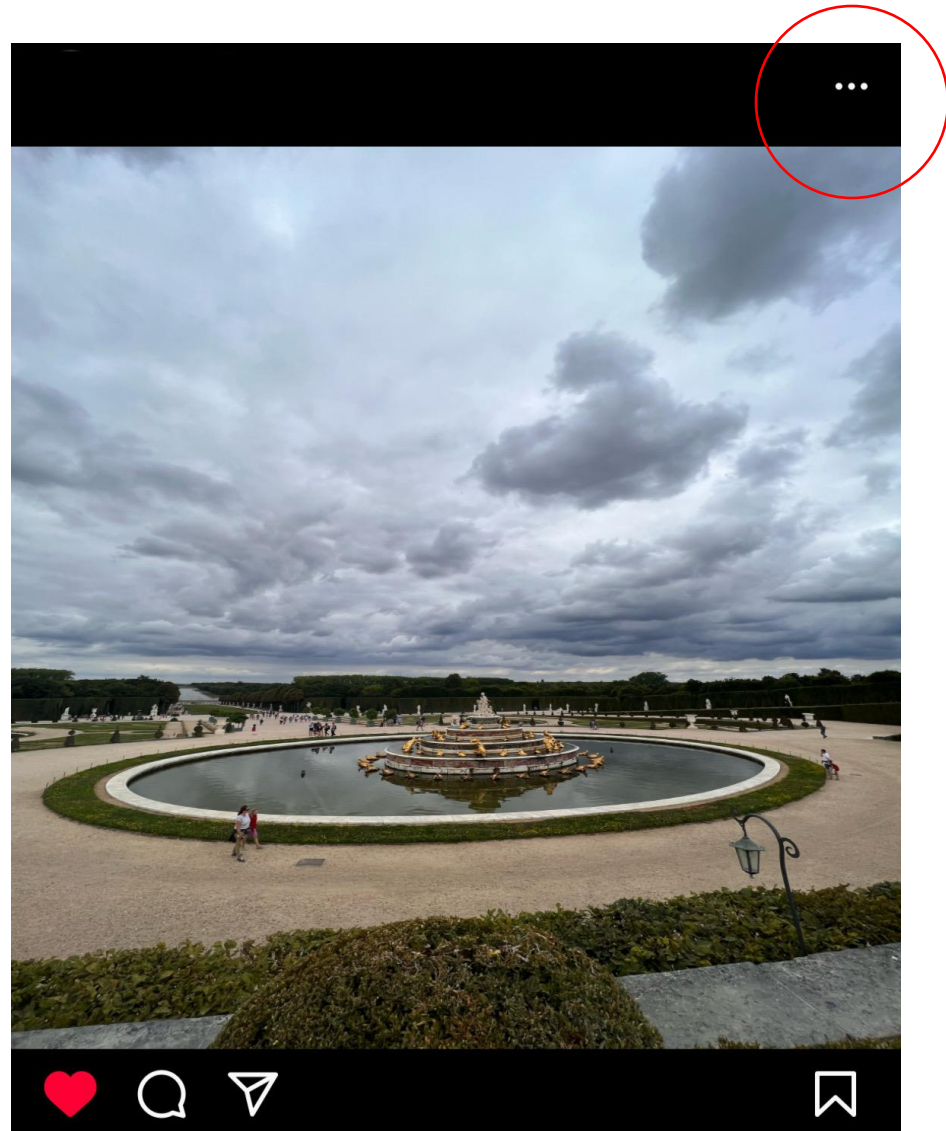
# How to delete a post on Instagram

Instagram app for Android and iPhone and Instagram Lite app for Android 

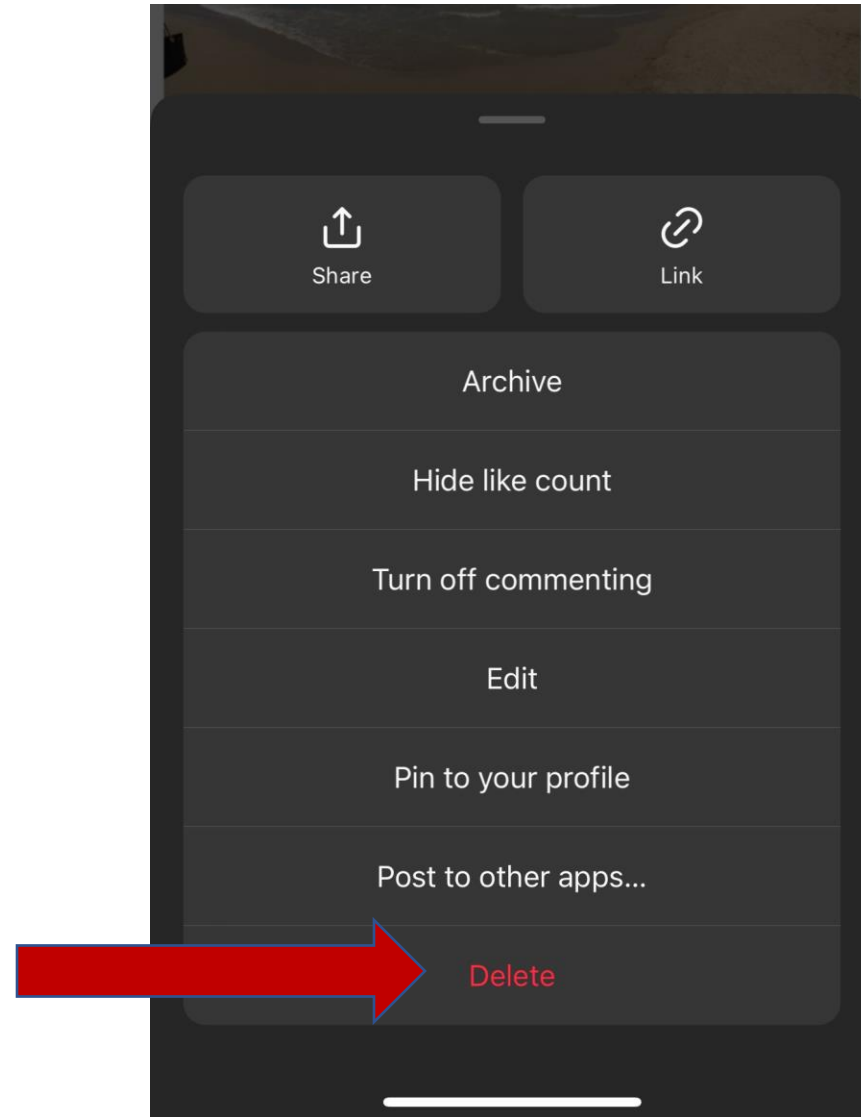
1. Choose a post.
2. Tap **...** (iPhone) or **⋮** (Android) above your post, then tap **Delete**.
3. Tap **Delete** again to confirm.

You can also [archive posts](#) to hide them from your profile and make it so your followers and other people on Instagram can't see it. When you archive a post, it keeps all its likes and comments.

Step 1: Find and Tap on the 3 horizontal (iPhone) or Vertical (Android) dots



Step 2: A new menu will appear. Tap on the red "delete" button to delete the Instagram post.



# Instagram scams



# Things to watch out for

- People asking you for money who you don't know in person.
- People asking you to send them money or gift cards to receive a loan, prize or other winnings.
- Accounts representing large companies, organizations or public figures that are [not verified](#).
- People claiming to be from Instagram security asking you to provide account information (like your username or password).
- People asking you to move your conversation off Instagram to a less public or less secure setting, such as a separate email.
- People claiming to have a friend or relative in an emergency.

- **Look out for suspicious emails or messages**
  - Don't trust messages demanding money, offering gifts or threatening to delete or ban your Instagram account.
  - Emails from Instagram/Facebook about your account will only come from **@mail.instagram.com** or **@facebookmail.com**.
- **Don't click suspicious links**
  - If you get a suspicious email or message claiming to be from Instagram, don't click any links or attachments.
- **Don't respond to these emails**
  - Don't answer messages asking for your password, social security number, or credit card information.

# RSS INSTAGRAM

- Search for rss\_ageless

rss\_ageless Message Follow ⋮

65 posts   73 followers   19 following

**RSS**  
Center for Ageless Living  
<https://linktr.ee/RSSAgeless>  
[rssny.org](https://rssny.org)

Highlights

POSTS   TAGGED

**RSS WELLNESS CORNER NEWSLETTER**  
GET EXCLUSIVE ACCESS TO RECIPES,

**Soul Gardens**  
**BRONXNET**  
**MNN** MANHATTAN NEIGHBORHOOD NETWORK  
A TV SHOW ABOUT SELF-CARE, NUTRITION, COOKING & MORE

**WHEN:**  
Every Saturday in May 05/07, 14, 21 & 28 - 12pm.

**TV CHANNEL:**  
BronxNet Optimum 68 & FiOS 2134 in the Bronx  
MNN Spectrum 67 & 1998, RCN 85 & FiOS 36 in Manhattan  
Watch online: