

Step-by-Step Blurring Guide for YouTube Compliance

Blurring sensitive visuals in your YouTube videos helps **prevent age restrictions, demonetization, or strikes**. YouTube's AI scans **video frames for restricted content**, such as cannabis products, consumption, or branding. This guide walks you through **how to blur visuals in different editing tools** to keep your content **compliant and monetized**.

Why Blurring Is Important for YouTube Compliance

- ✓ Prevents YouTube AI from flagging cannabis-related visuals.
- ✓ Reduces the risk of age restrictions or demonetization.
- ✓ Keeps videos engaging while staying compliant.
- ✓ Allows you to edit flagged content without re-uploading.

 **Pro Tip:** Blur objects **BEFORE** uploading to avoid manual review issues.

How to Blur Objects in Different Editing Tools

1 Adobe Premiere Pro (Best for Professionals)

✓ Steps:

- 1 Open your video and go to **Effects Panel** → Search for "**Gaussian Blur**."
- 2 Drag the effect onto your clip and go to **Effect Controls Panel**.
- 3 Click "**Create Ellipse or Rectangle Mask**" over the area you want to blur.
- 4 Adjust the **Blur Strength** (30-50 is recommended).
- 5 Click "**Track Forward**" to blur moving objects automatically.
- 6 Export your video with blurring applied.

 **Best for:** Professional content creators needing **precise control**.

 **Bonus Tip:** Use keyframes for smooth motion tracking.

2 CapCut (Best for Quick Mobile Edits)

✓ Steps:

- 1 Open **CapCut** and import your video.
- 2 Select your video and tap "**Effects**" → "**Blur**."
- 3 Resize and position the blur over **logos, packaging, or products**.
- 4 Tap "**Keyframes**" to make the blur follow moving objects.
- 5 Export the final video with blurring applied.

 **Best for:** Quick & simple blurring on mobile or desktop.

 **Bonus Tip:** Use feathering for a natural blur effect.

3 YouTube Studio (For Post-Upload Fixes)

✓ Steps:

- 1 Go to **YouTube Studio** → **Content** → **Select your video**.

- 2 Click **"Editor"** → **"Blur parts of your video."**
- 3 Choose **"Custom Blur"** and draw over the object you want to blur.
- 4 Enable **"Track Object"** to follow motion.
- 5 Save and apply changes (this may take time to process).

🔧 **Best for:** Fixing **flagged content AFTER uploading** (without re-uploading).

📄 **Bonus Tip:** Once saved, you **CANNOT** undo the blur—double-check before confirming!

🔊 How to Censor Words in Audio to Avoid Flags

- ✓ Use **"Mute"** or **"Bleep"** effects to remove flagged words.
- ✓ Split the audio track and silence restricted words manually.
- ✓ Use YouTube's auto-captions editor to remove flagged words from subtitles.

📄 **Pro Tip:** Silent gaps sound more professional than loud beeps.

🚀 Final Thoughts: How to Keep Your Videos Safe & Monetized

- ✓ Use blurring to censor cannabis visuals before uploading.
- ✓ Blur logos, product packaging, or consumption footage.
- ✓ Use motion tracking for objects that move on-screen.
- ✓ Censor flagged words in captions & audio.
- ✓ Always test the video for compliance before publishing.

By following this **step-by-step guide**, you can **reduce the risk of penalties while keeping your content engaging and monetized**.

🚀 Use this guide in every video edit to protect your channel!