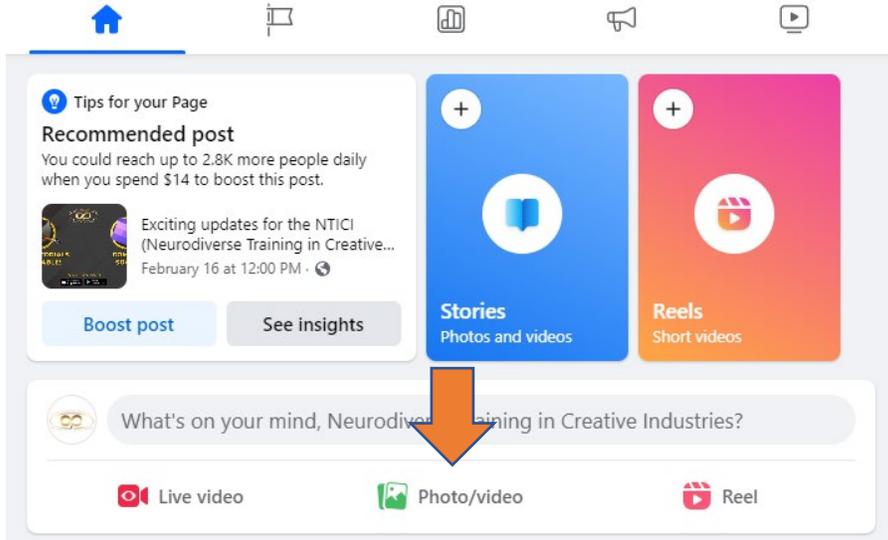
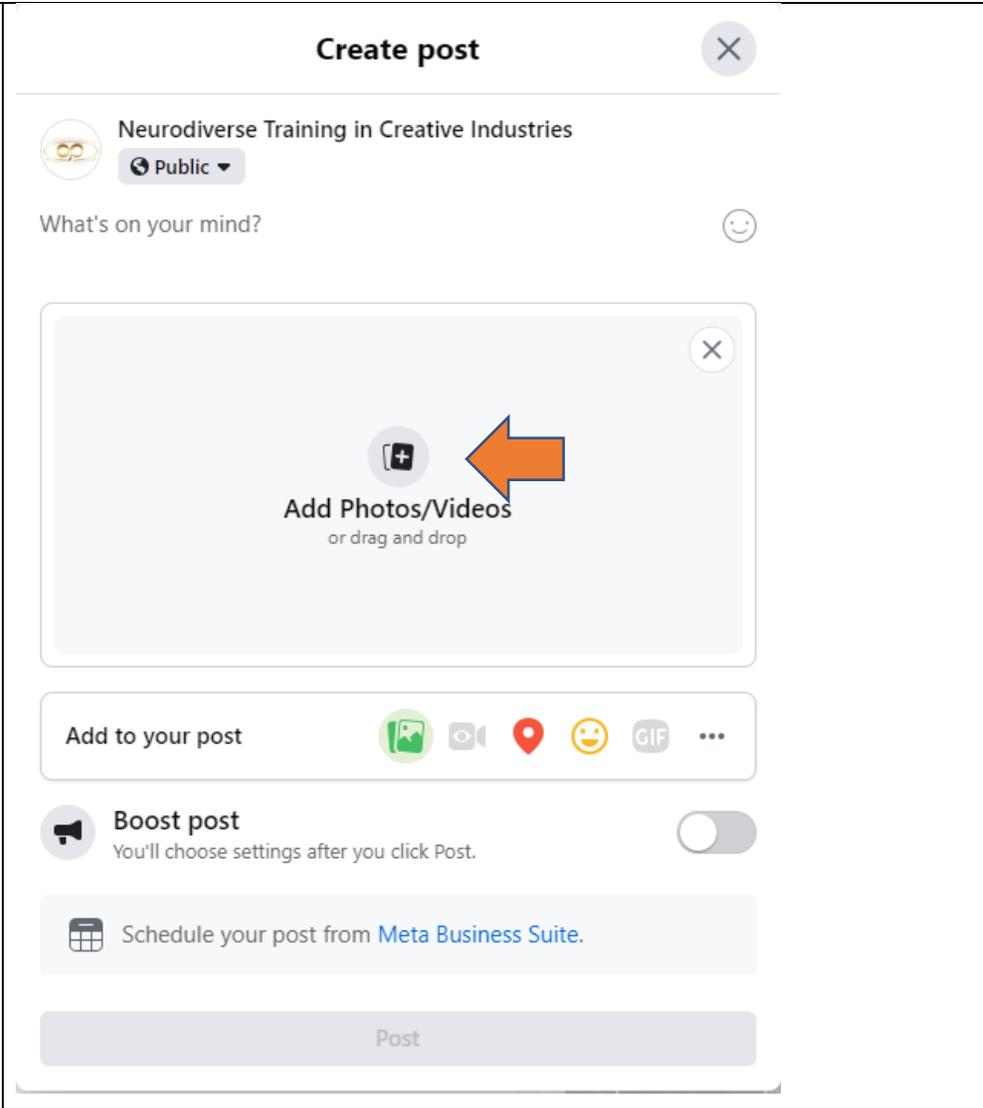


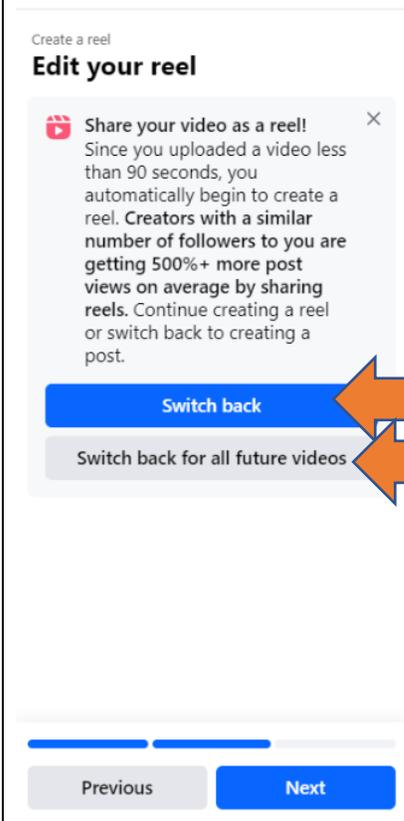
## How to Upload a Video to Facebook

<p>Open your web browser of choice.</p>	
<p>Navigate to the Facebook website by typing 'facebook.com' into the browser's search bar.</p>	
<p>On the home page, select the Photo/Video option.</p>	 A screenshot of the Facebook mobile app home page. At the top, there are navigation icons for home, notifications, groups, marketplace, and video. Below these is a 'Recommended post' section with a 'Boost post' button and a 'See insights' button. To the right are 'Stories' and 'Reels' sections. Below the recommended post is a text input field with the placeholder text 'What's on your mind, Neurodiverse Training in Creative Industries?'. At the bottom of this section are three options: 'Live video', 'Photo/video', and 'Reel'. An orange arrow points to the 'Photo/video' option.
<p>OPTIONAL: You can also select your profile icon to go to your profile page, where you will find the same box for posting photos and videos.</p>	 A screenshot of the Facebook mobile app profile page. At the top, there are four circular icons: a grid of dots (representing the home page), a speech bubble (representing messages), a bell (representing notifications), and a profile picture (representing the user's profile). An orange arrow points to the profile picture icon.

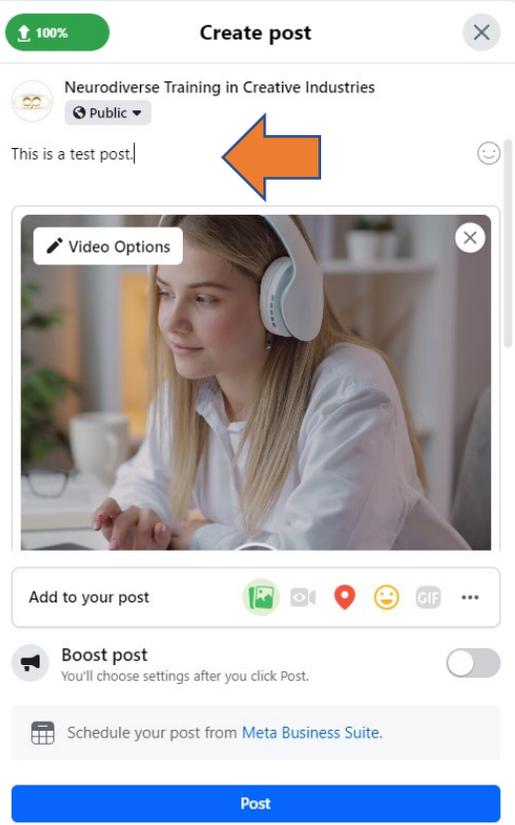
Select the Add Photos/Videos box to upload your video or drag and drop it into the box from your computer.



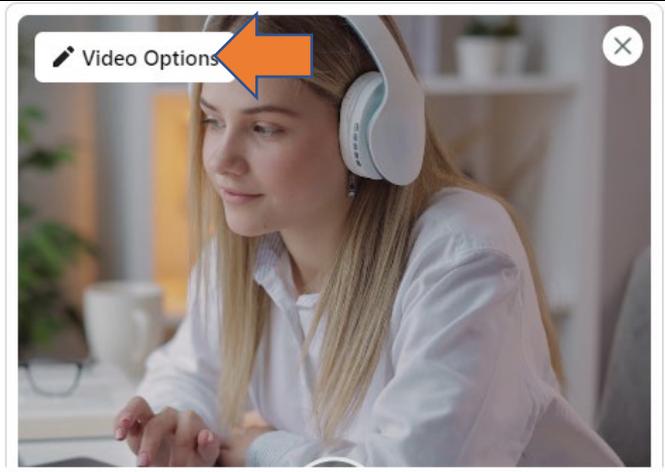
OPTIONAL:  
Videos 90 seconds or less will be posted as reels by default. You can change this back to normal video by selecting 'Switch back', and if desired, select 'Switch back for all future videos'.



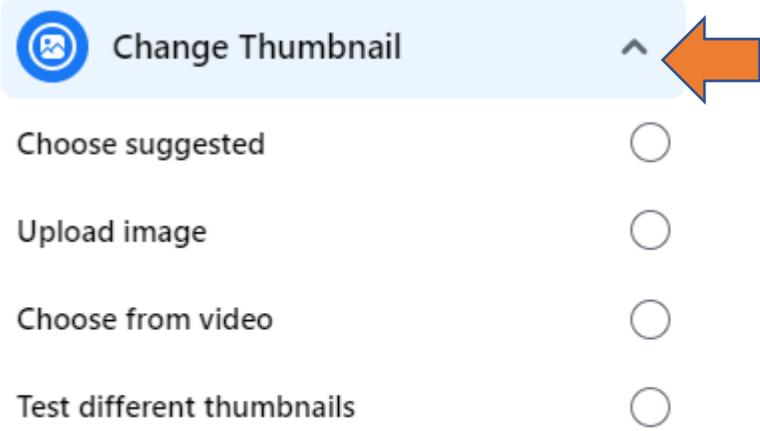
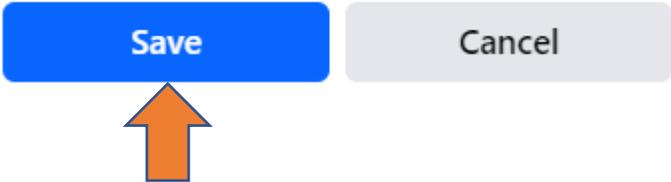
Type in a caption related to the video in the text box.



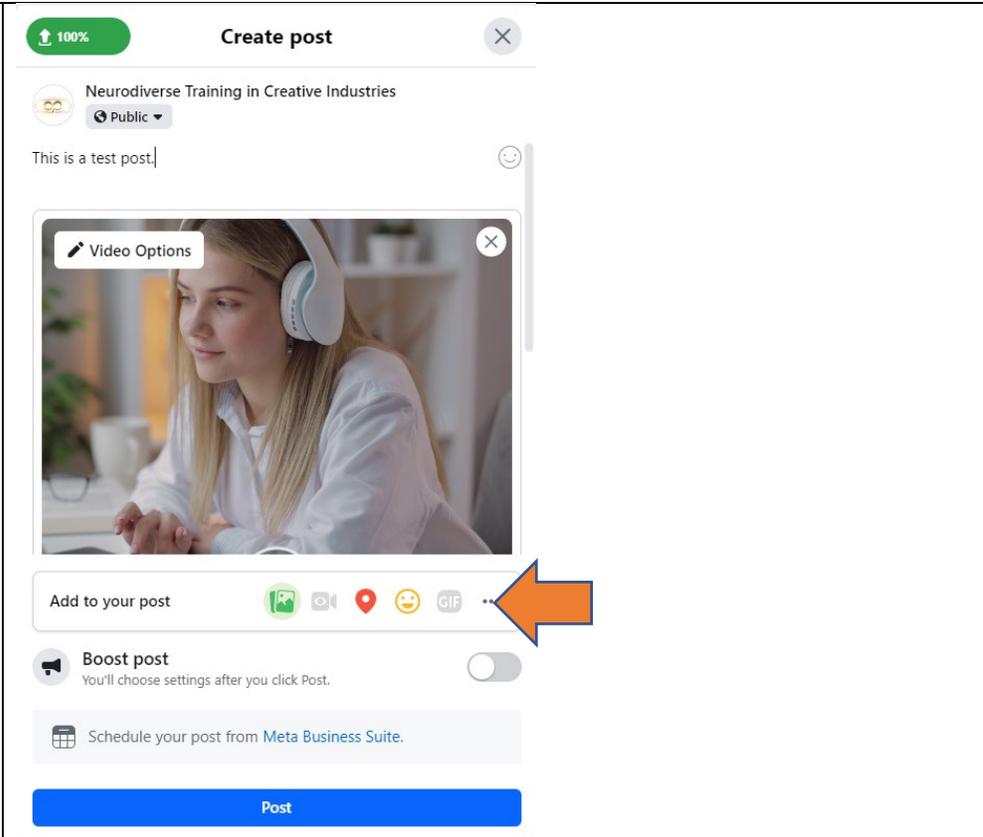
OPTIONAL (but recommended): Select Video Options for more options.



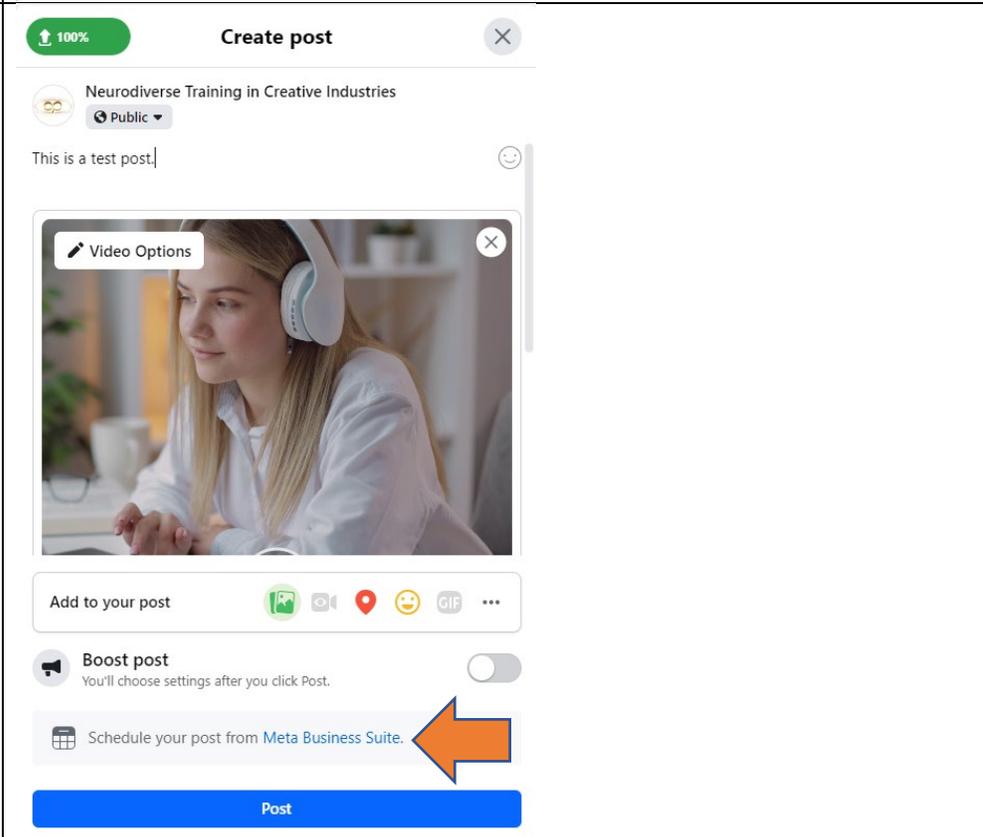
<p>OPTIONAL (but recommended): Give your video a title in the Video title box.</p>	<div data-bbox="483 205 1136 388" style="background-color: #e0e0e0; padding: 10px; border-radius: 5px;">  Publish in <a href="#">Meta Business Suite</a> with advanced features like in-stream ads and rights manager.         </div> <div data-bbox="483 420 1136 535" style="border: 1px solid #ccc; padding: 10px; margin-top: 10px;"> <p>Video title <span style="float: right;">+</span></p> <p>Test Video </p> </div> <p data-bbox="483 546 1039 577">You can test out multiple titles by clicking on the "+"</p> <div data-bbox="483 604 1136 720" style="border: 1px solid #ccc; padding: 10px; margin-top: 10px;"> <p>Tags and collaborator</p> </div> <p data-bbox="483 730 1128 793">Add keywords to help people find your video, or search for a collaborator to add them</p>
<p>OPTIONAL (but recommended): Add in any tags relevant to the subject of your video, along with any users or brands you collaborated with on the video.</p>	<div data-bbox="483 892 1136 1075" style="background-color: #e0e0e0; padding: 10px; border-radius: 5px;">  Publish in <a href="#">Meta Business Suite</a> with advanced features like in-stream ads and rights manager.         </div> <div data-bbox="483 1102 1136 1218" style="border: 1px solid #ccc; padding: 10px; margin-top: 10px;"> <p>Video title <span style="float: right;">+</span></p> <p>Test Video</p> </div> <p data-bbox="483 1228 1039 1260">You can test out multiple titles by clicking on the "+"</p> <div data-bbox="483 1287 1136 1402" style="border: 1px solid #ccc; padding: 10px; margin-top: 10px;"> <p>Tags and collaborator </p> </div> <p data-bbox="483 1413 1128 1476">Add keywords to help people find your video, or search for a collaborator to add them</p>

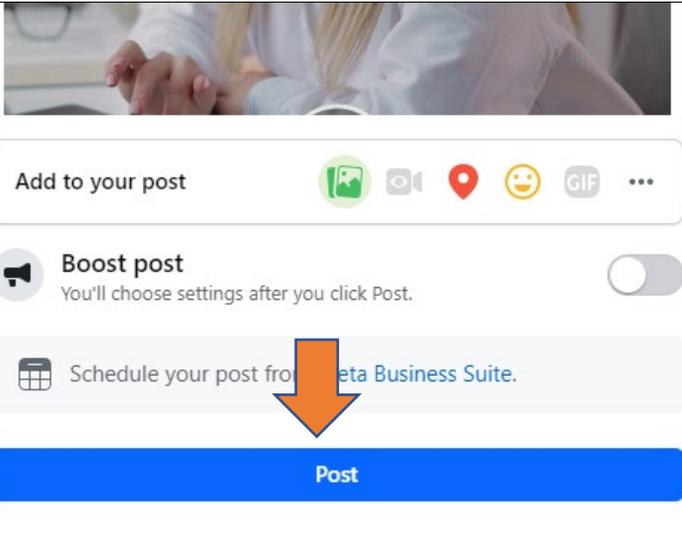
<p>OPTIONAL (but recommended):          Chang the thumbnail for your video, either by uploading an image from your device or by using a frame from the uploaded video.</p>	 <p>The screenshot shows a 'Change Thumbnail' menu with four options, each with a radio button:</p> <ul style="list-style-type: none"> <li>Change Thumbnail (highlighted in light blue, with an orange arrow pointing to the upward arrow icon)</li> <li>Choose suggested</li> <li>Upload image</li> <li>Choose from video</li> <li>Test different thumbnails</li> </ul>
<p>OPTIONAL (but recommended):          Once you've given a title and thumbnail to your video, select Save.</p>	 <p>The screenshot shows two buttons: a blue 'Save' button and a grey 'Cancel' button. An orange arrow points upwards to the 'Save' button.</p>

OPTIONAL: You can add other things to your post such as other photos and videos, location, and “feeling” emojis (“feeling **excited**, feeling **inspired**, etc.).



OPTIONAL: If you have Meta Business Suite, you can schedule a date and time for your post to be published.



	<p><b>Scheduling options</b> <span style="float: right;">Set date and time <input checked="" type="checkbox"/></span></p> <p>Schedule your post for the times when your audience is most active, or manually select a date and time in the future to publish your post.</p> <p><b>Facebook</b></p> <p>Feb 23, 2024 10:59 AM</p> <p><b>Instagram</b></p> <p>Feb 23, 2024 10:59 AM</p> <p>Active times</p>
<p>Select Post once you're finished.</p>	 <p>The screenshot shows the bottom section of a social media post creation interface. It includes a photo of hands clasped, an 'Add to your post' section with icons for images, video, location, emojis, and GIFs, a 'Boost post' toggle, a 'Schedule your post from Meta Business Suite' button, and a large blue 'Post' button. An orange arrow points down to the 'Post' button.</p>
<p><b>Task Complete</b></p>	