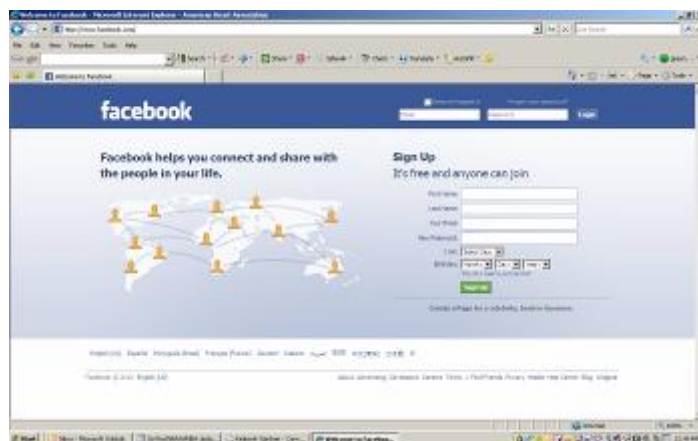


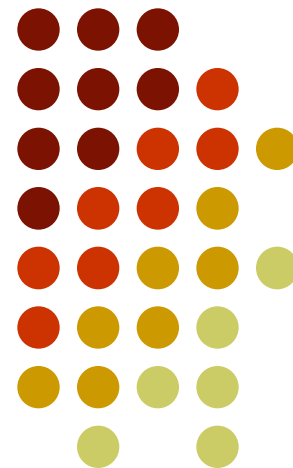
# Facebook 101

## Step One

Go to [www.facebook.com](http://www.facebook.com). Here is what the main page will look like:



Since you do not already have a Facebook account, you will want to sign up for one. You will fill in your full name, an email address that you can check (verification for signing up is sent to this address), make up a password and provide your birth date. Click .



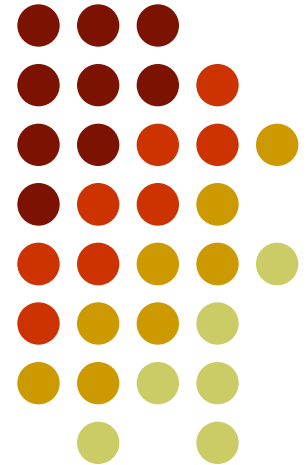
# Facebook 101

## Step Two

- After filling in the necessary information, a new screen will come up and ask you to type in the two words you see.



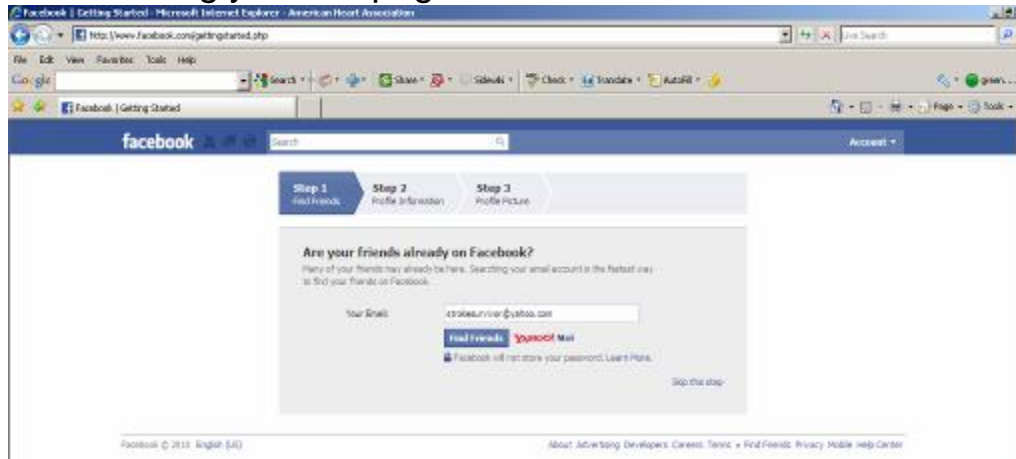
- Once you do this and click the button, a new screen will pop up telling you a message has been sent to your email.
- Go to your email and click the link that is provided in the email from Facebook.



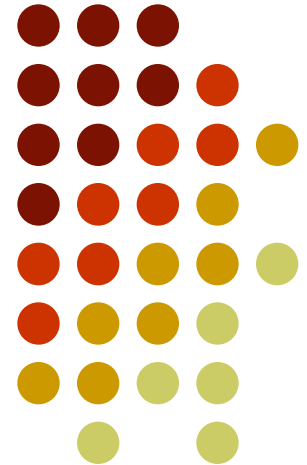
# Facebook 101

## Step Three

The link will bring you to a page like this:



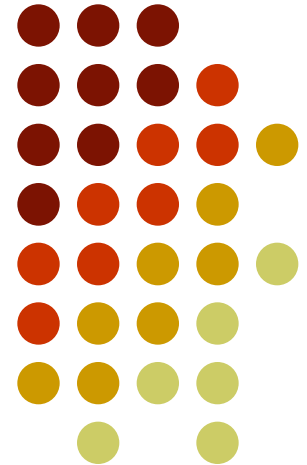
Facebook will give you options to find friends that are on Facebook through your email accounts. You can either skip these or find friends. It is up to you.



# Facebook 101

## Step Four

- To become connected with SSEEO, go to the top of the page and in the “Search” box type search area and type in “Stroke Survivors Empowering Each Other.”
- You should be brought to the SSEEO page!



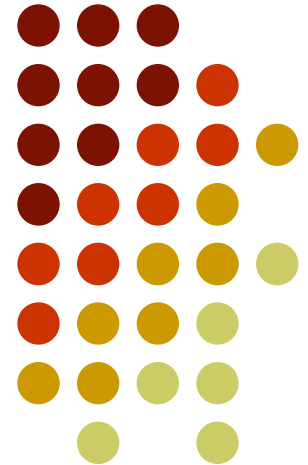
# Facebook 101

## Step Five

At the top of the page you will the “Like” button.



Click this to become apart of the SSEEO Facebook page!



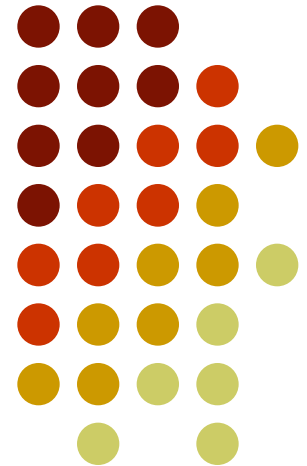
# Facebook 101

## Step Six

To begin filling in your information for your profile do the following.

1. At the top of the page click “Profile”
2. Once taken to your profile below the box where you can have a photo you will see “Edit Profile”

The “edit” option allows you to edit personal information including where you went to school, where you work, and your favorite TV show.





# Facebook 101

## Step Seven

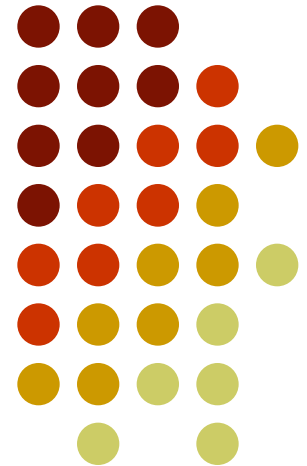
**Congrats! You are now on Facebook!**

**Now it's your turn!**

**See all the other things Facebook can do!**

**You can post videos, pictures, links to your favorite sites,  
“Like” other causes and write on your friends’ walls.**

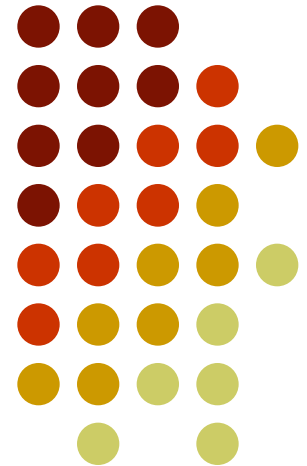
**Explore Facebook and learn to connect with other SSEEO  
members, family and friends!**



# Facebook 101

## Vocabulary

- **Profile Picture:** The picture everyone can see when they search for you. It is the big picture on your page.
- **Wall:** it is one of the tabs on your profile page. This is where your friends can leave you messages that all your friends can see.
- **News Feed:** This is where all of your activity comes up. This is sent to all your friends so they can see what you are up to.
  - Examples of news feeds are when you post new pictures, when you write on someone's wall, when you change your information, etc.





# Facebook 101

## Vocabulary Cont.

- **Applications:** are ways to personalize your Facebook. They are very common and there are thousands to choose from.
- **Posted Items:** On the bottom left-hand of your page you can post links to websites, videos, etc.
- **Post:** to “post” something is usually used as another way to upload things. In the case of posting pictures and videos it means uploading.
- **Inbox:** where private messages can be sent. Only you can see these messages.

