RAISING SAFE DIGITAL CITIZENS:

A PARENT'S GUIDE TO ONLINE SAFETY

PROXYWARE

Dear Parent or Caregiver,

The digital world can feel overwhelming, especially when your kids seem to know more about it than you do. From social media to gaming apps to classroom tablets, your children are navigating a connected life from an early age.

At Proxyware, we believe your family deserves to explore the internet safely. This guidebook is here to help you protect what matters most: your kids.

We hope these pages empower you to take control, start honest conversations, and set smart boundaries. With the right information, you don't have to feel helpless. You can feel prepared.

Let's raise a safer digital generation together.

With care,
The Proxyware Team

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DIGITAL BOMBSHELL STATS

59% of teens say they've been bullied online

1 in 3 kids have seen inappropriate content by age 10

75% of sex trafficking begins online

2+ hours of screen time a day = higher anxiety risk

WHY ONLINE SAFETY MATTERS

Children and teens today grow up in an online world. While digital tools can enhance learning and connection, they also expose kids to risks: scams, predators, bullying, and inappropriate content. The internet doesn't have a bouncer and kids can wander into places that aren't safe, often without knowing it.

As a parent, your goal isn't to control every click. It's to guide your children, build trust, and stay informed enough to recognize danger before it causes harm.

KNOW THEIR DEVICES

Do you know…

- Every app on your child's phone/tablet?
- Whether they can access a browser?
- What info their games collect?

Check devices weekly.

Curiosity = prevention.

COMMON THREATS KIDS FACE ONLINE

- **Cyberbullying:** Hurtful messages or rumors via text, social apps, or games.
- **Online Predators:** Adults who pose as peers to build trust and groom children.
- **Sextortion:** When a child is manipulated into sending photos or videos that are later used to threaten or blackmail them.
- **Phishing & Scams:** Fake links or messages disguised as school, games, or friends.
- **Inappropriate Content:** Violent, sexual, or hateful material accessed via search or shared by others.
- **Digital Addiction:** Excessive screen time affecting mental health, sleep, and behavior.

RED FLAGS TO WATCH FOR

- Sudden withdrawal from devices or hiding screens
- Secretive behavior about online activity
- Increased anxiety, fear, or mood changes after being online
- Unexpected charges, new contacts, or unfamiliar apps
- Talking about a "new friend" they won't let you meet
- Reluctance to go to school or social events

Talking with Your Kids About Internet Use

Start conversations early. Keep them ongoing. Try:

"What apps do you like right now? Show me how they work."

"Has anyone ever said something weird to you online?"

"Do you know what to do if someone sends something uncomfortable?"

Stay calm. If your child admits to something risky, don't punish first. Praise their honesty, then act.

Safe Apps for Young Kids

- **PBS Kids**
- **Sago Mini World**
- **Khan Academy Kids**
- **ABCmouse**
- **Toca Boca**

Always check Common Sense Media for reviews.

AGE-BASED SAFETY TIPS

Ages 3–7
- Supervised screen time only
- Begin explaining why personal info is private

Ages 8–11
- Set daily screen limits
- Co-play games and visit websites together
- Discuss how to spot fake links and inappropriate messages

Ages 12-15
- Require privacy settings on social apps
- Talk about cyberbullying, peer pressure, and sextortion
- Help them build a personal code of online ethics

Ages 16+
- Shift to coaching instead of controlling
- Encourage self-regulation with device time

FAMILY TECH AGREEMENTS

Use these templates to create household rules:

EXAMPLE RULES:

1. No screens at dinner or bedtime
2. Ask before downloading a new app or game
3. Never share passwords, photos, or private info online
4. Talk to us if anything feels off or uncomfortable

Encourage your kids to help write the rules—they'll be more likely to follow them.

SAFE BROWSING TOOLS & PARENTAL CONTROLS

FREE TOOLS:

Google Family Link

Apple Screen Time

YouTube Kids

Bark (monitoring + alerts)

Common Sense Media (app reviews)

Use tech to help you parent— not to replace parenting.

What to Do if Something Goes Wrong

1. **Stay Calm:** Don't overreact. Keep communication open.
2. **Document It:** Take screenshots or save messages.
3. **Block and Report:** Use app tools to block harmful users.
4. **Notify Authorities:** Report sextortion, grooming, or threats to law enforcement.
5. **Seek Support:** Consider counseling for emotional effects.
6. **Use Proxyware:** Our technology helps stop many online threats at the source.

ABOUT PROXYWARE

Proxyware is designed to protect people, not just machines. Our technology works quietly in the background to block malicious links, phishing attacks, and digital scams—so your kids don't fall into traps before they know better. We stop threats before they reach the screen.

We believe in a safer internet for all families. Learn more at proxyware.com

Let's raise smart, safe digital citizens together.

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