

Proxy Server - what it is, why it helps, and how to use it safely

Gridinsoft Help Center

Proxy Server

What it is

A proxy server sits between your device and the internet, forwarding your requests and returning the responses. It can filter traffic, hide your IP, cache content, or enforce policy. See our [overview for defenders](#) for a deeper dive.

Why it matters

Proxies help control and protect traffic at scale - from basic privacy to content filtering and access control.

How it works

- Your request goes to the proxy, not directly to the site.
- The proxy applies rules, logs, or cache checks, then forwards the request.
- The destination replies to the proxy, which returns data to you.
- Extras can include authentication, URL filtering, and malware checks.

Limits to know

- A proxy is not end-to-end encryption - traffic can be inspected at the proxy.
- Free or unknown proxies may harvest data; choose reputable providers.

Quick setup

- Pick a trusted provider with HTTPS support and a clear no-logs policy.
- Configure per app or system-wide and test with a known site.
- Require authentication and restrict who can access the proxy.
- Pair with TLS or a VPN for sensitive work.