

How to Post on Facebook

Here are the step-by-step instructions to put up a post on Facebook:

1. Open Facebook:

- Open your web browser or the Facebook app on your phone.
- Log in to your Facebook account using your email/phone number and password.

2. Go to Your News Feed:

- Once logged in, you will be on your News Feed. This is where you see posts from your friends and pages you follow.

3. Find the Post Box:

- At the top of your News Feed, you will see a box that says "What's on your mind?" Click on this box.

4. Write Your Post:

- Click inside the box and start typing your message. You can write anything you want to share with your friends.

5. Add Photos or Videos (Optional):

- If you want to add a photo or video to your post, click on the "Photo/Video" button below the text box.
- Select the photo or video from your computer or phone.

6. Tag Friends (Optional):

- If you want to tag friends in your post, click on the "Tag Friends" button and select the friends you want to tag.

7. Add Your Location (Optional):

- If you want to add your location to the post, click on the "Check In" button and select your location.

8. Choose Your Audience:

- Before posting, you can choose who will see your post. Click on the dropdown menu next to the "Post" button (it might say "Friends" or "Public").
- Select who you want to share the post with (e.g., Friends, Public, Only Me).

9. Post Your Message:

- Once you are ready, click the "Post" button to share your message with your chosen audience.

How to Post on Instagram

Here are the step-by-step instructions to put up a post on Instagram:

1. Open Instagram:

- Open the Instagram app on your phone.
 - Log in to your Instagram account using your username and password.
- 2. Go to Your Profile:**
 - Tap on your profile icon at the bottom right corner of the screen.
 - 3. Create a New Post:**
 - Tap on the "+" icon at the top right corner of your profile page.
 - 4. Select a Photo or Video:**
 - Choose a photo or video from your phone's gallery. You can also take a new photo or video using the camera option.
 - 5. Edit Your Photo or Video:**
 - After selecting your photo or video, you can edit it using Instagram's built-in tools.
 - You can apply filters, adjust brightness, contrast, and more.
 - 6. Write a Caption:**
 - Tap "Next" after editing your photo or video.
 - Write a caption for your post in the text box. You can describe your photo or video, share your thoughts, or add hashtags.
 - 7. Tag People (Optional):**
 - If you want to tag people in your post, tap "Tag People" and select the people you want to tag.
 - 8. Add Location (Optional):**
 - If you want to add a location to your post, tap "Add Location" and select your location.
 - 9. Share Your Post:**
 - Once you are ready, tap "Share" to post your photo or video on Instagram.