OUTWARD BOUND USA
ZOOM BACKGROUNDS

How to Use:
1. Open up your Zoom meeting.
2. In the bottom left corner of your screen click **Start Video**.
3. Click the 'Up' arrow to the right of the video button to display an options menu.
4. Select **Choose a virtual background…**
5. A pop-up menu will display with options, click on the **(+)** button to upload your own background.
6. Choose file and you are set!
7. If the picture is displaying backwards, return to the option menu mentioned in #3 and select **Video Settings.** Under **My Video** uncheck **Mirror my video**.