

Change your background in Google Meet

To help limit distractions or make video calls more fun, you can now blur your background or replace your background with an image.






Important: Sensitive information might be visible when you change your background.

Check if you meet [the requirements](#) before you change your background.






Change your background

Important: Users who join the video call while not logged into a Google account and users which need to knock to get admitted, can only change their background once in the video call. Users who join a Google Workspace for Education video call can't select their own background images.

Before a video call

1. [Go to Google Meet](#)  > select a meeting.
2. On the bottom right of your self view, click Change Background 
 - a. To completely blur your background, click Blur your background .
 - b. To slightly blur your background, click Slightly blur your background .
 - c. To select a pre-uploaded background, click a background.
 - d. To upload your own image for your background, click Add .
3. Click Join Now.

During a video call

1. On the bottom, click More .
2. Click Change background 
 - a. To completely blur your background, click Blur your background .
 - b. To slightly blur your background, click Slightly blur your background .
 - c. To select a pre-uploaded background, click a background.
 - d. To upload your own image for your background, click Add .

Tip: Your camera is automatically turned on when you click Change background.

Changing your background may slow down your device. You may want to turn this feature off to allow other apps to run faster on your computer.