

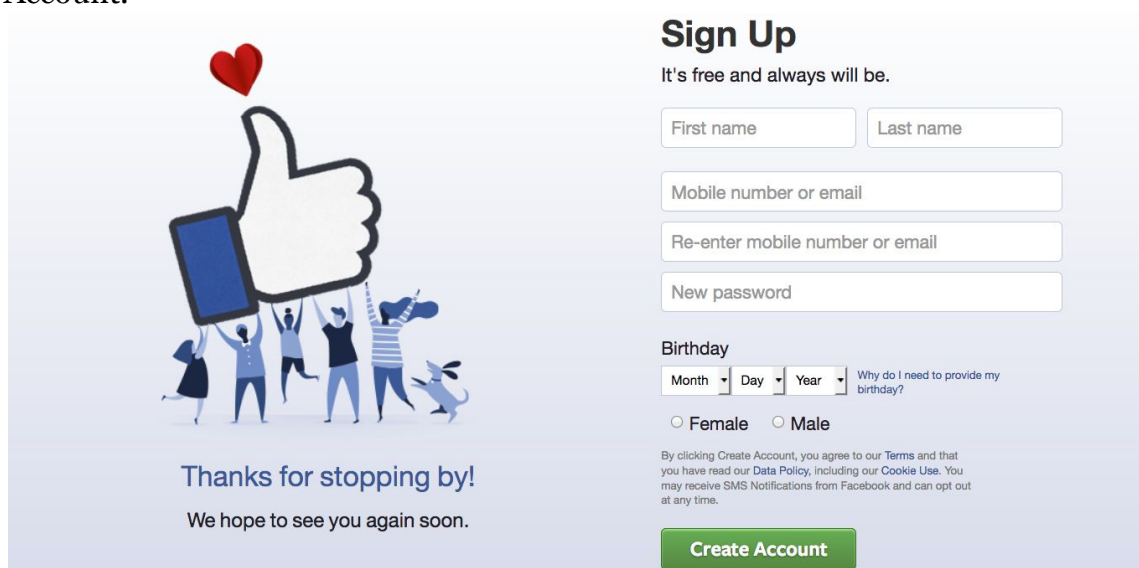
Mothers Out Front Social Media Training

How to sign up for Facebook and Twitter

If you don't have a Twitter or Facebook account, please sign up for at least one **before** your training day.

How To Sign Up for a Facebook Account

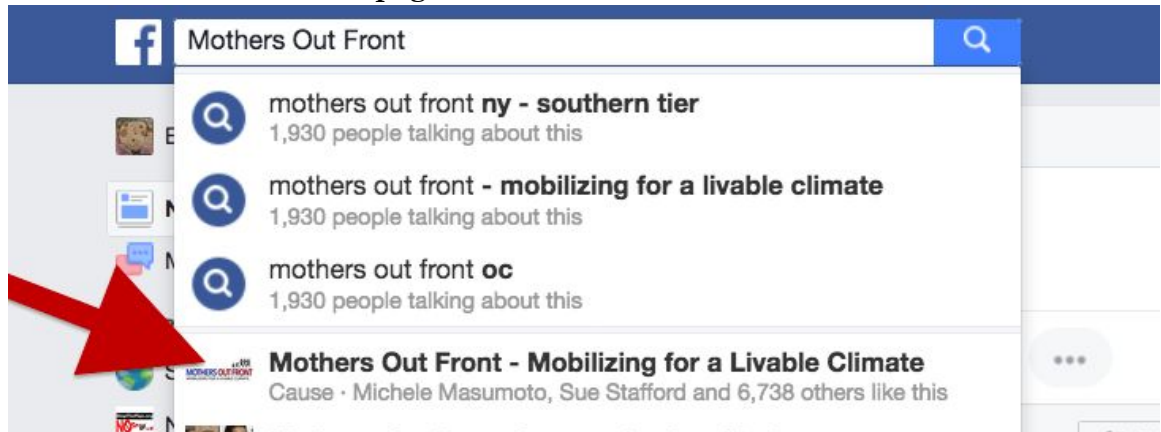
1. Go to www.facebook.com.
2. Fill out the information on the screen you see below and select "Create Account."



The screenshot shows the Facebook 'Sign Up' page. On the left, there is a graphic of a thumbs-up icon with a red heart above it, held by a group of diverse people. Below the graphic, it says 'Thanks for stopping by! We hope to see you again soon.' On the right, the 'Sign Up' form is displayed. It includes the text 'It's free and always will be.' followed by input fields for 'First name' and 'Last name', 'Mobile number or email', 'Re-enter mobile number or email', and 'New password'. There is a 'Birthday' section with dropdown menus for 'Month', 'Day', and 'Year', and radio buttons for 'Female' and 'Male'. A small link 'Why do I need to provide my birthday?' is next to the year dropdown. At the bottom of the form is a green 'Create Account' button. A small disclaimer at the bottom of the form reads: 'By clicking Create Account, you agree to our Terms and that you have read our Data Policy, including our Cookie Use. You may receive SMS Notifications from Facebook and can opt out at any time.'

3. You will be asked to confirm your email or cell phone number (whichever you signed up with) either with a link or a code.

4. Once you are in, search for “Mothers Out Front” in the top left box. Click on the Mothers Out Front page.



5. Click on the “Like” button when you get to the page.

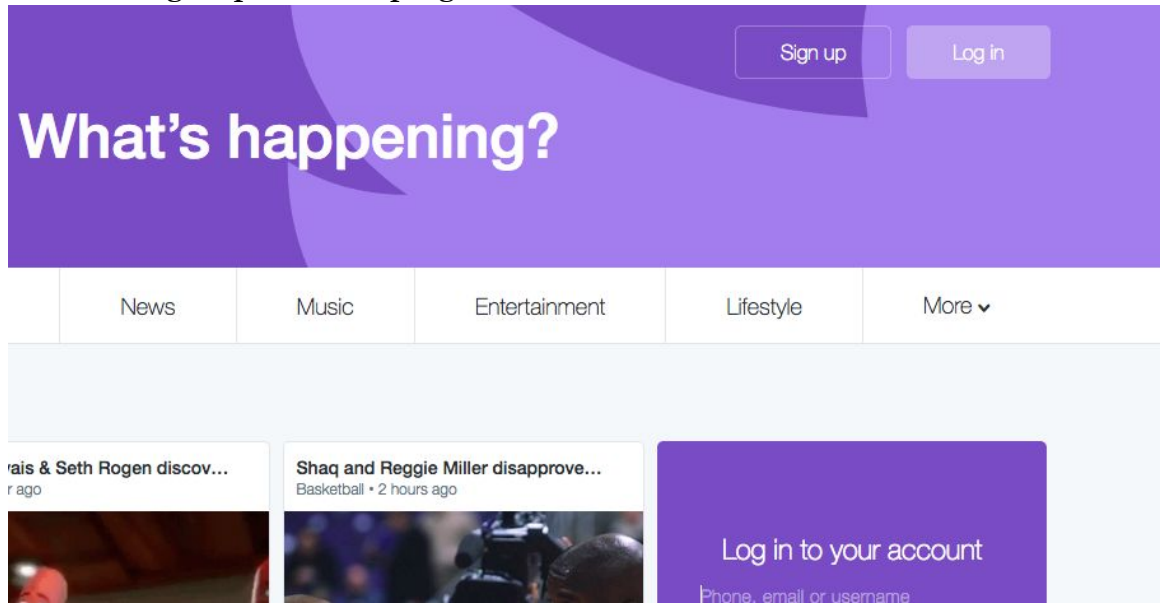


6. Now it is up to you whether to add pictures, “friend” people, or change the security settings on your account.

How To Sign Up for a Twitter Account

1. Go to www.Twitter.com.

2. Click on “Sign Up” in the top right hand corner.



3. Fill out the information here and click “Sign up”

Join Twitter today.

Tailor Twitter based on my recent website visits. [Learn more.](#)

Sign up

By signing up, you agree to the [Terms of Service](#) and [Privacy Policy](#), including [Cookie Use](#). Others will be able to find you by email or phone number when provided.

[Advanced options](#)

- If you added a phone, you will get a text message with a code. You have to go into Twitter and enter that code to verify your phone on your account.
- Pick a username. If you chose one someone already has, Twitter will prompt you to pick a different one.
- Once you are in, go to the “Search Twitter” box in the top right corner and type in “MothersOutFront” (all one word). Click on the Mothers Out Front account.



- You will now be on the Mothers Out Front Twitter page. Click on “Follow” on the right under the banner. This will be helpful the day of the march.



- Now it is up to you whether to add pictures, “follow” other people, or change the security settings on your account.