

SOCIAL MEDIA POSTING GUIDE

Desktop

Facebook

1. Visit <https://lifeisgreaterthandrugs.com/get-involved/> and scroll to the Community section.
2. Choose the graphic or video you'd like to use and click on it.
3. The graphic will open in a new tab, right click the image and choose Save As... to save to your computer.
4. The video will open in a new tab, click the three dots on the bottom right of the video and choose Download.
5. Start a new Facebook post.
6. To add the graphic or video to your post, drag it from the chosen saved location into the post, or click the green photo/video icon next to "Add to Your Post" and select the graphic or video.

Twitter

1. Visit <https://lifeisgreaterthandrugs.com/get-involved/> and scroll to the Community section.
2. Choose the graphic or video you'd like to use and click on it.
3. The graphic will open in a new tab, right click the image and choose Save As... to save to your computer.
4. The video will open in a new tab, click the three dots on the bottom right of the video and choose Download.
5. Start a new Tweet.
6. To add the graphic or video to your Tweet, drag it from the chosen saved location into the Tweet, or click the photo icon at the bottom right of the Tweet area and select the graphic or video.

Instagram

1. Visit <https://lifeisgreaterthandrugs.com/get-involved/> and scroll to the Community section.
2. Choose the graphic or video you'd like to use and click on it.
3. The graphic will open in a new tab, right click the image and choose Save As... to save to your computer.
4. The video will open in a new tab, click the three dots on the bottom right of the video and choose Download.
5. Start a new Instagram post on your desktop computer.
6. To add the graphic or video to your post, drag it from the chosen saved location into the post area, or click the "Select from computer"

Mobile

To share videos on TikTok or SnapChat, or on Facebook, Twitter, or Instagram from a mobile device, you can download the video on your desktop and email, AirDrop, or otherwise **send the video to your mobile device and follow the below instructions.**

Facebook

1. Visit <https://lifeisgreaterthandrugs.com/get-involved/> on your smartphone and scroll to the Community section.
2. Choose the graphic you'd like to use and tap it.
3. The graphic will open in a new tab, tap and hold the image and save to your photos.
4. Start a new Facebook post.
5. To add the graphic or video to your post, click the green photo icon and select the graphic or video.

Twitter

1. Visit <https://lifeisgreaterthandrugs.com/get-involved/> on your smartphone and scroll to the Community section.
2. Choose the graphic you'd like to use and tap it.
3. The graphic will open in a new tab, tap and hold the image and save to your photos.
4. Start a new Tweet.
5. To add the graphic or video to your Tweet, tap the photo icon at the bottom left of the Tweet area and select the graphic or video.

Instagram

1. Visit <https://lifeisgreaterthandrugs.com/get-involved/> on your smartphone and scroll to the Community section.
2. Choose the graphic you'd like to use and tap it.
3. The graphic will open in a new tab, tap and hold the image and save to your photos.
4. Open Instagram, start a new post, and select the saved graphic or video.

TikTok

1. After saving the video to your mobile device. open TikTok, start a new post, and tap Upload in the bottom right and select the video.

SnapChat

1. After saving the video to your mobile device, open SnapChat, tap the Memories photo icon on the left of the SnapChat camera button, tap Camera Roll, and select the video.