

Setting Up a Facebook Account

Here are the step-by-step instructions to create a Facebook account:

1. **Open Your Web Browser:**
 - Open your preferred web browser (e.g., Chrome, Firefox, Safari).
2. **Go to the Facebook Website:**
 - In the address bar, type www.facebook.com and press Enter.
3. **Click on "Create New Account":**
 - On the Facebook homepage, click on the "Create New Account" button.
4. **Fill in Your Personal Information:**
 - A form will appear where you need to enter your first name, last name, mobile number or email address, password, date of birth, and gender.
 - **First Name:** Enter your first name.
 - **Last Name:** Enter your last name.
 - **Mobile Number or Email:** Enter your mobile number or email address.
 - **Password:** Create a strong password.
 - **Date of Birth:** Enter your date of birth.
 - **Gender:** Select your gender.
5. **Click "Sign Up":**
 - After filling in the required information, click the "Sign Up" button.
6. **Verify Your Email or Mobile Number:**
 - Facebook will send a verification code to your email or mobile number. Enter the code in the provided field and click "Continue".
7. **Complete Your Profile:**
 - You will be prompted to add a profile picture, find friends, and fill out additional profile information. Follow the prompts to complete these steps or skip them if you prefer.
8. **Start Using Facebook:**
 - Once you have completed all the steps, you will be directed to your new Facebook homepage. You can now start connecting with friends and using Facebook.

Setting Up an Instagram Account

Here are the step-by-step instructions to create an Instagram account:

1. **Download the Instagram App:**

- Open the App Store (iOS) or Google Play Store (Android) on your mobile device.
- Search for "Instagram" and download the app.

2. Open the Instagram App:

- Once the app is installed, open it.

3. Sign Up for an Account:

- On the welcome screen, tap "Sign Up".
- You can sign up using your email address or phone number, or you can sign up with your Facebook account.

4. Enter Your Information:

- If you choose to sign up with your email or phone number:
 - **Email or Phone Number:** Enter your email address or phone number.
 - **Full Name:** Enter your full name.
 - **Username:** Choose a unique username.
 - **Password:** Create a strong password.
- If you choose to sign up with Facebook:
 - Log in to your Facebook account and follow the prompts to link your Facebook and Instagram accounts.

5. Complete the Registration:

- Tap "Next" after entering your information.
- You may be asked to verify your email or phone number. Enter the verification code sent to your email or phone number.

6. Set Up Your Profile:

- Add a profile picture, write a bio, and link your website (if you have one).
- You can also find friends to follow from your contacts or Facebook friends.

7. Start Using Instagram:

- Once you have completed all the steps, you will be directed to your new Instagram feed. You can now start posting photos, following friends, and exploring content on Instagram.