# Tips for Tech Savvy Seniors

# Introduction to Social Media

## Intermediate Guide: Part 2

Social media is a tremendous tool for communicating with far-flung family and friends, letting you stay in touch for free. It’s also a great way to keep track of your favourite celebrities, sports people and organisations.

### What you need for social media

You need an email address to join social media, and one of the easiest ways to get one is to create a Google account. A Google account is free to set up and use.

* Go to **myaccount.google.com** and click the **Create an Account** link.
* Follow the steps to set up your account. You’ll need to provide your **name**, a **username**, a **strong password**, and your **mobile number** if you want extra security.
* Google also asks for your date of birth, to prevent children under 13 from creating accounts
* Your username needs to be unique, and  
  if you choose one that already exists (e.g. johnsmith), Google will suggest alternatives.
* The **Privacy and Terms** page toward the end of setup has important information about how Google uses your data. Before clicking  
  **I agree**, look for the **More options** link on this page, which lets you opt-out of things like personalised advertising.
* When your account is created, you’ll see the **Google** Account page. To return here later, click the profile circle in the top right of **www.google.com** and choose **Manage your Google account**.

### Setting up a Facebook profile and making your first post

To Go to www.facebook.com, click the **Create New Account** button, then fill out the form that appears.

* You need an **email address** to sign up and be able to access that email to receive a confirmation code.
* After you enter the confirmation code, Facebook will show a welcome page with boxes suggesting what to do next, including **Upload a profile picture**.
* Search for friends by name, or email address, and click the **Add Friend icon** to send a friend request to them.
* When they **Confirm** the request, they will be added to your **Friends list**.
* Use the **Friends icon** on the left to see a list of your friends.
* You can **Unfriend** someone by using the menu on their profile page.
* Click in the **What’s on your mind?** box and type something. There are options to add photos, video, and more.
* Posts can be set from **Public** to **Friends** and appear in the **News Feeds** of your friends.

### Setting up a Twitter profile and making your first tweet

To Go to **www.twitter.com** and click **Sign up with phone or email**. Twitter will guide you through the five-part sign up process.

* You can choose to sign in with a mobile number, or with an email address.
* The **Customize your experience** step lets you opt out of Twitter tracking your web browsing.
* You’ll need to provide your name and **date of birth**, and a **mobile phone number** which Twitter will call to read out a **confirmation code**.
* Make sure to choose a **strong password** that’s hard for other people to guess.
* You can add a **profile picture**, write a short **bio** that appears on your Twitter page, and set your **display name**. Unlike your username, this doesn’t need to be unique.
* Follow the steps for **What do you want to see on Twitter?** to choose topics and people you might find interesting. These will appear on your Twitter home page.
* When your **Home page** appears, you can **Search Twitter** to find people to **Follow**. Their new tweets will appear on your Home page each time you visit.
* Click in the **What’s happening?** box at the top of the Home page to compose a tweet.
* Type up to **280 characters** and click **Tweet** to publish it. You can also **Reply** to other tweets and add your tweet to a topic by using a **#** symbol, such as **#techsavvyseniors**.