

# Improving Our Social Media Experience

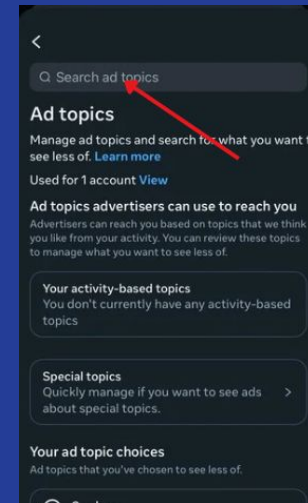
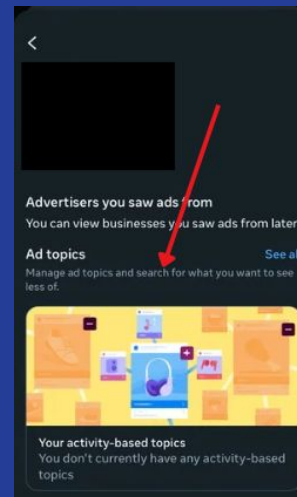
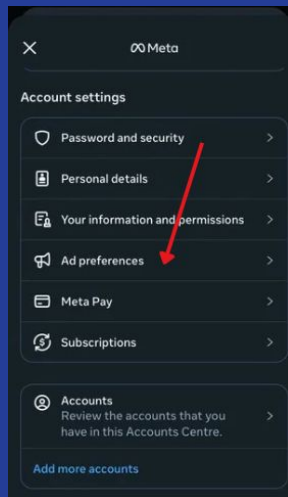
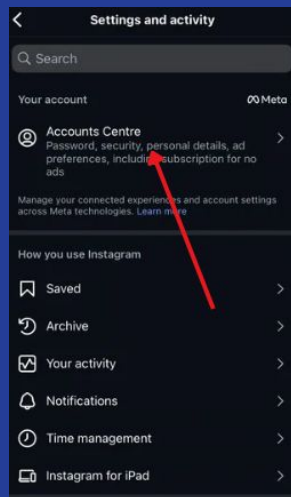
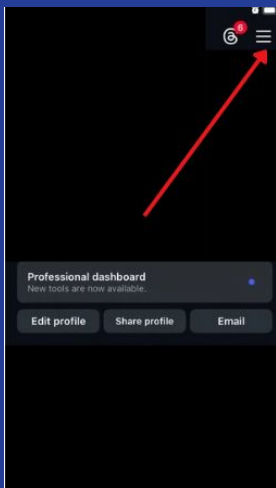
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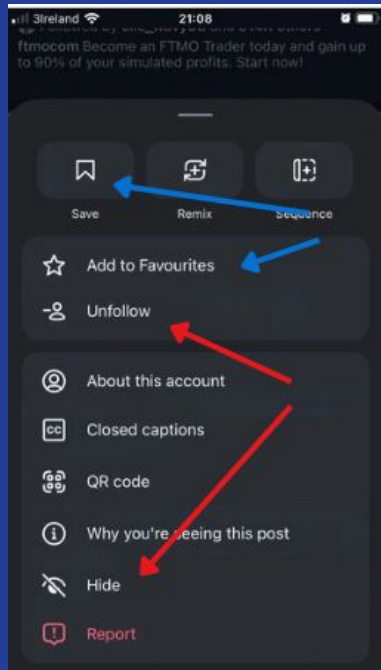
# Instagram: Improving Your Feed

- These steps below will allow you to remove certain topics & hashtags from your For You Page





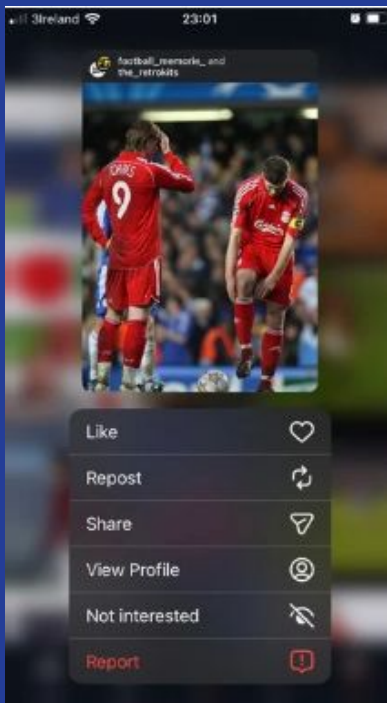
# Instagram: Removing Videos from your Feed



- When a video appears that we don't like, or that makes us feel uncomfortable or triggered, we can click the “3 dots” and then hit “unfollow” or “hide” (red arrows)
- However, if we like the video, and wish to see more content like this, we can hit “save” or “add to favourites” (blue arrows)



# Instagram: Removing Content from Explore Page

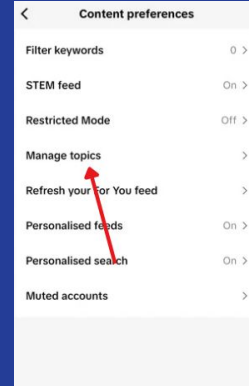
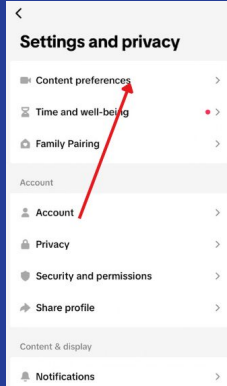
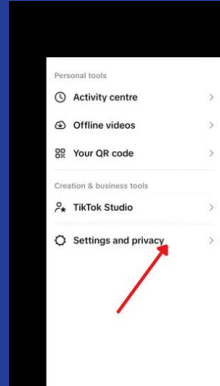
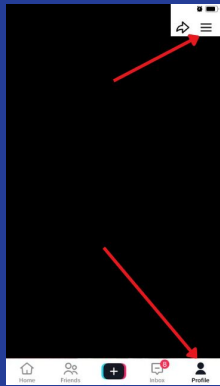


- Click the search icon to go to your explore page
- Hold down on any video that you want to remove
- You will see a pop-up list, and you can select “not interested”

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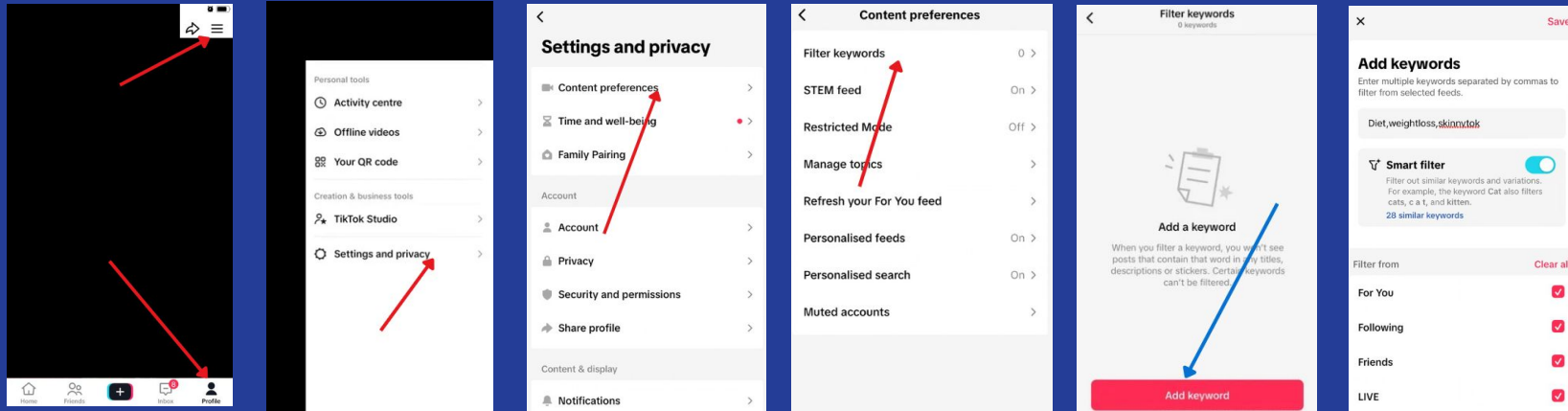
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# TikTok: Improving Your Feed by Topic



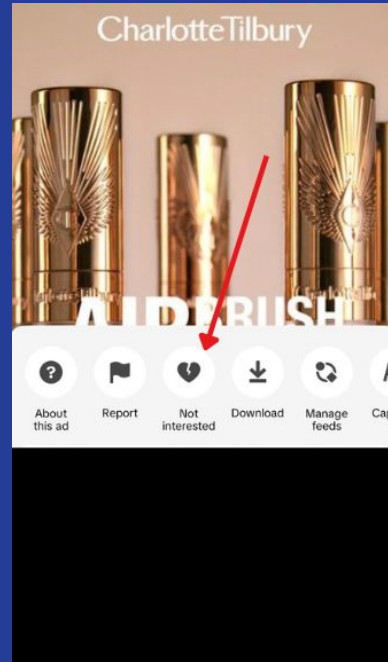
- We can tell our FYP what topics we want to see more/less of using the sliding tool above

# TikTok: Removing Certain Keywords



- We can tell our FYP what keywords we want to see less of
- This allows us to remove triggering or upsetting content from our feed

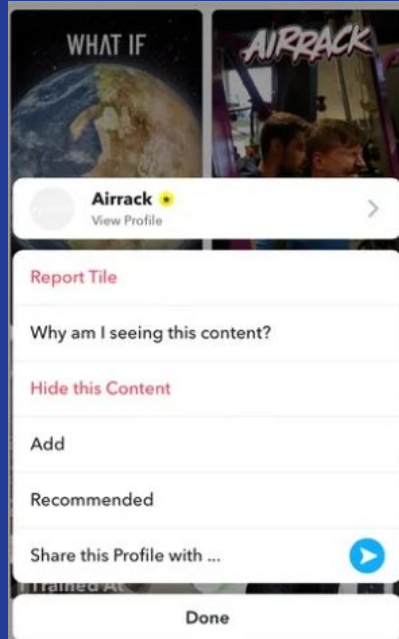
# TikTok: Removing Videos



- When a video appears on your feed, hold down in the middle of the screen.
- This menu will appear, and you can tell TikTok that you are not interested in this particular content



# Snapchat: Removing Content from Discover



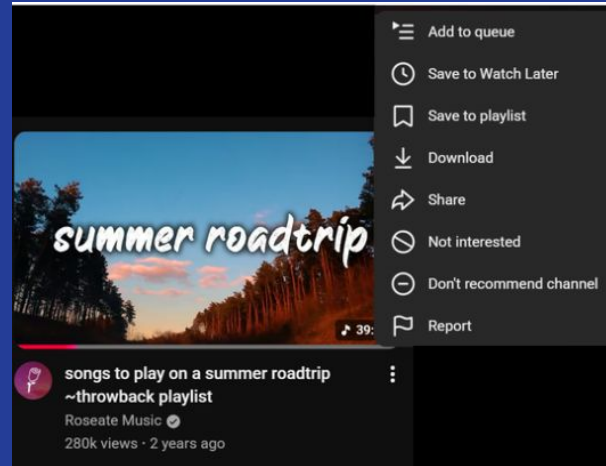
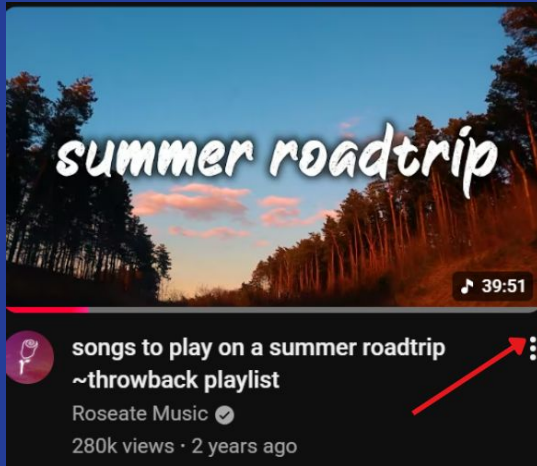
- On the Snapchat “Discover” page, you can remove certain content by holding down over the post, and then clicking “Hide This Content” on the pop-up menu

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# Youtube: Improving your FYP



- By clicking the “3 dots” below a video, you can access a pop-up menu
- Here you can select “Not interested” or “Don’t recommend channel” to remove content from your feed