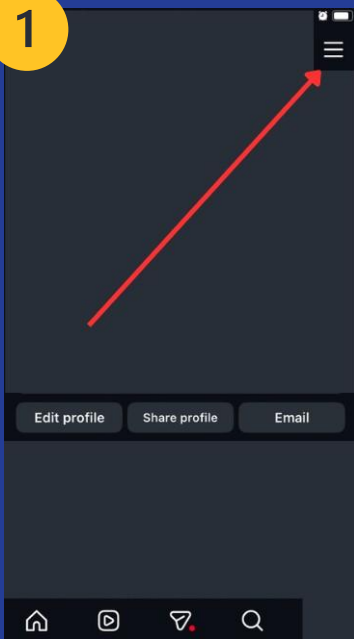


Instagram: Improving Your Feed



Starting on your profile, follow the below steps to remove specific topics and hashtags from your “For You” page on Instagram.

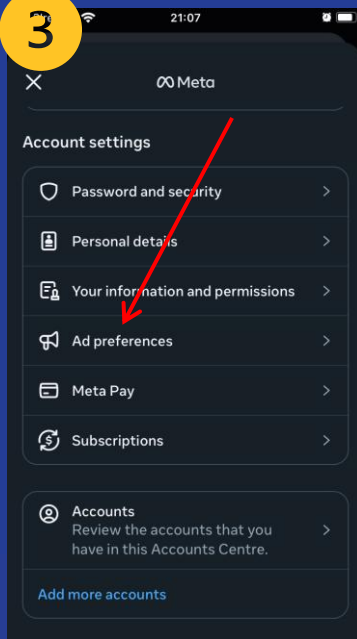
1



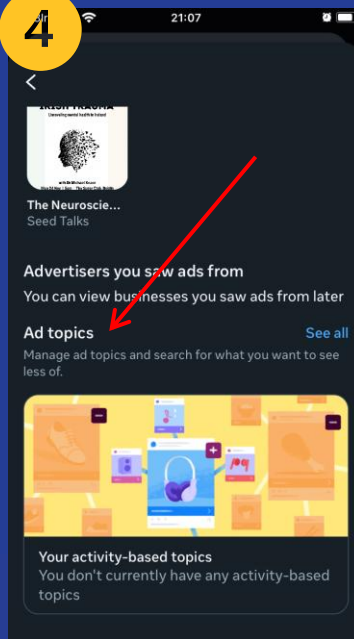
2



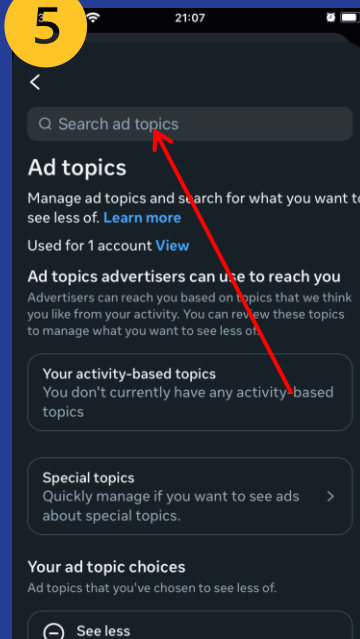
3



4



5



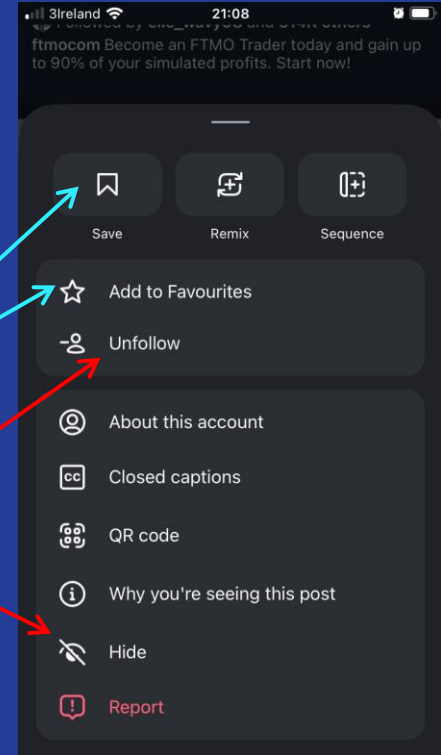
Instagram: Removing Videos from your Feed



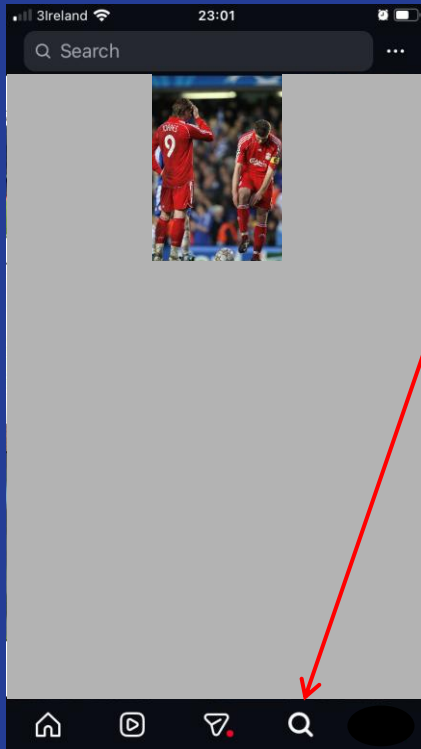
To change what videos appear on your feed, start by clicking the three dots at the top of the video.

If we like the video, and wish to see more content like this, we can hit “**Save**” or “**Add to Favourites**” (blue).

However, when a video appears that we don’t like, or that makes us feel uncomfortable or triggered and then hit “**Unfollow**” or “**Hide**” (red).



Instagram: Removing Content from Explore Page



Click the search icon to go to your explore page.

Hold down firmly on any video that you want to remove.

You will see a pop-up list, and you can select "Not interested."

