

## Ways to Block Gambling Ads for Social Media

### 1. Facebook

**Limit Ads:** Navigate to Settings & Privacy > Settings > Meta Accounts Centre > Ad Preferences > Ad Topics > Special Topics, and Deselect "Gambling".

### 2. X

**Limit Ads:** Go to Your **Privacy Settings** > Interests From X > Toggle Off 'Sports Betting.'

**Mute Words and Phrases:** Settings and Privacy > Privacy and Safety > Mute and Block > Muted Words.

### 3. Instagram

**Limit Ads:** Navigate to Settings and Activity > Accounts Centre > Ad Preferences > Ad Topics > Special Topic > Deselect "gambling."

**Mute Words and Phrases:** Settings and Activity > Hidden Words.

### 4. TikTok

**Limit Ads:** Navigate to Your Profile > Click the Three Lines in the Right Corner > Settings and Privacy > Ads > Manage Ad Topics > Other > Toggle 'Real Money Gaming' off.

**Mute words and phrases:** Settings and Privacy > Content preferences > Filter video keywords.

### 5. Bluesky

Unfortunately, Bluesky doesn't have a specific way to turn off gambling ads. However, if you see a gambling ad, click the three dots and click "not interested" or "report," which will stop the algorithm showing similar ads to you.

### 6. YouTube

**Limit Ads:** Go to **My Ad Centre** > Make Sure Personalised Ads Are Turned on > Customise Ads > Sensitive, Then Toggle "Gambling" to "See Fewer."