# Facebook profile frame instructions

We have created a profile photo frame for Facebook to help people demonstrate their support for the First Nations media sector. It’s easy to add! Just follow these steps:

1. Go to your own page
2. Hover over your profile photo (in the circle) for a second until ‘update’ comes up in the bottom half. Click on that.
3. Select ‘add frame’ from the white strip at the top of your photo options.
4. Search for our media matters or First Nations media in the search box at the top.
5. Click on the dot design. This will give you a preview of the image on the right hand side with your photo in it. You can move the photo a little if you want to.
6. Now look to the bottom of the box and you’ll see an option for how long you would like the frame to appear. This will default to 1 week, but you can click the arrow to choose another time period, or ’never’ to just leave it up ongoing.
7. Then click ‘Use as profile picture’ and ta-da, you’re a supporter!