World Autism Acceptance Month – social media profile picture template

Step 1: Access Your Template Directly

1. **Click the Provided Link:**
   - Simply click the link we have provided. This will take you straight to your custom template on Canva.
2. **Log In or Sign Up for Free:**
   - Once the template opens, log into your Canva account. If you don't have one, sign up for a free account – it's quick and gives you access to hundreds of templates.
3. **Template Preview:**
   - After logging in, you should see your frame design featuring a placeholder image (the cartoon with hills and a cloud).

Step 2: Upload Your Photo

1. **Locate the Uploads Panel:**
   - On the left-hand side of the screen, click on the **"Uploads"** tab.
2. **Upload Your Image:**
   - Click on the **"Upload media"** button.
   - Select **"Device"** (or another option if your photo is stored elsewhere) and choose the photo you wish to use.
   - Wait a moment for the photo to upload – it will appear in your uploads panel.

Step 3: Replace the Placeholder with Your Photo

1. **Drag Your Photo:**
   - Click and hold your uploaded photo.
2. **Drop It on the Placeholder:**
   - Drag it over the placeholder image (the cartoon image with hills and a cloud) in the template and release the mouse button.
3. **Adjust as Needed:**
   - If your photo isn't perfectly positioned or sized, double click on it.
   - Use the corner handles to resize it or click and drag to reposition until it fits just right.

Step 4: Download Your Customised Design

1. **Prepare to Download:**
   - Once you're happy with your design, locate the **"Share"** button at the top-right corner of the screen.
2. **Select Download Options:**
   - Click **"Share"** and then select **"Download"** from the dropdown menu.

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- Choose **"PNG"** as the file type.
3. **Download Your File:**
   - Click the **"Download"** button to save your customised design as a PNG file to your computer.

Step 5: Change Your Social Media Profile Picture

1. **Log In to Your Social Media Account:**
   - Open your social media app or website and log into your account.
2. **Go to Your Profile Settings:**
   - Navigate to your profile page and look for an option such as **"Edit Profile"** or **"Change Profile Picture."**
3. **Upload the New Profile Picture:**
   - Select the option to change or update your profile picture.
   - Choose the PNG file you downloaded from Canva.
4. **Save Your Changes:**
   - Confirm or save your changes, and your new profile picture will be updated.