Step 1: Get the Instagram App

Go to the App Store (iPhone) or Google Play Store (Android).

Search for Instagram and tap Install or Get.

Step 2: Create Your Account

Open the Instagram app.

Tap Sign Up.

You can sign up with your email, phone number, or your Facebook account.

Enter your info and create a username (this is your Instagram name).

Make a password you'll remember.

Step 3: Set Up Your Profile

Add a profile photo (a selfie or logo).

Write a short bio about yourself (a sentence or two).

Add your website link if you have one.

Step 4: Find People to Follow

Instagram might suggest friends or popular accounts.

Follow people or brands you like to see their posts.

Step 5: Create Your First Post

Tap the + button (usually at the bottom centre).

Choose a photo or video from your phone or take a new one.

Edit it if you want (filters, brightness, crop).

Tap Next.

Step 6: Add a Caption

Write something about your photo/video.

Use hashtags like #security #enforcerpanel to help others find your post.

Step 7: Share Your Post

Tap Share.

Your post is now live on Instagram!

Step 8: Engage

Like and comment on other people's posts.

Respond to comments on your own posts.

This helps you get noticed and build followers.

Tips:

Post regularly (once a day or every few days).

Use Stories (the camera icon at top left) to share quick, temporary pics or videos.

Explore the Explore tab (magnifying glass) to find new things.