

Guidelines for Post on Nar-Anon Family Groups Instagram Account
Account Name: naranonfgh

- Our efforts are guided by the principles of the Nar-Anon Family Groups.
- In keeping with the principle of anonymity, faces of real people should not be used in posts.
- Informational content for posts should be from conference-approved material using the 25% rule. For information on the 25% rule, refer to the Copyright and Trademark Information section (pp. 27 – 29) of The Guide to World Services.
- Instagram post size is 1080 x 1080 pixels. Nar-Anon is using Canva, a graphic design tool, and their Instagram templates for creating and scheduling posts.
- Images uploaded for use on Instagram should be in jpg or png format.
- Images used in posts must be in the public domain. Public domain images are photos, clip art or vectors whose copyright has expired or never existed in the first place and can be used for personal and commercial purposes.
- Fonts should be readable.
- If using the logo, only conference-approved Nar-Anon logos should be used. A Logo Kit is available upon request and a request form is available at <https://www.nar-anon.org/logokit/?rq=Logo%20kit>
- Consider adding Nar-Anon’s website address <www.nar-anon.org> and/or 800 number (800-477-6291) to the post.
- Cite source of Nar-Anon material used in posts (e.g., SCNewsletter, June 2023; SESH, June 26).
- Members or service bodies submitting content must include a signed release form with their submission. Consideration for posting cannot be given without such written authorization.
- Content to be considered for use and the release form should be submitted to socialmedia@nar-anon.org .