Choose "Join with Video" and "Join with computer audio"

PLEASE Turn your mic and camera OFF once you're connected

Windows users: move your mouse to the bottom of the screen and look for an options bar like this ...



iPad and tablet users: tap at the top of the screen and look for something like this



When the camera and mic are OFF there's a red line through the mic and camera pictures, like this ...



If they're not off, click or tap on the mic/camera picture until a red line shows.