Qustodio by Qoria

# Guiding their digital world together

The youngest generations live in a world of constant connectivity, and as their parents, you have the difficult and unprecedented task of ensuring your children have a healthy and safe relationship with technology.



**27%**
parents believe that **16 is the right age for children** to start using social media.*

**2 out of 3**
parents say screens **distract from family time**.*

**8 million**
**parents trust Qustodio** to safeguard their children online.

**76%**
of parents say parental control tools help **encourage healthier digital habits**.*

## Qustodio enhances your school's digital protections

With your Qustodio Parent App you increase the safety, visibility, and knowledge essential to your child's online journey.

**Safety:**
You and your school work in partnership to protect your children from online threats

**Visibility:**
Build a better understanding of online habits in the digital world

**Dialogue:**
Get expert advice to enable open conversations and make informed decisions

**Digital wellbeing:**
Help your children learn and grow with a safe and balanced approach to technology

*Data: The Digital Dilemma: Childhood at Crossroads, Qustodio

# Qustodio by Qoria App for Parents and Families

Through our partnership with Linewize, our school's online safety and wellbeing provider, parents and guardians can enhance safeguarding controls on school-issued devices.

Qustodio's parental control app helps you to:

### Pause internet
Pause the internet at the touch of a button. Temporarily suspend internet access to encourage your child's focus time

### Set time limits & routines
Prevent screen addiction, preserve family time, and encourage healthy sleep patterns with consistent time limits and routines

### Access expert tips
Discover expert advice and guidance on digital trends from child psychologists and wellbeing experts

### Oversee activity
Log in to the real-time dashboard from any device at any time to check your child's digital activity timeline

## Add your child's personal device

Parents and guardians can also extend protection to **personal devices** with family-focused digital wellbeing features:

- Filter and block individual apps
- Visibility on browsing history, social media, and screen time
- Tailored reports and alerts for inappropriate content

Works on the following devices:

Windows · Mac · Chromebook · Android · iPhone/iPad · Kindle

## Activate your free account in three easy steps

1. Scan the QR code or visit qustodio.com/my-school
2. Create your parent login with the email address that your school has on file for you
3. Follow the prompts to connect to their school account

For any queries, contact us at **myschool@qustodio.com**

**Your child's data stays protected.** We collect the minimum data required and your data is securely stored. We never market to children, share or sell it to third parties. Qustodio's platform meets FERPA and COPPA standards.