These notes about Facebook are only a guide.

You may need someone to help you with some of the harder steps when joining up to Facebook.

These notes explain some things about safety and privacy. For more information about this ask someone who knows about Facebook to help you.

1. What is Facebook?

Facebook is the way for lots of people to connect on the internet.

You can connect with friends and you can also connect with self advocacy groups.

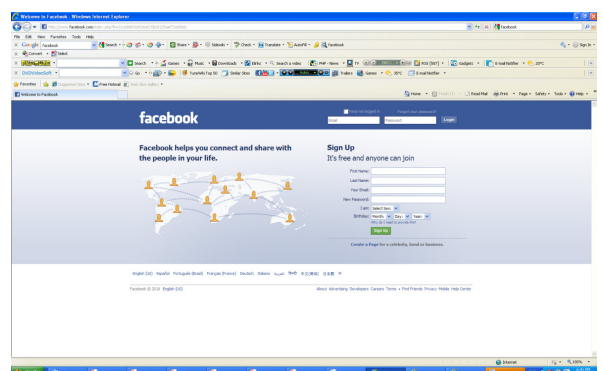You can also learn about campaigns and fighting for your rights on facebook.

2. Joining Facebook

You need a **computer** and an **email address**.

Go to Facebook on:
http://www.facebook.com/

The front page looks like this:

Look at the form below to see where to:

- Fill in your name.

- Fill in your email address.

- Make up a password and keep a copy.

- Fill in your sex and your birthday.

- Press the sign up button.

Keep me logged in   Forgot your password?

Email   Password   Login

Sign Up
It's free and anyone can join

	Sue
First Name:	Smith
Last Name:	sarusue@bbbbb.com
Your Email:	mycat
New Password:	

I am: Select Sex:

Birthday: Month: Day: Year:

Why do I need to provide this?

Sign Up

Create a Page for a celebrity, band or business.

- Fill in the security check by copying the letters into the blank space.

- Press the signup button.

- You also get the choice to add your picture to your Facebook page. You do not have to if you do not want people to see your photo.
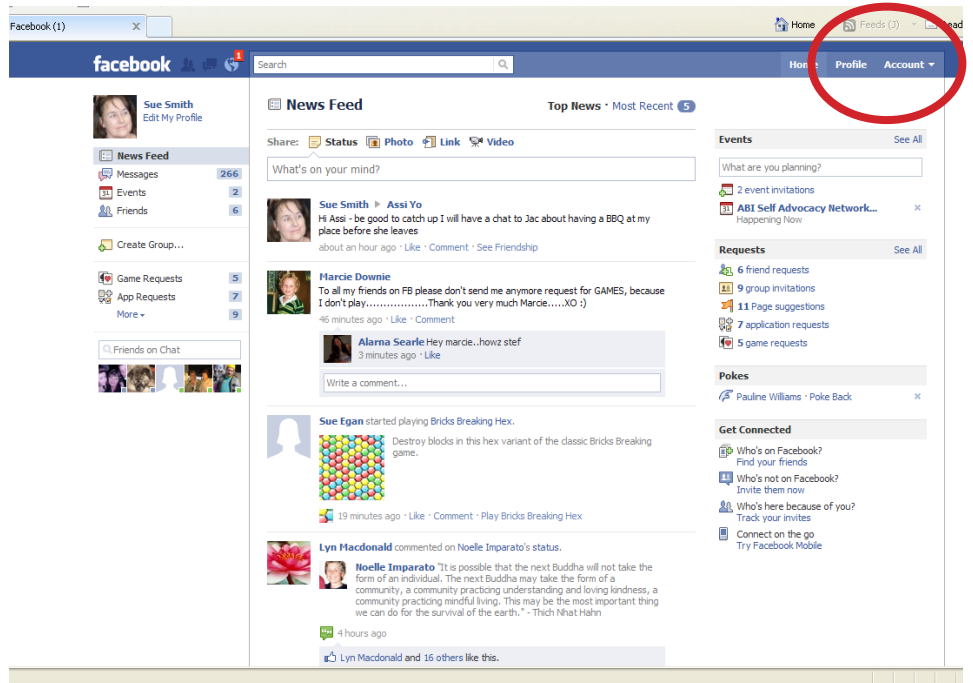
Be Careful!

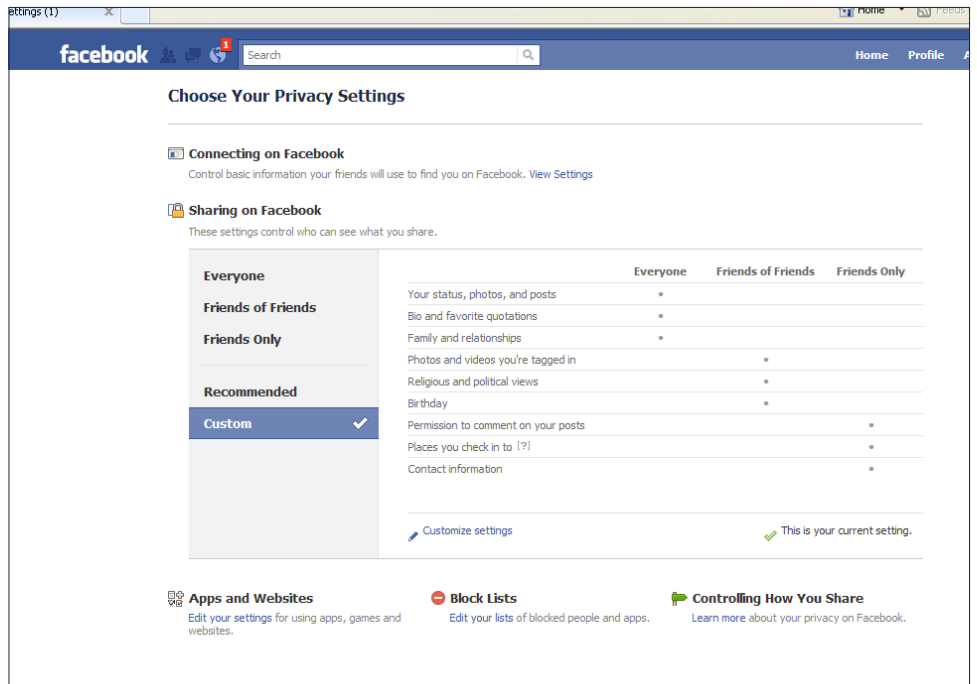You have to be careful when using Facebook because you might not want everyone to know all about you.

3. Privacy on Facebook

You decide what information you want people to see and who you are friends with.

You can set you privacy settings by clicking on account and then click privacy settings.

You can choose who sees your information everyone, friends of friends or just your friends.

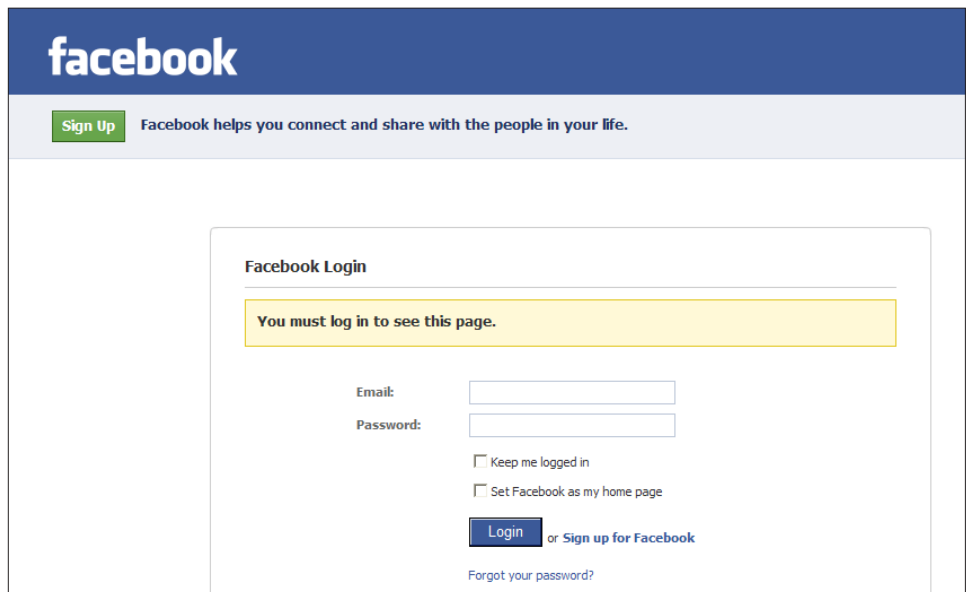Also think about what you write on Facebook.

Be Careful!

Do not write anything that you do not want people to see because all your friends on Facebook will see what you write.
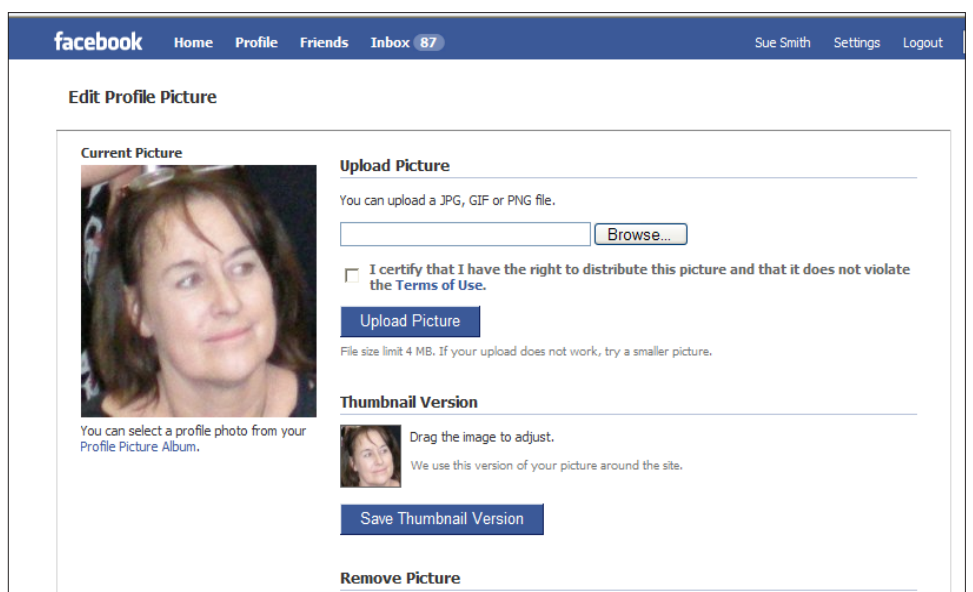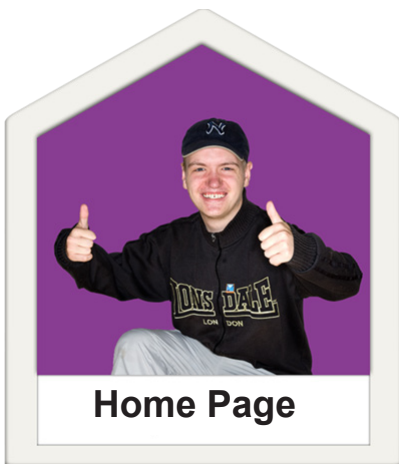
4. Using Facebook

Each time you use Facebook you have to log in to http://www.facebook.com and fill in your email address and password.
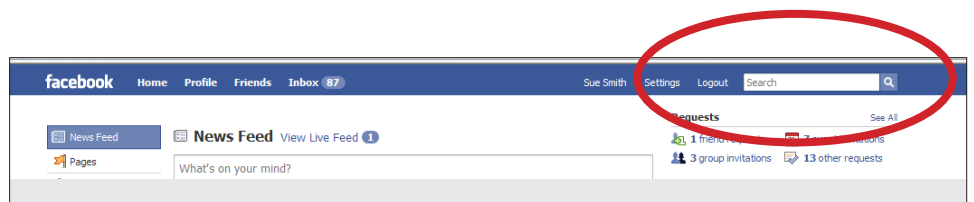

This will take you to your home page.

Home Page

To add friends:

Use the Facebook Search to find people you know and then click on the "Add as Friend" button to the right of their search listing.
A friend request will be sent to that person.

Be Careful!

Always remember do not ask people to join if you do not want them to know about you!

People will also ask if they can join your page – it is a good idea to say NO to someone you do not know.

You decide who you want to be friends with.
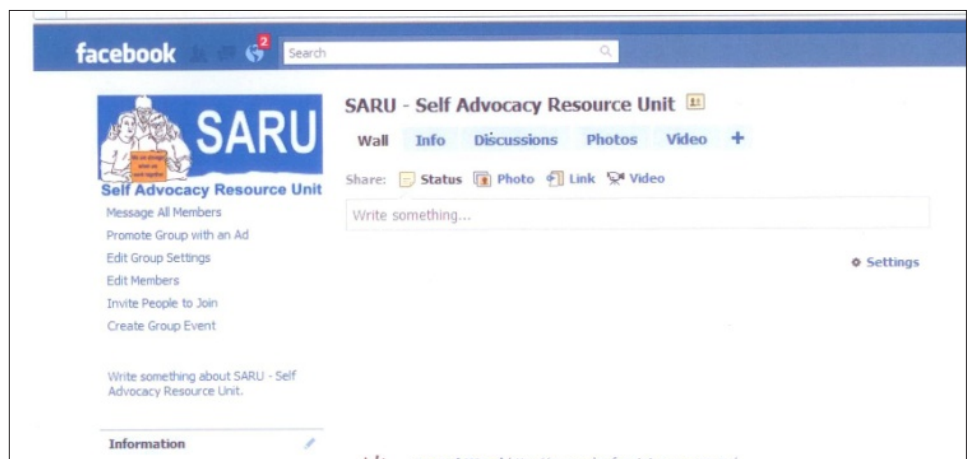
Stay Safe

5. Staying safe on Facebook

- Don't accept offers from people.

- You can also **block** people if you do not want them to see your page.

- To learn more at about safety go to Internet Safety - How to Stay Safe Online in Plain English:
https://www.youtube.com/watch?v=hVOgkyvFxTU

6. Groups on Facebook

You can also join different groups who have facebook pages like the SARU.

Other groups on Facebook include:

- Poole Forum Speaking Up

- Inclusion Europe

- People First New Hampshire

- People First New Mexico

- SARU

- New Wave

- The Riot

- WiganandLeigh PeopleFirst

- Self Advocacy Federation

- Pembrokeshire people first

- Merthyr People First

- Having A Say

So you can now go ahead and enjoy using Facebook. Good luck!

Activity Idea

Why don't you join the SARU Facebook page and we will chat to you there.