

Step-by-Step Blurring & Censoring Guide

This guide walks you through **how to blur or censor cannabis-related visuals and words** to keep your YouTube content **compliant with YouTube's policies** and **reduce the risk of age restrictions, demonetization, or strikes.**

Why Blurring & Censoring Matters

- ✓ YouTube's AI scans videos for cannabis visuals & flagged words
- ✓ Uncensored visuals of cannabis products or consumption may trigger penalties
- ✓ Editing properly helps your video stay monetized & reach a wider audience

Blurring Cannabis Visuals: Best Tools & Methods

1 Using Adobe Premiere Pro (Best for Professionals)

✓ Steps:

- 1 Select your video clip and go to **Effects Panel** → Search for "**Gaussian Blur**"
- 2 Drag the **Gaussian Blur effect** onto the video clip
- 3 In the **Effect Controls panel**, adjust **Blur Strength** as needed
- 4 Use the **Masking Tool (Oval or Rectangle)** to target **specific areas (joints, buds, paraphernalia, logos, etc.)**
- 5 Click "**Track Forward**" to ensure blur stays on moving objects
- 6 Export the final video with **blurring applied**

 **Best for:** High-quality, professional edits where precise tracking is needed.

2 Using CapCut (Best for Quick Mobile Editing)

✓ Steps:

- 1 Import your video into **CapCut** (Free App)
- 2 Select the video clip and tap "**Effects**" → "**Blur**"
- 3 Adjust the **blur strength** and mask size
- 4 Tap "**Keyframes**" to keep the blur in place over time
- 5 Export your video with the applied blur

 **Best for:** Fast, simple blurring without needing a computer.

3 Using YouTube Studio (For Post-Upload Fixes)

✓ Steps:

- 1 Go to **YouTube Studio** → **Content** → **Select the video**
- 2 Click **Editor** → **Blur Parts of Your Video**
- 3 Choose "**Custom Blur**" → Adjust size and placement
- 4 Enable "**Track Object**" if needed for moving visuals
- 5 Click **Save & Process** (may take time to apply changes)

 **Best for:** Last-minute blurring of flagged content **without re-uploading.**

 **Bonus Tip:** YouTube Studio's blur tool is limited—use external editing software for more control.

Censoring Words in Spoken Audio & Captions

1 Using Adobe Premiere Pro

Steps:

- 1** Import your video into **Premiere Pro**
- 2** Go to the **Timeline** → **Right-click on the audio track** → **Unlink Audio from Video**
- 3** Select the audio and open **Effects Panel** → **Search for "Mute" or "Bleep" effect**
- 4** Apply the effect to the **specific word or phrase that needs censoring**
- 5** Export the edited video

 **Best for:** Professional edits where precise audio censorship is required.

2 Using YouTube Studio Captions (To Edit Auto-Generated Captions)

Steps:

- 1** Go to **YouTube Studio** → **Subtitles**
- 2** Select the video and click **“Edit Captions”**
- 3** Find flagged words in captions and replace them with **“[CENSORED]”** or a **neutral alternative**
- 4** Save and apply changes

 **Best for:** Avoiding flagged words in YouTube’s automatic speech recognition system.

Final Thoughts: How to Keep Your Videos Compliant

-  **Blur out any visuals of cannabis products or consumption**
-  **Censor flagged words in dialogue to avoid demonetization**
-  **Use safe words in captions & edit auto-generated subtitles**
-  **Test YouTube Studio’s blur tool for emergency fixes**
-  **Always review your video for compliance before uploading**