

Nurses & Midwives for Peace – Social Media Frame

INSTRUCTIONS

1. Download the Frame Graphic

For all devices:

- Click on the provided PNG frame link or image.
 - Right-click (or long press on mobile) and select **Download**, **Save image as**, or **Add to Photos**.
 - The frame will be saved to your device.
-

2. Combine Your Profile Picture with the Frame

Windows Desktop

Use **Paint** (pre-installed):

1. Open the **Paint** application.
2. Click **File > Open** and select your **profile picture**.
3. Click **File > Open** again, and select the **frame PNG**.
4. The frame will open in a new window. Press **Ctrl + A** to select it, then **Ctrl + C** to copy it.
5. Return to your profile picture window, press **Ctrl + V** to paste the frame.
6. Move/resize the frame as needed to fit your profile picture.
7. Click **File > Save As > PNG** or **JPG**.
8. Save your new combined profile picture.

Optional alternative: Use free tools like **Canva** (www.canva.com) or **Photopea** (www.photopea.com) online for easier layering.

Mac Desktop

Use **Preview** (pre-installed):

1. Open your **profile picture** in **Preview**.
2. Drag and drop the **frame PNG** onto the open Preview window (this will add the frame as a new layer).
3. Resize and position the frame as needed.
4. When ready, click **File > Export** and save the new image as **PNG** or **JPG**.

Optional alternative: Use free tools like **Canva** or **Photopea** online.

Smartphone (Android)

Use **Gallery** app or free editing apps:

1. Open your **Gallery** app and select your **profile picture**.
 2. Use the **Edit** or **Markup** option — if your phone allows layers or stickers, add the PNG frame here and adjust.
 3. If your Gallery app doesn't support this, download a free app such as **Canva** (recommended), **PicsArt**, or **Photopea** via browser.
 4. In the app, upload your **profile picture** and **frame PNG**, position the frame over your picture.
 5. Save the new combined image to your phone.
-

iPhone

Use **Photos app** or free editing apps:

1. Open the **Photos app** and locate your **profile picture**.
 2. If your iPhone iOS version allows, use **Markup** in **Edit** to overlay the PNG frame (may be limited).
 3. For best results, download **Canva** (recommended, free from App Store).
 4. In **Canva**, create a blank square design, upload both your **profile picture** and the **frame PNG**.
 5. Position the frame over your picture and save/export the final combined image to your camera roll.
-

3. Upload Your New Profile Picture to Social Media

1. Go to your social media profile (Facebook, Instagram, LinkedIn, X/Twitter).
2. Click on your profile picture and select **Change photo** or **Edit photo**.
3. Upload your new combined image.
4. Save changes.