**Periscope instructions**

Periscope is a live-streaming app which allows you to watch videos through your iPhone, Android or tablet, at anytime, anywhere.

**How to create a Periscope account**:

1. Download the Periscope app from the [iTunes App store](https://itunes.apple.com/us/app/periscope/id972909677?mt=8) or the [Google Play Store](https://play.google.com/store/apps/details?id=tv.periscope.android).

**To sign up with Twitter:**

1. Sign in using your Twitter account details.
2. Your Twitter profile picture and bio will be applied to your Periscope account, and you’ll be shown a list of suggested followers based on who you follow on Twitter.
3. Enter your name.
4. Choose a Periscope username (handle). This can differ from your current Twitter handle.
5. Your bio information transfers over from Twitter.

**Find contacts**

You can find us by:

* 1. Tapping the **People Tab**.
  2. Tapping the **magnifying glass icon** on the top left on iOS and bottom right on Android.
  3. Entering our name in the search bar.

If you’re a student, search for SF\_England

If you’re a practitioner, search for SF\_Exchange

1. To follow anyone, just tap the "+" icon

**Join a broadcast**

If you’re already following us, make sure your notifications are turned on and you’ll be alerted when a broadcast starts.

Or, you’ll find a link on Twitter when the broadcast starts.

**Share a broadcast**

You can share a live broadcast you're watching by swiping right on iOS and up on Android and tapping **Share**. The shared broadcast will show up on your contacts home feed. On Twitter, you'll be able to share a broadcast with specific people on your follower list or all your followers.  You can also copy the link and share it on other platforms.