



## Sharing a YouTube Video on Facebook and Instagram

### Share a YouTube Link on Facebook

#### Method 1: Direct Link Sharing

- **Find the YouTube Video.** Go to YouTube and find the video you want to share.
- **Copy the Video URL.** Click the "Share" button under the video and copy the URL.
- **Post on Facebook.** Open Facebook and go to your news feed or profile. Paste the YouTube URL in the "What's on your mind?" box. Facebook will automatically generate a video preview. Add any text or hashtags you want, then click "Post."

#### Method 2: Upload the Video Directly to Facebook

- **Download the Video.** Use a YouTube video downloader to save the video to your device. The PATHS videos are not copyrighted so it's okay to do this.
- **Upload to Facebook.**
  - Go to Facebook and start a new post.
  - Click on "Photo/Video" and select the video file from your device.
  - Add a caption, tags, or hashtags, and click "Post."

### Share a YouTube Link on Instagram

#### Method 1: Sharing via Stories with a YouTube Link

- **Find the YouTube Video.** Go to YouTube and find the video you want to share.
- **Copy the Video URL.** Click the "Share" button under the video and copy the URL.
- **Create an Instagram Story.** Open Instagram and swipe right to create a new Story. Take a photo or video or select one from your gallery.
- **Add the YouTube Link (if you have a business account or over 10k followers).** Tap on the chain link icon or the sticker icon and select the "Link" sticker. Paste the YouTube video link. You can customize the sticker text.
- **Post Your Story.** Customize your Story as you like and tap "Your Story" to post.

#### Method 2: Uploading the Video to Instagram for Posts and Reels

- **Download the Video.** Use a YouTube video downloader to save the video to your device. The PATHS videos are not copyrighted so it's okay to do this. Instagram does not allow clickable links in regular post captions, so direct video uploads are more effective for sharing videos on this platform.
- **Edit the Video (Optional).** Trim the video to fit Instagram's length limits (up to 60 seconds for a Post or up to 90 seconds for Reels). You can use apps like [InShot](#) or [Adobe Premiere Rush](#).
- **Post on Instagram.** Open Instagram and tap the "+" button to create a new Post or Reel. Select the video from your gallery. Edit your video with Instagram's tools. Add captions, tags, or hashtags, and then share it.