

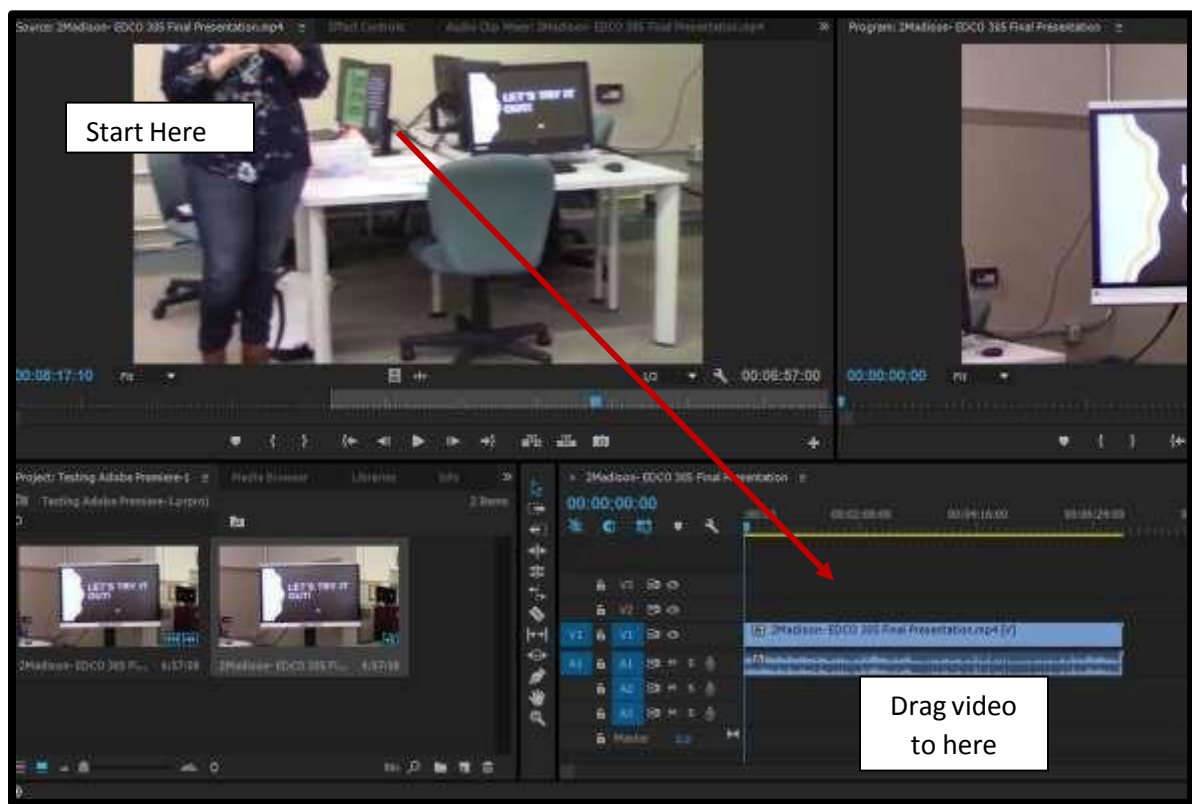
## Blurring Faces Using Adobe Premiere Pro

### Blurring a Face

We recommend this only as a last resort as it does take some time and skill to blur a face in Adobe Premiere Pro. In order to blur a face, you will need to make a copy of your video, then apply some filters so that the face can be blurred in the appropriate location. We recommend trimming your video first, so that you have less video to work with as you are blurring the face.

### Make a copy of your video

1. Drag your video from the Source Pane to the Timeline Pane in the lower right of the screen. The video will be shown in the V1 timeline in the lower right pane of Premiere Pro.



2. Drag your video to the Timeline Pane a second time, but this time be sure to drag it to the V2 timeline



### Applying Effects to the Video

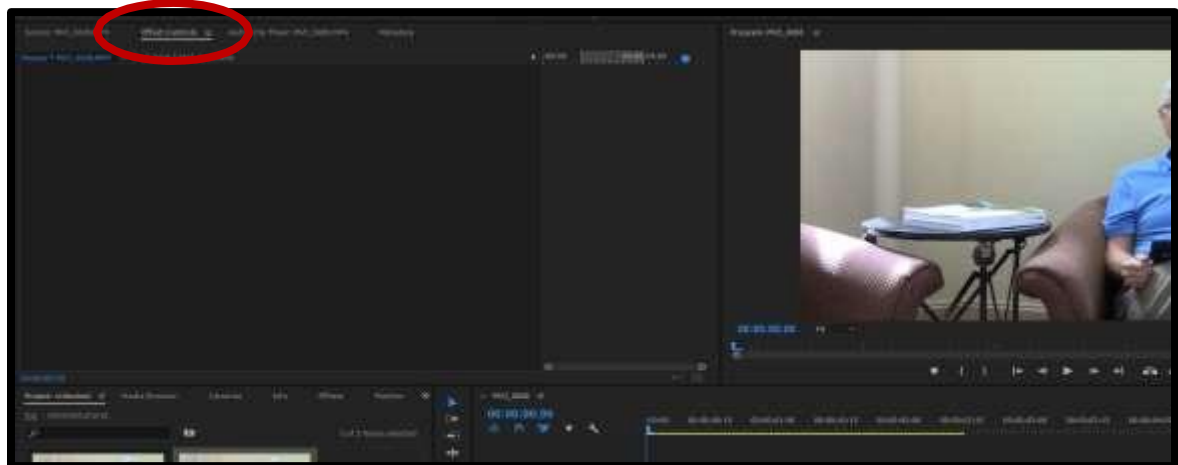
3. Click the Lock next to the V1 timeline to keep any effects from applying to the original video. The lock will show a closed lock icon and turn blue when it is closed. Diagonal stripes will also be shown on top of the video in the timeline.



4. Click on the video in the V2 timeline. It will turn gray



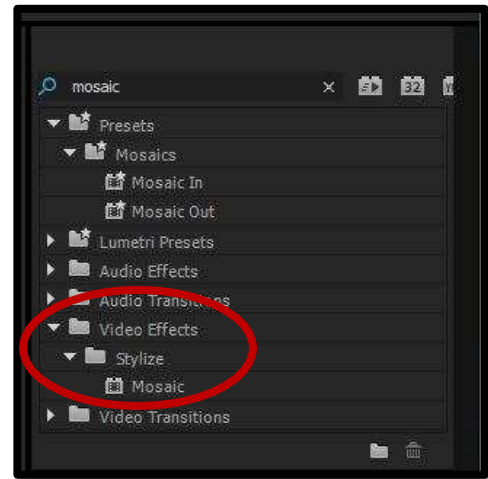
5. Click **Effect Controls** in the Source Pane in the upper left corner. This will open the effects pane so that you will be able to easily see when effects are applied in the next few steps. You will also return to this pane to adjust the effects.





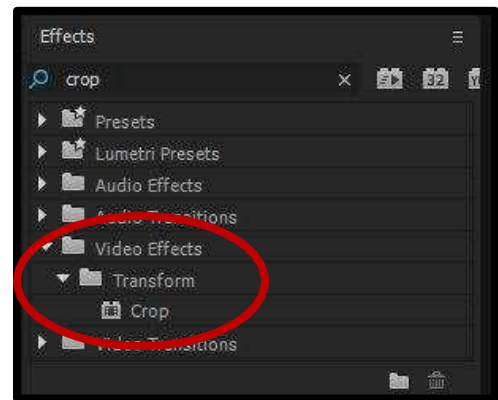
- The Effects Pane will open to the right of the screen. Search for **Mosaic** in the search bar, then choose the Mosaic feature listed under Video Effects > Stylize
- Drag the Mosaic “lego” piece on top of the video in the V2 timeline pane at the bottom of the screen. This will apply a mosaic to the entire clip

Note: You will see the Mosaic effect added in the Effect Controls within the Source Pane in the upper left of the screen, when you apply it to the video.



- In the search bar in the Effects Pane, type **Crop** then choose the Crop feature listed under Video Effects > Transform
- Drag the Crop “lego” piece on top of the video in the V2 timeline pane. This will give you the opportunity to crop the video later on to apply the mosaic only where you want it on the screen.

Note: You will see the Crop effect added in the Effect Controls within the Source Pane in the upper left of the screen when you apply it to the video.



### Cropping the Video to Blur Just One Face



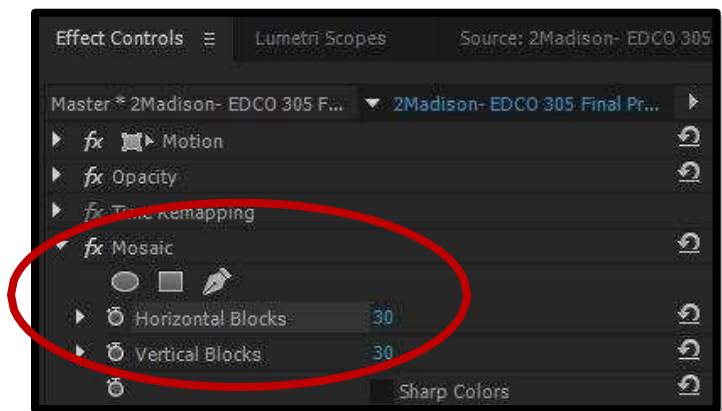
11. In the Effects Controls Pane on the left side of the screen, click the box with small squares in the corner next to the word Crop to bring up a box on the movie.

Note: There is a similar square box under the word Crop. You don't want to choose that one.

12. In the Program Pane window in the upper right of the screen, you will see the entire video outlined with a blue box. You can click and drag the handles of the crop box to adjust it anywhere it needs to be on the screen. Click on it in the middle to drag it around on the movie and place it over someone's face. Leave the box in the correct location for now.



13. In the Effect Controls Pane in the upper left of the screen, change the number of Horizontal and Vertical Blocks made by the mosaic effect so the boxes are smaller and blur the face better.



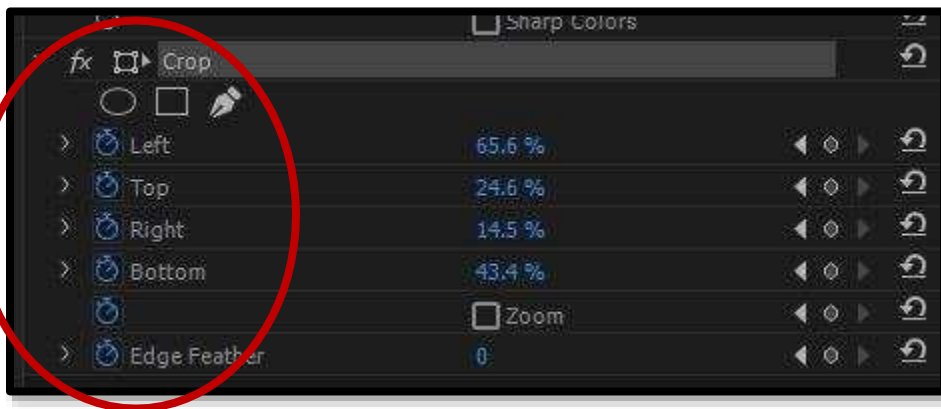
We recommend that you set the horizontal and vertical blocks to 30. You can adjust this number as needed to make the face more or less blurred out.

If your subject does not move much during the video, you can leave the box here, and let it remain for the length of the video. If your subject moves, then you will need to adjust the box to move with your subject as the video is playing.

### Moving the Mosaic box During the Video

You will need to make a few more changes to the effects settings to move the box on the screen.

14. First, turn on the keyframes in the Crop effect. Do this by clicking the timer icons to the left of all settings in the Crop effect, so that the timers turn color from white to blue.



15. Click the button to the left of the word Crop to be sure you see the blue box around the area you would like to blur.

16. Once you have the box where you need it in your video, use the right arrow key on your keyboard to play the video one frame at a time. The audio will sound choppy, but the video will advance more slowly than by pressing play, so you will have the opportunity to see where the blurred image is on the screen.



17. Click in the middle of the crop box to move the crop box on the screen as needed while the video is playing in slow motion to keep the face blurred as the video plays

18. Be sure to watch the video again at real speed using the play button to determine if you need to adjust the crop box at any time during the video.

19. When the crop box is no longer needed, make it as small as can be and place it back in a corner for the remainder of the video.
20. Change the Mosaic settings so that the horizontal and vertical blocks are 1. This puts just a small fade to the background of the video. You can't change the blocks to 0, which is why you will need to hide the mosaic filter in the corner of your video.

### **Additional References to Help you Learn How to use Adobe Premiere to Blur Faces**

How to Blur Faces- [https://www.youtube.com/watch?v=QR8Wta3kV\\_4](https://www.youtube.com/watch?v=QR8Wta3kV_4) This video is more advanced than our directions, but helps if you want to see another way to blur faces.

Note: The next pages contain the directions for saving and exporting the video. These directions can also be found in the [Clipping Your Video Using Adobe Premiere Pro](#) directions on the ITC website.

## Save and Export your Video

Before exporting your video, we recommend that you save it one more time. Exporting the video is probably the most complicated series of steps, so be sure to follow directions carefully. If the export does not work correctly, look back to determine if you missed a step in the process.

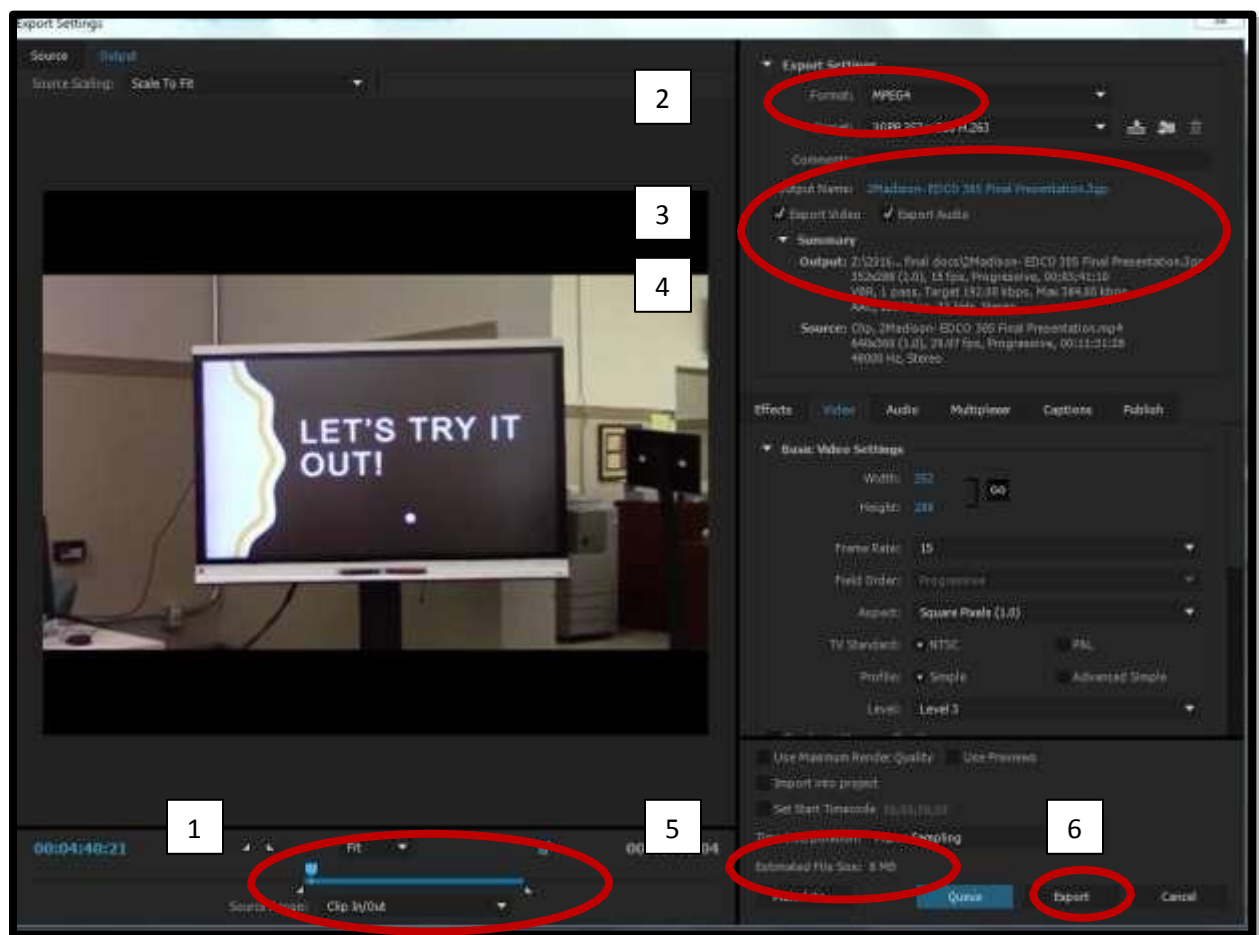
To Export your video, go to **File > Export > Media** from the menu bar.

Note: If this is grayed out in the menu bar, be sure to click on the movie in the Source Pane and then try again.

### Choosing Export Settings

On the LEFT side of the export window at the very bottom:

1. In the **Source Range** drop down box, choose **Clip In/Out** as the source. This will ensure that your clipped file will export and not the entire file.



On the RIGHT side of the export window:

1. Change the **Format type to MPEG4**
2. If you want to name the file something different, then change the **Output Name** by clicking in the box where the name of the file is blue, and renaming the file. Click **Save** in the window that opens.
3. Make a note of where the file is exporting to by looking in the Summary section. It will export to the same place as it was imported from. To change the location of the exported file, click the name of the file in blue in the **Output Name** box, browse to a new location and click **Save** in the window that opens to save to that new location.
4. Make a note of the estimated file size to be sure it is under 100 MB. If it is larger than 100 MB, you will need to see the directions for compressing the video using Handbrake which can be found on the ITC website.
5. Click the Export button to begin the export process.
6. Play the video to make sure everything has exported the way you want it to.