







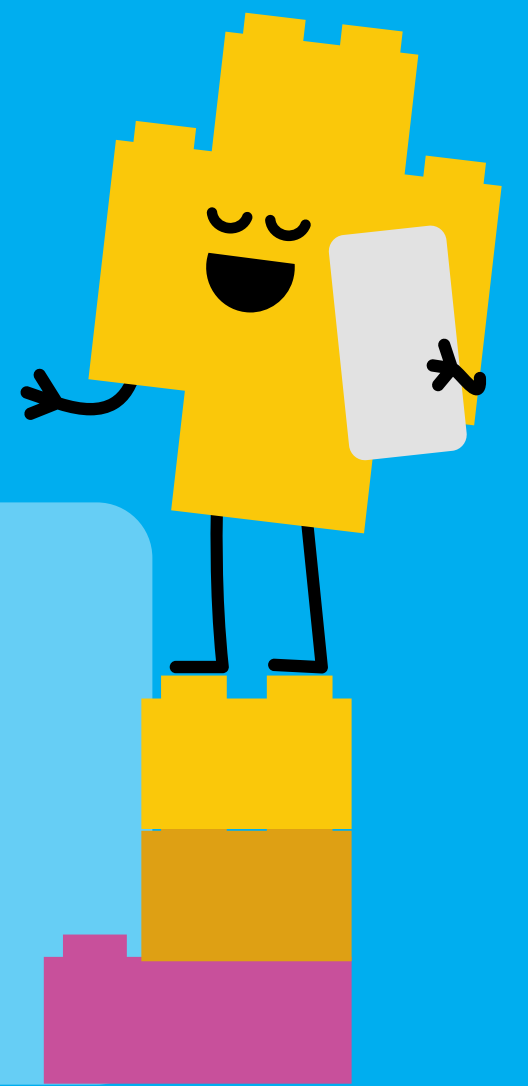
Small builds for **big** conversations

Let's build and talk Cyberbullying



This fun LEGO® activity will help your child:

-  Know how to spot cyberbullying behaviours
-  Know what to do if they are bullied
-  Open up about their experiences
-  Be kind online



What you need:

Box of LEGO bricks

A comfy place to sit with no distractions

15–20 minutes

There will be sections just for you and sections mainly for your child. But, fear not, we'll guide you through it step-by-step.



Take a minute to look through this pack before you begin





For **grown-up** and **child**
to read together

10 – 15min



A cyberbully can be someone you know, or a someone you don't. **Have you met an Online Meanie?**

Activity 1: **Let's build an Online Meanie!**

There are lots of different types of Meanie, that do different mean things online. Will yours be small and sneaky? Or big and scary? Use whatever LEGO pieces you have!

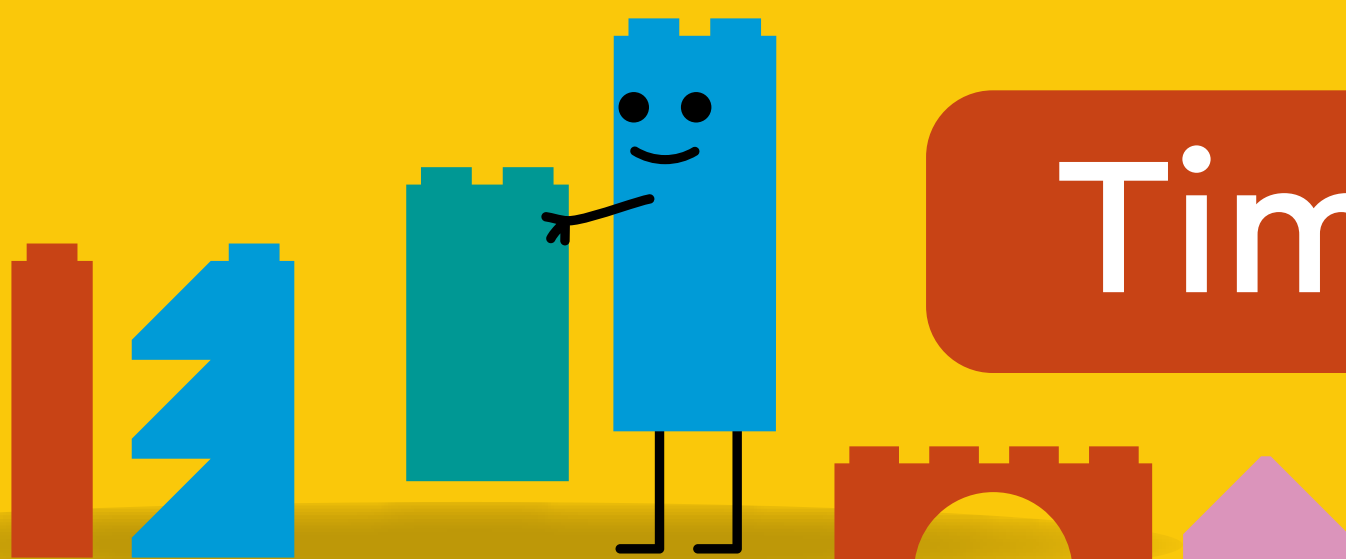


What does your Meanie do?



- Spreads rumors?
- Sends nasty messages?
- Makes cruel jokes about its friend?
- Leaves mean comments or thumbs down?
- Smashes up things in games?
- Picks on younger gamers?

This is our Meanie,
what will yours be like?



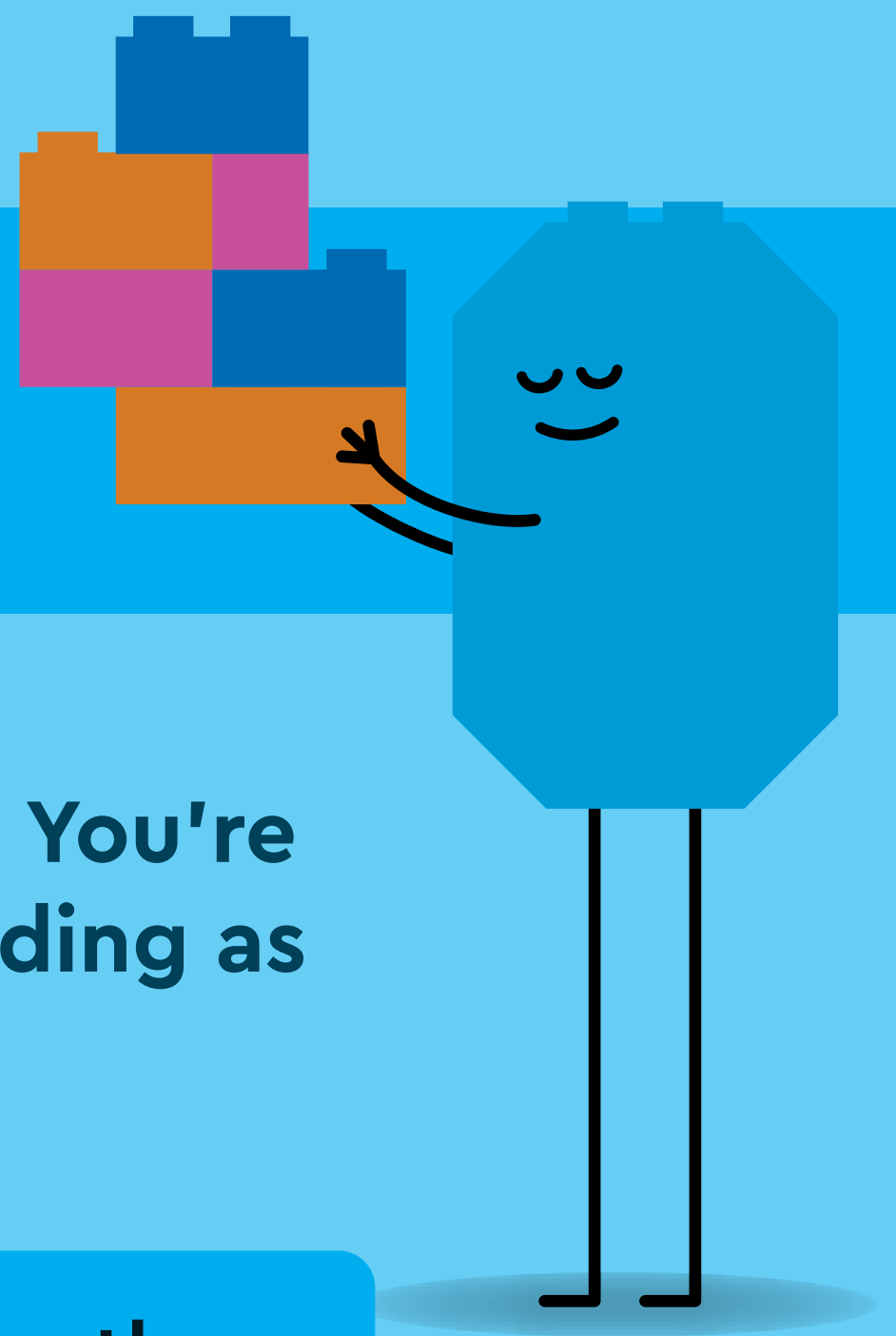
Time to build!

Grown-ups: go to the next page for some helpful icebreakers.





For **grown-up** to ask **child** while building



Get your child to lead the building! You're going to use what your child is building as a way to chat about cyberbullying.

1. Ask them to describe their Meanie as they start planning then building their creation:

*"What does your Meanie do online?
How does it bully people?"
(Look back to the list with our red Meanie)*

2. "So, have you ever met an online bully?"

*If yes- 'Who, where and what did they do?'
If yes- 'How did it make you feel?'
-It's Ok to feel hurt or sad.*

3. "Do you know what to do if it happens?"

*-Don't fight back, bullies want attention.
-Tell me or a grown-up you trust right away.
- We can decide what to do next together.*

4. "Why do the Meanies do it, do you think?"

*-To make themselves feel powerful
-They want attention*



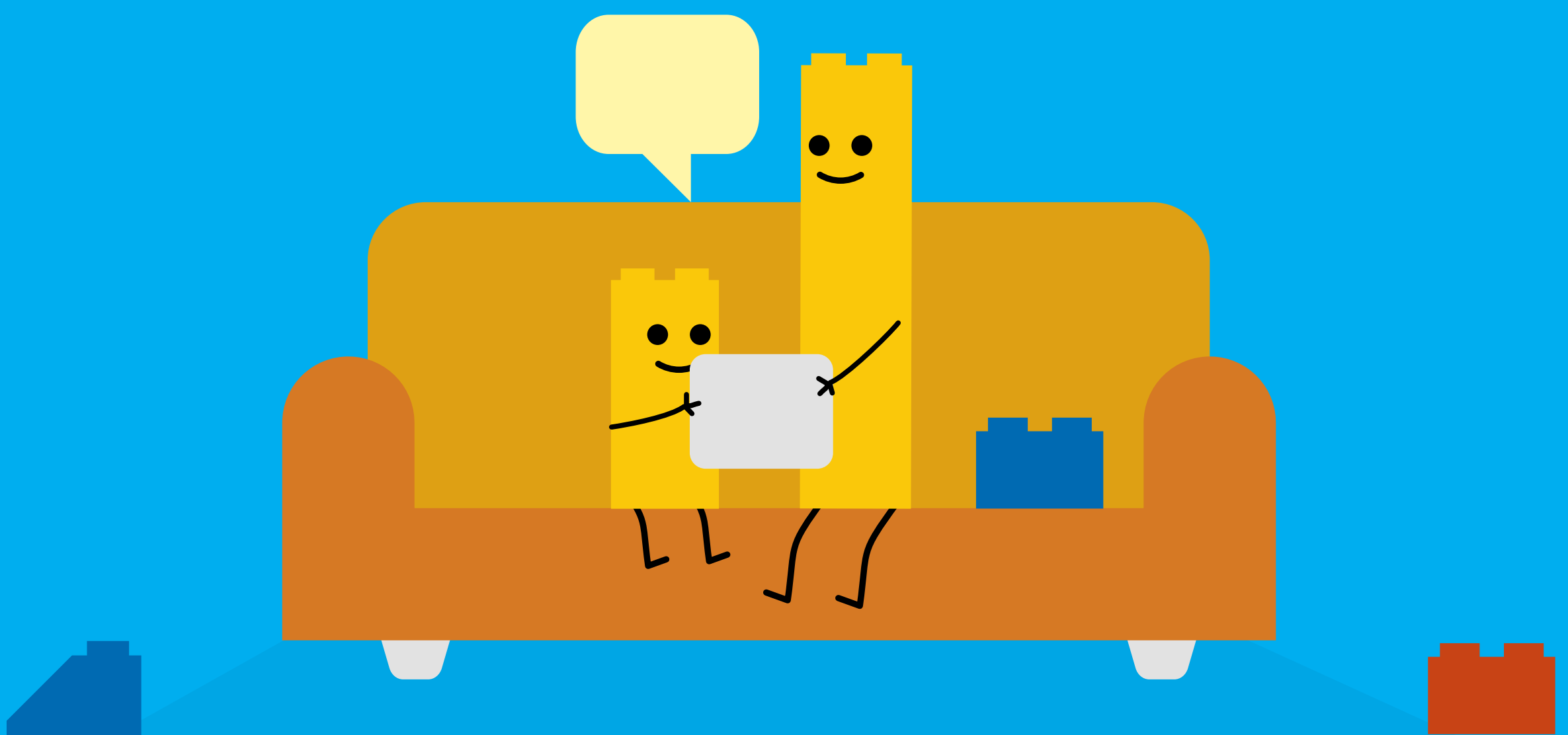
When you're done, have a little break then move on to build activity 2. This is a quicker activity.



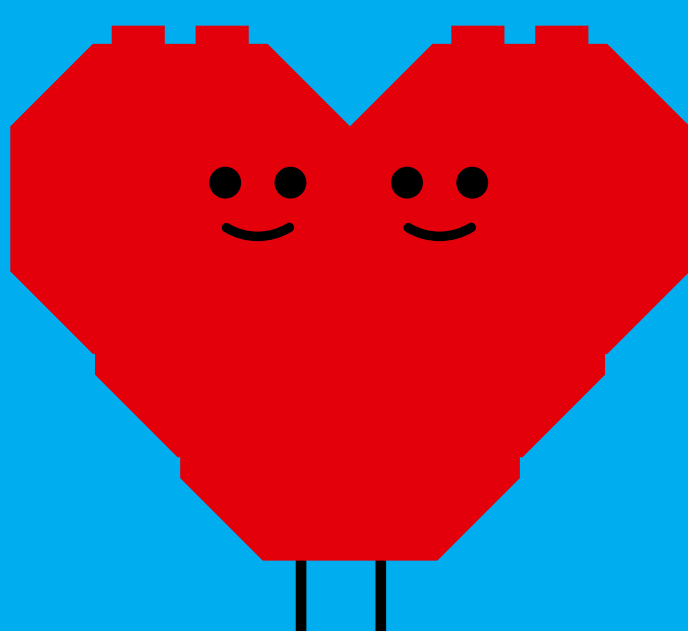
For **grown-up** to read

5 things grown-ups can do to help

1. Chat about the games, sites and apps your child is into, regularly.
2. Check age restrictions- is the game/site for kids?
3. Check how to report and block bullies in those apps, games and social sites.
4. If problems persist you can contact game, site, or app administrators.
5. In severe cases always screengrab nasty messages and comments.



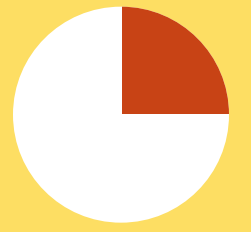
Find more expert tips at LEGO.com/cyberbullying





For **grown-up** and **child**
to read together

5 min



Activity 2: **Let's spread online positivity!**

There's so many good ways to be positive online; giving someone a 'like', thumbs up or a smile emoji. Build a little symbol of online positivity together; It could be a heart, a happy emoji, a unicorn, a flower...**These are ours, what will yours be?**

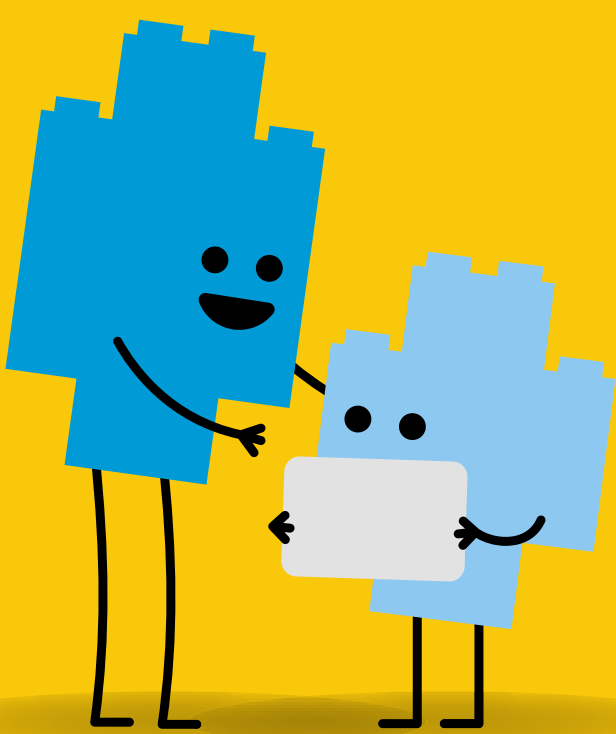


Make a pact

Let's be kind and supportive to everyone online.

Let's tell each other (or another grown-up we trust) right away if someone's mean to us online.

Let's not say anything online we wouldn't say to someone's face.





For **grown-up** to read



A big well done!

On average, parents will only spend 46 minutes discussing online safety with their child during their entire childhood. Now you've broken the ice why not keep talking regularly?

Keep building and talking



Why not try another of our digital safety and wellbeing activity packs, with build and talk activities to help you keep up and them stay safe.

You can download them at [LEGO.com/buildandtalk](https://www.lego.com/buildandtalk)

Further resources

For more tips for parents on cyberbullying visit [LEGO.com/cyberbullying](https://www.lego.com/cyberbullying)

