



## Connecting with friends and family on Facebook

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what

## What is Facebook

Facebook is a website which allows you to sign-up for free a profile to connect with friends and family online.



how

## How to create an account

### Useful tip!



tips

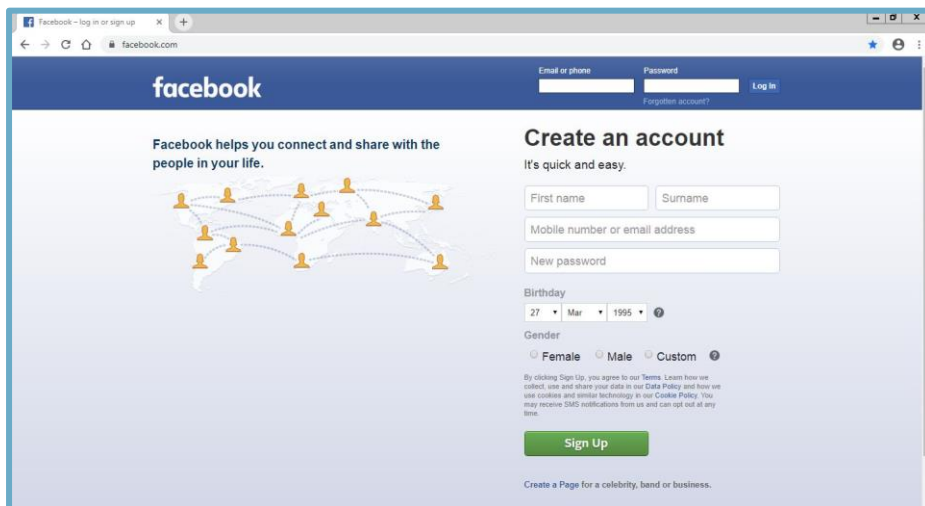
When setting up your account ask someone you **trust** to help you go through the steps.

This could be someone that is part of your **circle of support**.

### Step 1:

First open up your **internet browser** and type in [www.facebook.com](http://www.facebook.com)

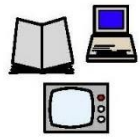
The picture below should be what your computer screen looks like.



internet

## Step 2:

**Enter your details** to create an account. It will ask you to enter your email address again.



details

**Create an account**  
It's quick and easy.

First name  Surname

Mobile number or email address

New password

Birthday  
27 Mar 1995

Gender  
 Female  Male  Custom

By clicking Sign Up, you agree to our Terms. Learn how we collect, use and share your data in our Data Policy and how we use cookies and similar technology in our Cookie Policy. You may receive SMS notifications from us and can opt out at any time.

**Sign Up**

[Create a Page for a celebrity, band or business.](#)

**Create an account**  
It's quick and easy.

Megan Smith

Megan.Smith@thera.co.uk

Megan.Smith@thera.co.uk

.....

Birthday  
23 Jun 1996

Gender  
 Female  Male  Custom

By clicking Sign Up, you agree to our Terms. Learn how we collect, use and share your data in our Data Policy and how we use cookies and similar technology in our Cookie Policy. You may receive SMS notifications from us and can opt out at any time.

**Sign Up**

[Create a Page for a celebrity, band or business.](#)

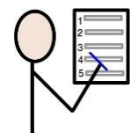


tips

## Useful Tip!

Use a mixture of **numbers** and **letters** in your **password** to make it **harder** for other people to **guess**.

Keep your **password safe** and **do not** tell other people what it is.



sign up

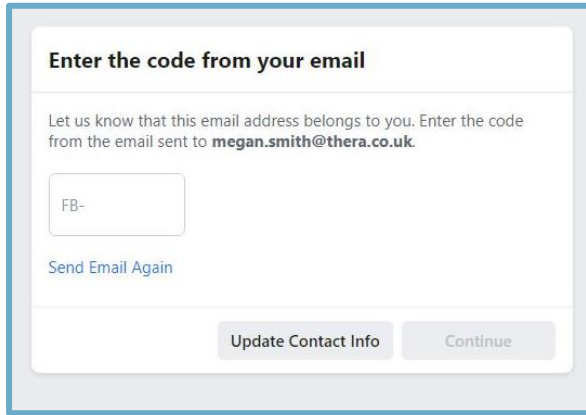
After you have entered all of the details it has asked for, click the **sign up** button.

**Sign Up**

[Create a Page for a celebrity, band or business.](#)

### Step 3:

This box then will appear, and you will receive either a **text or an email with your code**, depending on which one you entered.



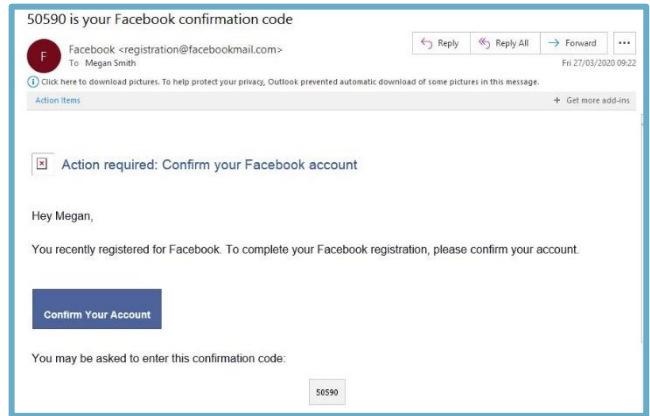
**Enter the code from your email**

Let us know that this email address belongs to you. Enter the code from the email sent to **megan.smith@thera.co.uk**.

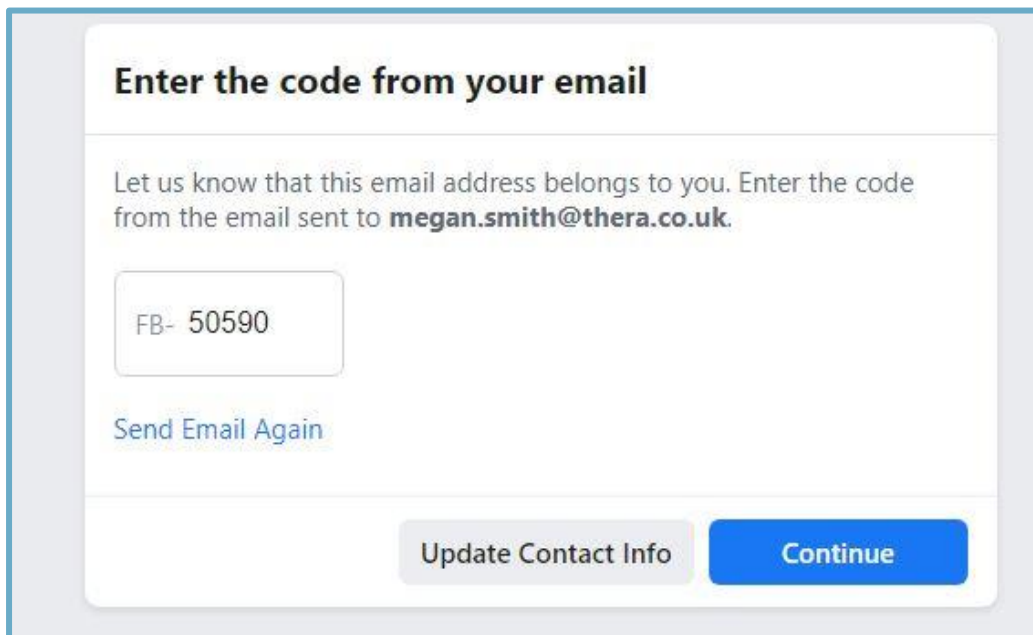
FB-

[Send Email Again](#)

[Update Contact Info](#) [Continue](#)



**Enter your code** in the box and click continue.



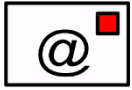
**Enter the code from your email**

Let us know that this email address belongs to you. Enter the code from the email sent to **megan.smith@thera.co.uk**.

FB- 50590

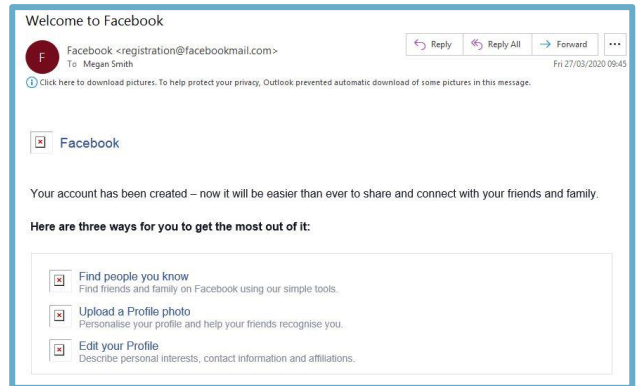
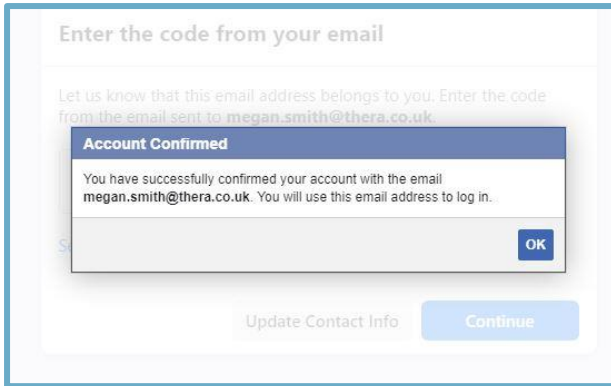
[Send Email Again](#)

[Update Contact Info](#) [Continue](#)

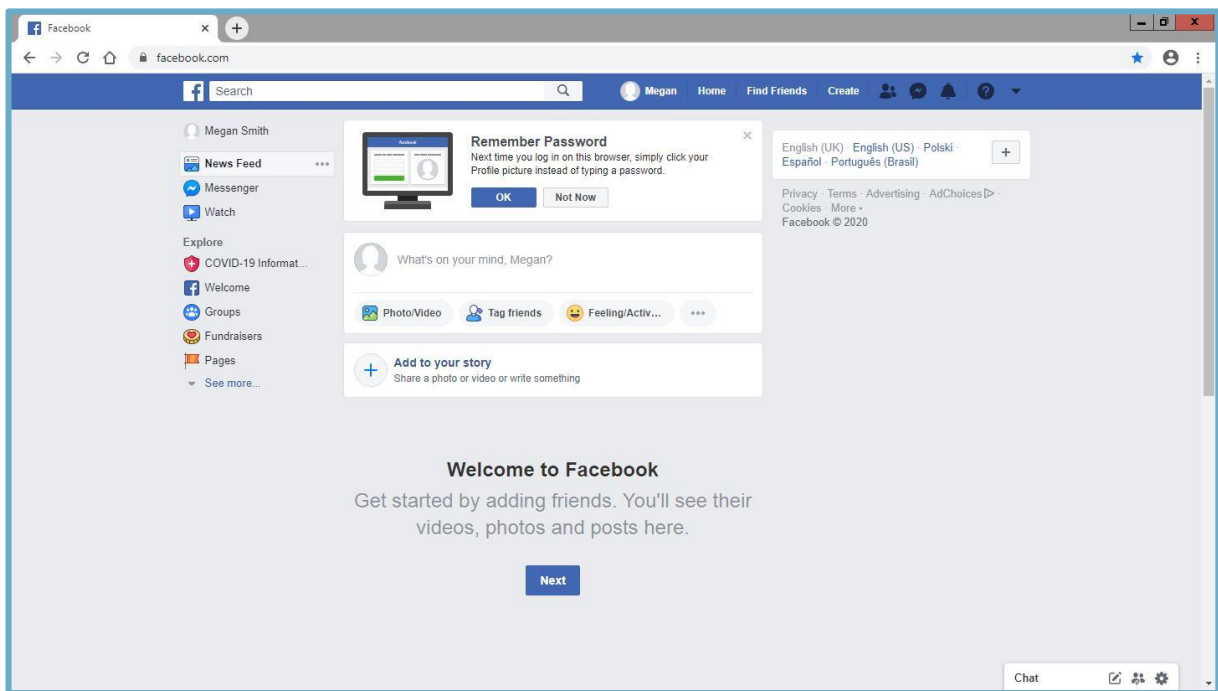


When you enter your code and click continue this box will come up and you will **receive an email** to say your **account has been created**.

email



You have now created your **Facebook page**.





how

## How to connect with friends and family

Step 1:

Type the **person's name** who you want to connect with into the **search bar** and search for the person.

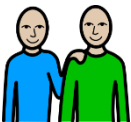


search



Step 2:

If you know the person and you are **100% sure** that this is **their account**, then click the **'add friend'** button.



friend



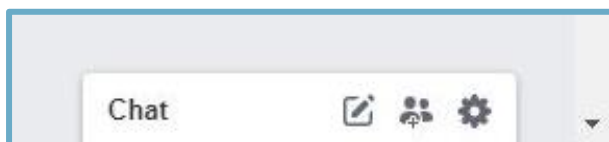
how

## How to keep in touch

You can **message people** by clicking the **chat**, seen below.



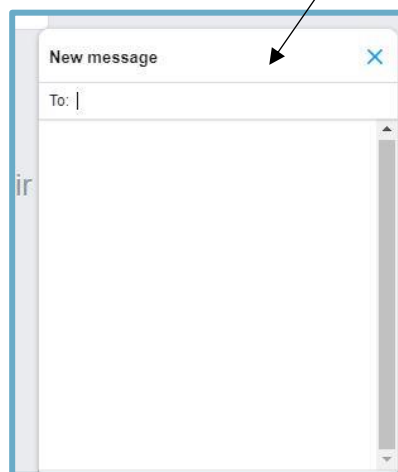
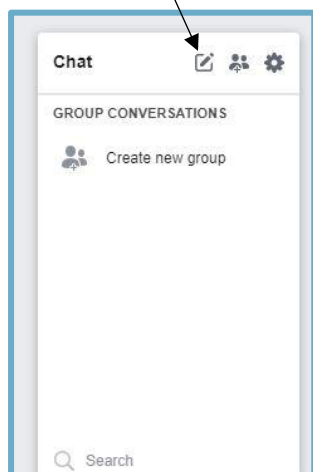
chat



Click this icon to create a **new message**. This tab will then open.



message

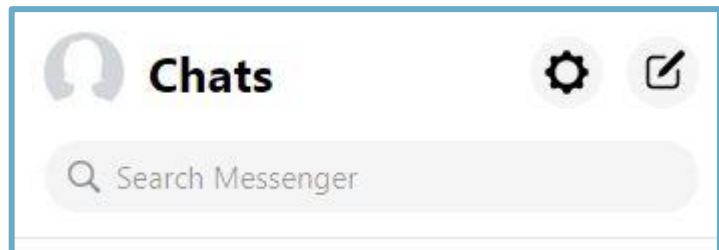
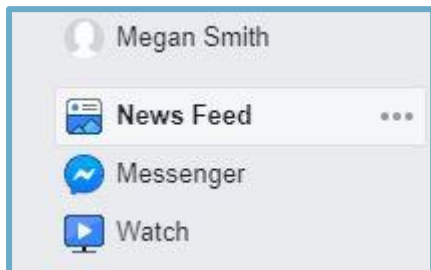




name

You can type the **persons name** who you want to **message** and then start typing your message and click send.

You can also see your **messages** by clicking **messenger**.



phone

Another way of keeping in touch is by having a **video call** or **phone call** using Facebook.

