

# Canvas: Profile Picture Guidelines



You can upload an avatar, or profile picture, that will represent you throughout the Canvas system. This avatar will appear in multiple places throughout Canvas, including Discussion Boards and People pages, and will be viewed by your instructors and others in your classes. It is a great way to personalize your Canvas identity.

- [How do I add a profile picture to my user account as an instructor?](#)
- [How do I add a profile picture to my user account as a student?](#)

## Recommendations for a great profile picture

When choosing an image for your ODU Canvas profile, select a photo that:

- reflects your current appearance, taken within the last five years.
- features your entire face, positioned in the center of the picture.
- has no other people, either in focus or in the background.
- does not contain distracting objects in the background.
- is free of sunglasses, hats or other facial objects that mask your features.
- does not include captions, watermarks or image-distorting overlays or filters.

## Restrictions / appropriate use

Remember that at ODU, it is prohibited to:


- transmit or display images, sounds or messages that might be perceived by a reasonable person as being, or have been identified as, harassing;
- access pornographic or obscene materials; or
- impersonate another person or misrepresent authorization to act on behalf of others.

Violations of these restrictions will be referred appropriately and dealt with in accordance with current policies. Users can contact [ITS Help Desk](#) to report inappropriate content.

If you have any questions or concerns, please contact [itshelp@odu.edu](mailto:itshelp@odu.edu).

### Information Technology Services

[www.odu.edu/its](http://www.odu.edu/its)

 (757) 683-3192

 [itshelp@odu.edu](mailto:itshelp@odu.edu)

 1100 Monarch Hall

 [oduits](#)  [odu\\_its](#)