

# How to sign up for Instagram

1. Download the app from the Play Store



2. Choose whether to connect with Facebook or use email



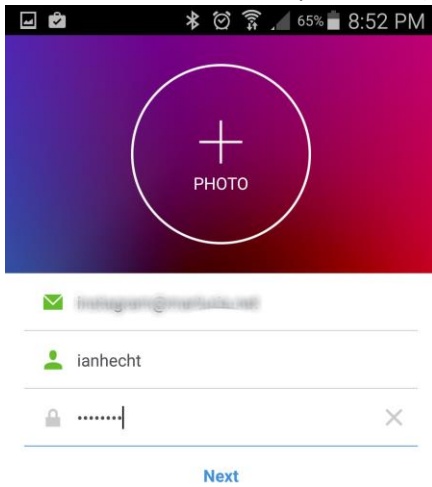
Enter your email

OR

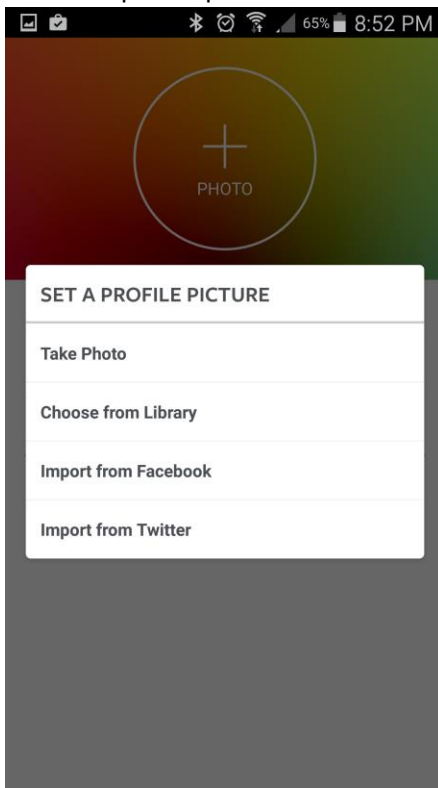
 [Log in with Facebook](#)

By signing up, you agree to our [Terms & Privacy Policy](#).

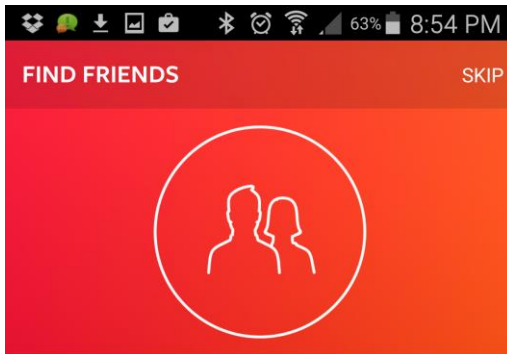
3. Choose a username and password (Instagram will tell you if your username is available)



4. Choose a profile picture

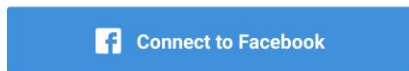


5. Choose whether to connect to Facebook to follow friends already using Instagram

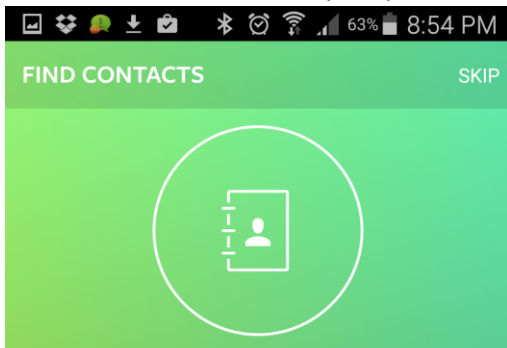


### Find Facebook Friends to Follow

You choose who to follow and we'll never post to Facebook without your permission.



6. Choose whether to search your phone's contact for friends already using Instagram

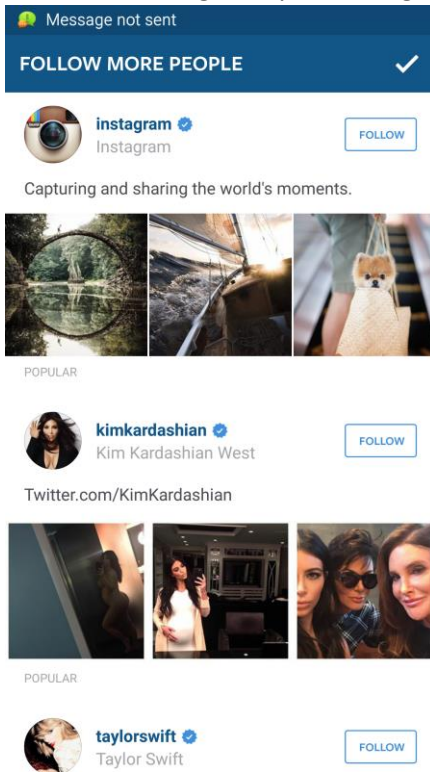


### Find Contacts to Follow

To help people connect on Instagram, your contacts are periodically synced and stored on our servers. You choose which ones to follow. To remove them, go to Settings and disconnect. [Learn more.](#)



7. You have now signed up for Instagram!



8. Follow friends and/or colleagues to see their images and videos.

