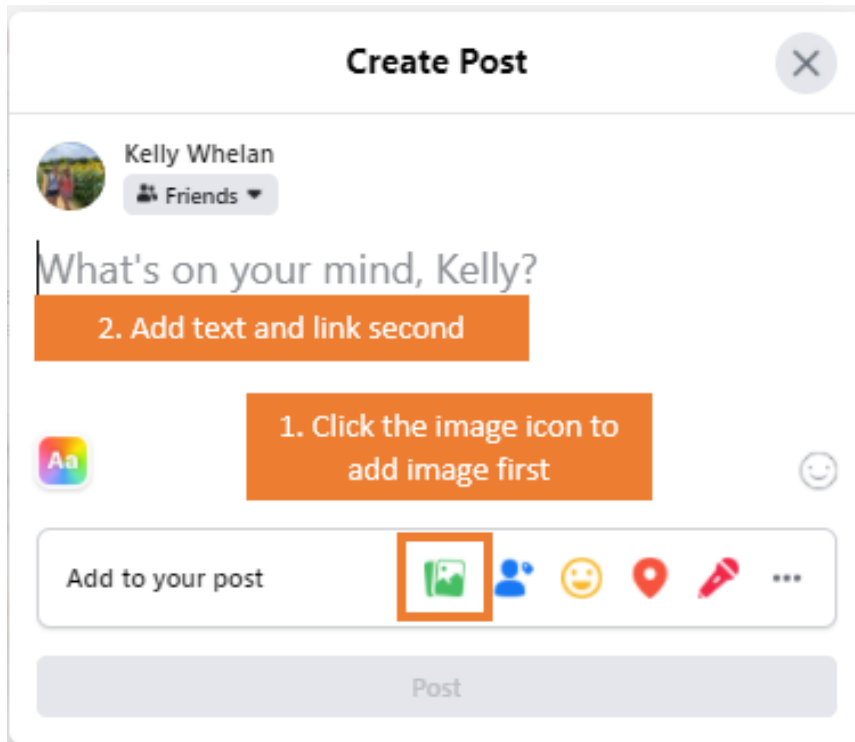


Recommendations for posting about PRIM&R programs on Social Media

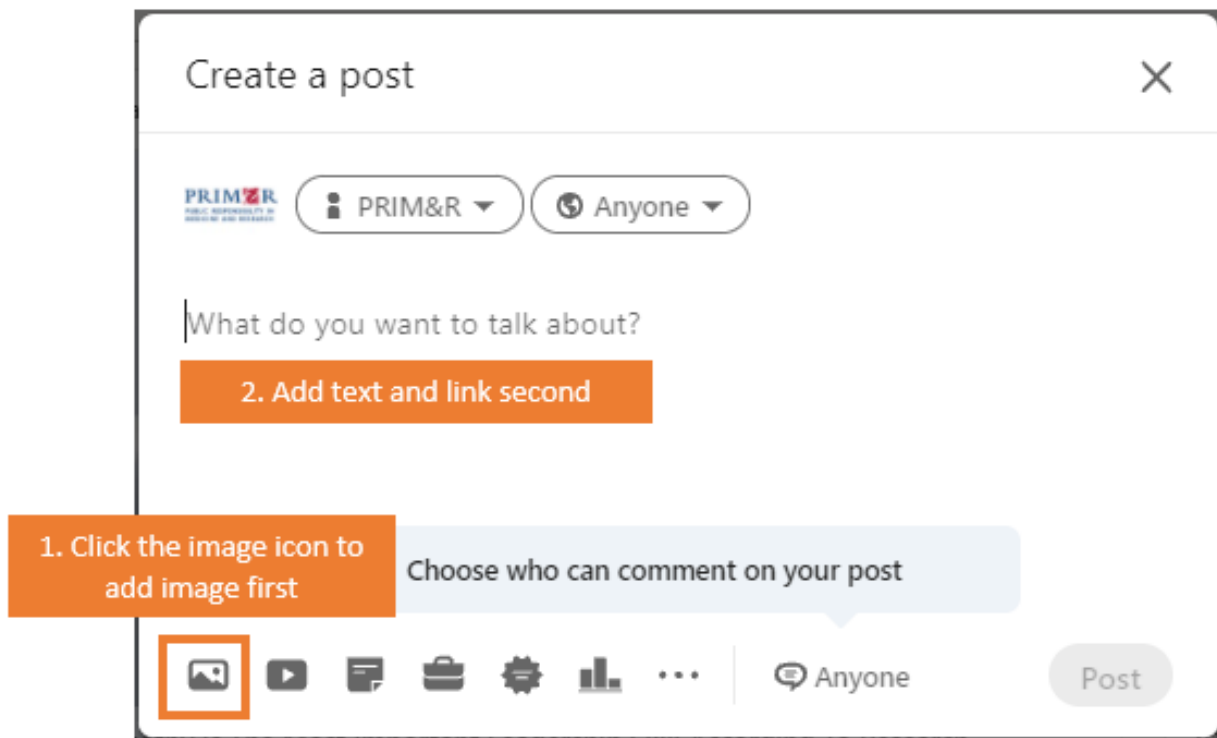
1. **One of the easiest ways to post on social media about PRIM&R events is sharing/retweeting a previous post from PRIM&R's social media channels.**
 - **Facebook:** Go to <https://www.facebook.com/primrconnect>, find the post you want to share, and click "Share" at the bottom right. Add your own commentary in the text box that opens up and then post.
 - **Instagram:** Go to https://www.instagram.com/we_are_primr/, find the post you want to share, and take a screenshot of it, next, once you have the Instagram photo saved to your camera roll, tap on the plus-sign icon within Instagram, hit post, and select your screenshot and lastly add a caption and tag PRIMR: @we_are_primr
 - **LinkedIn:** Go to <https://www.linkedin.com/company/prim&r/posts/>, find the post you want to share, and click share at the bottom. Add your own commentary in the text box that opens and then post.

2. **You can make your own post using the images we provide (or your own image) and a link to the program. When including an image with your post, you MUST add the image first.** When posting from an *individual* social media account (rather than a *company* account) social media platforms won't let you edit the image preview that is autogenerated by adding a link. **If you add the image first it overrides the automated preview.**

3. Facebook




LinkedIn



Instagram

Instagram

 Home

 Search

 Explore


 Reels

 Messages

 Notifications

 Create

1. Click Create

 Profile



Drag photos and videos here

Select from computer

2. Select photo