

World FTD Awareness Week 2025

September 21 – September 27



What if it's FTD? Social Media Instructions

How to Change Your Profile Picture on Social Media

Facebook:

1. Go to your profile.
2. Hover over your current profile picture and click the **camera icon**.
3. Select **"Update Profile Picture."**
4. Choose a photo from your/computer/phone or upload a new one.
5. Adjust/crop if needed, then click **Save**.

Instagram:

1. Go to your profile (tap your picture in the bottom right).
2. Tap Edit Profile.
3. Tap Change profile photo.
4. Choose **New Profile Photo** (Upload from phone).
5. Adjust/crop, then tap **Done**.

X (Formerly Twitter)

1. Go to your profile
2. Click/tap the **Edit Profile** button.
3. Click/tap your current profile picture.
4. Upload a new photo from your device.
5. Adjust/crop as needed, then click **Apply and Save**.

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How to Tag an Organization on Social Media

Facebook:

1. Start writing your post on Facebook.
2. Type the “@” **symbol** followed by the organization’s name (example: @TheAFTD @worldFTDunited).
3. A drop-down menu will appear with options.
4. Click on the correct organization’s page from the list.
5. Finish writing your post and click **Post**.

Instagram:

In a caption:

1. Start writing your post caption.
2. Type @ followed by the username (@theaftd @worldftdunited)
3. Select the correct account from the list.

On the photo itself:

1. After uploading your photo, tap **Tag People**.
2. Tap anywhere on the photo, and search for the username.
3. Select the account and tap **Done**.

X (Formerly Twitter)

1. Write your post.
2. Type @ followed by the organization’s username (@AFTDHope @worldFTDunited)
3. Select the account if prompted.
4. Publish your post – the handle will link directly to the organization’s profile.

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Social Media Instructions

How to Like or Comment on a Social Media Post

Facebook:

To Like a Post:

1. Find the post you want to like.
2. Click or tap the **thumbs-up “Like”** button below the post.

To Comment on a Post:

1. Click or tap inside the **“Write a comment...”** box below the post.
2. Type your comment.
3. Press **Enter/Return** (desktop) or tap **Post** (mobile).

Instagram:

To Like a Post:

1. Open the post.
2. Double-tap the photo/video OR tap the heart icon below the post.

To Comment on a Post:

1. Tap the speech bubble icon below the post.
2. Type your comment.
3. Tap Post (right side of the comment inbox)

X (Formerly Twitter)

To like a Post (Tweet):

1. Find the tweet you want to like.
2. Tap or click the **heart icon** below the tweet.

To Comment on a Post (Reply):

1. Tap or click the **speech bubble icon** below the tweet.
2. Type your reply.
3. Tap **Reply** to publish it.

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