



Beginners Guide to Social Media

We understand that starting with social media can feel overwhelming, but once you get the hang of it, it can be both easy and enjoyable.

Social media allows you to engage with other members by sharing photos and captions from your Circle or Provincial events. Additionally, it helps you connect with and follow various Associations, Businesses, and People who share your interests, such as Art, Literature, Fitness, Religious sites, Music, and both past and present singers, musicians, and actors.

To help you get started, we've prepared a step-by-step guide. If you need any assistance, please contact Peter Oliver at socialmedia.gb@catenianmail.com or the Catenian Services Support team at 024 7622 4533. We are happy to help you get started.

Overview

1. Choose Your Platform/s

Different Social Media platforms serve different purposes. Here are a few of the sites the Catenians are using.

- **Facebook:** Great for connecting with friends and family, sharing updates, and joining groups i.e. **The Catenian Association**
- **Instagram:** Focuses on photo and video sharing, ideal for visual content – **thecatenians.uk**
- **Bluesky:** Best for real-time updates sharing short text messages, images and videos
- **LinkedIn:** Professional networking and career development.
- **YouTube** - <https://www.youtube.com/@TheCateniansUK>

2. Create Your Account and Profile

Please see page 2. on how to create a Social Media Account.

3. Connect with Others

The Catenian account name to follow for Facebook is '**The Catenian Association**', for all other social media platforms please search on **thecatenians.uk** or **thecateniansuk**

- **Follow Friends and Family:** Start by connecting with people you know.
- **Join Groups and Communities:** Find groups that match your interests.
- **Engage:** Like, comment, and share posts to interact with others.

4. Post Content

- **Share Updates:** Post about your day, thoughts, or interesting articles.
- **Photos and Videos:** Share visual content to engage your audience.
- **Stories:** Use features like Instagram Stories or Facebook Stories for temporary posts.

5. Stay Safe

- **Privacy Settings:** Adjust your settings to control who can see your posts.
- **Be Cautious:** Avoid sharing personal information like your address or phone number publicly.
- **Report and Block:** If someone is harassing you, use the platform's tools to report and block them.

6. Explore and Learn

- **Trends:** Keep an eye on trending topics and hashtags.
- **Analytics:** If you're using social media for business, use analytics to track your performance.

Creating your preferred Social Media Account/s

Please select your Social Media platform of choice to create your personal Account.

Facebook

1. **Visit:** Go to www.facebook.com.
2. **Sign Up:** Enter your name, email or phone number, password, date of birth, and gender.
3. **Confirm:** Verify your account via the email or phone number you provided.
4. **Profile:** Add a profile picture and fill out your profile information.

Instagram

1. **Download the App:** Available on iOS and Android.
2. **Sign Up:** Open the app and sign up with your email or phone number.
3. **Profile:** Add a profile picture and write a short bio.
4. **Follow:** Start following friends and interesting accounts.

Bluesky

1. **Visit:** Go to <https://bsky.app/>
2. **Sign Up:** Enter your name, email, and password.
3. **Confirm:** Verify your account via the email you provided.
4. **Profile:** Add a profile picture and write a short bio.

LinkedIn

1. **Visit:** Go to www.linkedin.com.
2. **Sign Up:** Enter your name, email, and password.
3. **Profile:** Add a professional photo, write a summary, and fill out your work experience and education.

General Tips

- **Use a Strong Password:** Ensure your account is secure.
- **Privacy Settings:** Adjust your settings to control who can see your posts.
- **Engage:** Follow friends, join groups, and start posting content.