

How to Change Your Facebook Profile Picture



Show your care about our mission to **#endFTD** by changing your Facebook profile picture - it will help spread awareness and encourage your friends to take action.

STEP 1: Select and download the profile picture you want to use.

We have provided you with three options to choose from.

- **From your phone** - press and hold on the image. A menu should appear with options. Select "Save To Photos" to download the image to your photo gallery.
- **From your desktop computer** - right-click on the image. A menu should appear with options. Select "Save image as..." and pick a folder to download the image to.

STEP 2: Set the downloaded picture as your profile picture.

- **From your phone** -
 - **Open the Facebook App** and log in with your credentials.
 - **Access your profile** by tapping on the four squares in the bottom-right corner of the screen. From the menu that appears, tap on your name or profile picture to access your profile.
 - **Edit your profile picture** by first tapping on your current profile picture.
 - **Select photo to upload** by choosing the option to "Select Photo" from your gallery. Once in your photo gallery, find your photo and select it.
 - **If needed, adjust and crop the photo.** After selecting the picture, you might be prompted to adjust and crop the image to fit the frame. Once you're satisfied with the image's position and cropping, select the option to set it as your profile picture.
 - **Confirm your choice to save changes.**
- **From your desktop computer** -
 - **Log in to Facebook.**
 - **Access your profile** by clicking on your current profile picture in the upper-left corner of the screen.
 - **Edit Profile Picture:** click on the camera icon and select +Upload photo.
 - **Choose the downloaded Picture** by navigating to the folder where you saved the downloaded profile picture. Select the image and confirm it.
 - **Adjust and crop (if needed):** After selecting the picture, you might be prompted to adjust and crop the image to fit the profile picture frame. Follow the on-screen instructions to do so.
 - **Press Save to save changes.**