



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

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

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**.