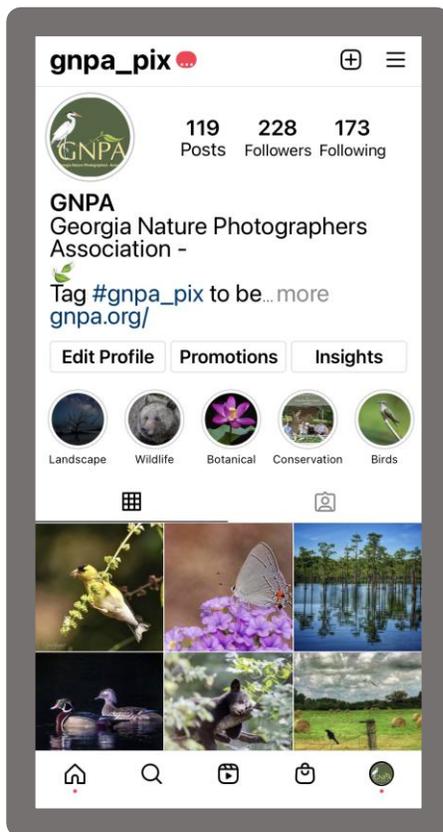# Finding People To Follow On Instagram

By Jenny Burdette

If your main feed on Instagram is filled with mostly ads, you need to follow more people! Choose whom you follow carefully, and you will see more content that you like.

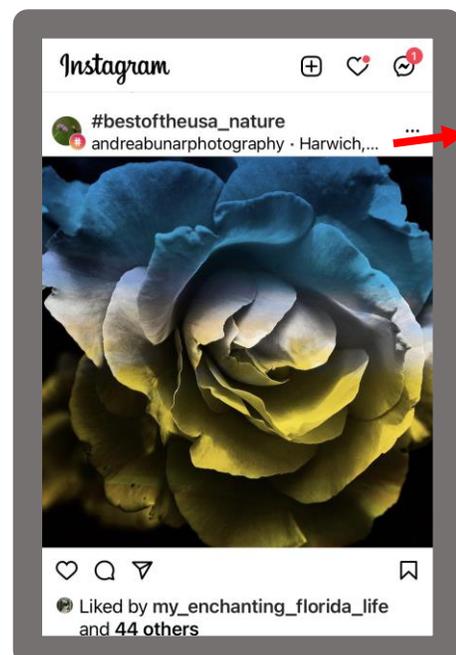So how do you find these amazing photos? Start with GNPA's page, @gnpa_pix.

Click on the number of people that GNPA is following, which appears to the right of our logo. It will open a list of the user names and the hashtags that our page follows.

Click on each user name to go to that person's profile page. If you like what you see, click on the blue "follow" icon. If not, just use the back arrow in the upper left to go back to the list and try the next person. Work your way down the list.

Do this for any of the pages that you follow or whose content you like. You'll find the hashtags (#) that the person/page follows. Check those out as well and follow any that you like. Following a hashtag will put any post using that hashtag on your main feed, even if you don't follow the user who posted it.

Following a hashtag looks like this when the post appears on your main feed.

You can also check out the people who follow a page or account. Click on the number of followers to open a list of all people/pages following GNPA.

Always check the page and its content before automatically deciding to follow it. Make sure you like the content. If you don't care for it, don't follow. If it's a private page, you will see a notice that it's private and you won't be able to see the content. Instead, you will need to request to follow, and then be accepted, before you're allowed to view any content.
Remember that @gnpa_pix is a public page, so anyone can follow us.

Personally, I never follow someone I don't know if I can't see their content first. Of course, you can always "unfollow" later.

As you become more active on Instagram, people will begin to follow you. Check out their profile page and photo grid before following them back.

If you are picky about the pages you follow, you will only see content that you like on your IG feed. You will still see some ads, of course. But Instagram tailors the ads to the content and users that you follow, so even the ads will get better.