

Social Media Cover Photos, Profile Pictures and Frames

To add a frame to your profile picture on Facebook:

1. Go to www.facebook.com/profilepicframes
2. Select a **frame** from the menu or search for the **frame** that you want to use
3. Click Use as **profile picture** to save

To change your cover photo:

1. Click on the image you want to use from our ANAwareness pages
2. Right click and select Save image as
3. Save the image to your computer
4. Follow instructions below for different platforms

Facebook

To add or change your profile picture:

1. Click your profile picture in the top right
2. Click **Edit Cover Photo**. If you don't currently have a cover photo, click **Add Cover Photo**
3. Click **Upload Photo** to upload a new photo from your computer or **Select Photo** to pick a photo from one of your Facebook albums
4. Once you choose a photo, you can reposition it by clicking the image and dragging it up or down
5. Click **Save Changes**

Instagram

To add or change your profile picture:

1. Go to your profile and tap **Edit Profile**
2. Tap **Change Profile Photo**
3. Select where you'd like to import your picture from
4. Tap **Done** (iOS), **Next** (Android) or **Save** (mobile browser)

Twitter

To change your header photo, follow these steps:

1. Sign in to Twitter, and click the Me tab on the menu bar
2. Click the gray Edit Profile button on the right side of the header section of your profile
3. Click the camera icon in the center of the screen
4. Click the Upload Photo button.
5. Once you've selected a file from your computer, click Open.
6. Your photo appears in the header area of your screen.
7. Use the slider to adjust the size of your photo.
8. Click the Apply button when you finish adjusting your photo.