**International Day for the Elimination of Violence against Women and Girls 2022**

**Adding a frame to your social media profile image**

 How to add the frame:

1. Go to <https://www.canva.com/> and open a free personal account
2. Make sure you have a profile picture and a copy of the frame (see page below) saved in a folder.
3. In the top right hand corner of the screen, click on ‘Create a Design’ and select ‘Presentation’. A blank page will appear
4. Drag and drop your profile picture from your files on to the blank page
5. Drag and drop the frame on to your profile picture
6. Use the arrows that appear when you click on the picture. Run your mouse pointer over the corners to adjust the size.
7. When you’re happy, click file (in the left hand corner of the screen) and scroll down to download.  Select JPEG as file type and then download.
8. Save a copy in a place you’ll remember and upload this as your profile picture on your chosen social media account

For more information, please contact [Stephanie.danson@manchester.ac.uk](mailto:Stephanie.danson@manchester.ac.uk)

