How (and when) to Block Someone on Instagram

By **MAX SEARCY**

So, you're scrolling through Instagram, and usually that means you're having fun seeing a bunch of cool stuff — your friend's cute puppy, maybe some travel pics, the occasional meme. But then, you run in to the other side of the app. That one person who always leaves weird comments, or maybe you keep getting messages that just make you uncomfortable? That kind of thing can really spoil the fun.

Instagram should be your happy place, where you catch up with friends, find some inspiration, or just chill and unwind. But when people start messing with your vibe, it's 100% okay to hit that block button. Let's talk about when it's time to do that and how to actually do it without making it a big deal.

When to Block: It's Not a Huge Deal

- They're Creeping You Out If someone's sending messages or leaving comments that make you feel uncomfortable for any reason, blocking is a no-brainer. You don't owe anyone your time or attention, especially strangers on the Internet.
- Too Much Negative Energy Got a follower who's always a downer or picking fights in the comments? You don't need that kind of negativity. Block.
- Hey, that's mine! If someone's sharing your stuff without permission or worse — pretending to be you, it's important to shut that down quickly.
- Spam Alert Non-stop pointless posts, comments, or messages? Quiet the noise by blocking the spammers. Your feed's better off without them.
- Just Not Feeling It Sometimes, you can't put your finger on it, but someone just rubs you the wrong way. If their posts just don't sit right with you, trust your gut.

[screenshot of the options menu with Block highlighted]

How to Block Someone on Instagram

Fortunately, if any of these situations describe something happening to you, Instagram makes it super easy to block the offending account and get back to carefree scrolling.

Take care of it in three easy steps:
1. Find the person you want to block by searching for their username or tapping on their name in your feed or comments.
2. Tap on the three dots in the top right corner of their profile.
3. Tap 'Block' and Instagram will ask if you're sure. Tap Confirm.

That's all there is to blocking an account on Instagram. Now, you won't see anymore content from them, and vice versa.

[screenshot of a blocked account]

What Happens After You Block Someone?

All blocking does is basically remove any way for the other profile to interact with you. They won't see your comments or posts, and you won't show up in their searches anymore. On the flip side, their content and profile will be just as invisible to you. You might feel a bit weird for blocking someone if you haven't done it before, which is totally normal. Remember, your Instagram is yours. You get to decide who you interact with and what kind of energy you want to cultivate in that space. Blocking someone isn't starting drama; it's protecting your profile from it!

Instagram's a great place to hang out, as long as it feels good to be there. Don't be afraid to block when you need to. Think of it like tidying up your room; you want the space where you spend a lot of time to be a place you actually enjoy. You should enjoy your time online, not stress over it.