



Build & Talk ADVENTURES

CYBERBULLYING



INTRODUCTION FOR THE GROWN-UPS!

This interactive story will help you talk with your child about cyberbullying. There's lots of LEGO® building along the way, designed to help your child spot and handle bullying behaviours and inspire them to be kind to others online. You'll also find handy conversation starters to get the discussion flowing as you build and learn together.

Before you start, why not read our [cyberbullying tips](#) for parents and caregivers?



What is Build & Talk?

From an early age children learn how to interact with the physical world. But in the abstract and ever-changing digital world, it's not obvious and sometimes even adults can have a hard time keeping up.

To help your child understand and thrive in online spaces, we've created Build & Talk Adventures for children ages 6 to 9. Along with your child, follow Ida Switchditonandoff and her friend, Sam to different locations in the Digital Forest to talk about the digital world, and how to explore it in a safe and savvy way.

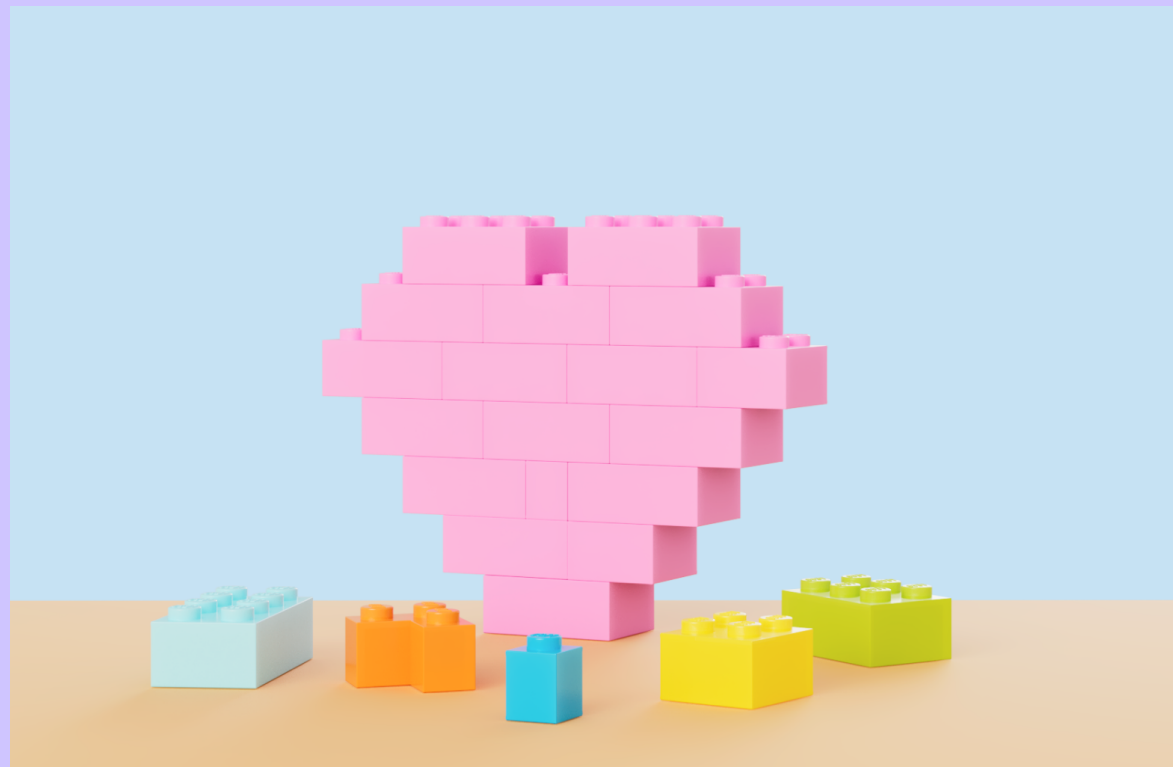


HOW IT WORKS



Easy to start

Open the activity on your tablet or phone (a bigger screen will be better). Ask your child to grab their LEGO bricks (or a pen and paper) and find a comfy, quiet place to sit together.



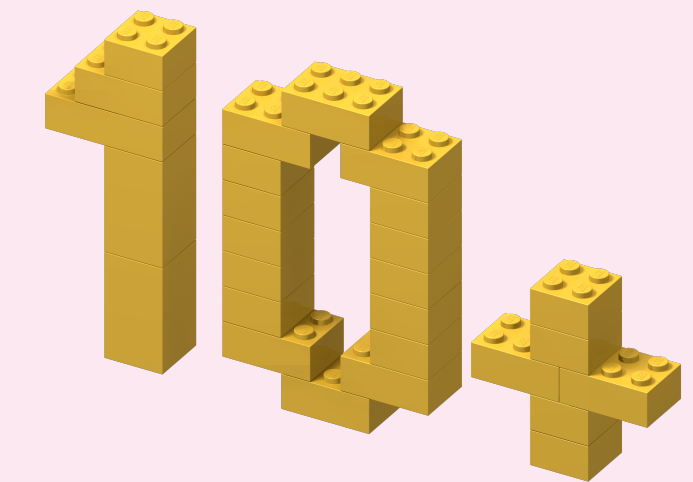
Follow the story

Read the story aloud to your child. You'll find hints on what they need to build as you go along.

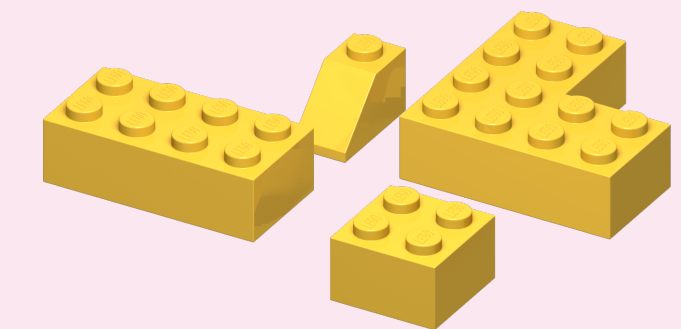


Start talking

Use the suggested questions and conversation prompts to start chatting about digital safety and wellbeing.



minutes



Use any LEGO bricks
(No bricks?
Draw instead!)

Welcome to the digital forest! Deep down in the depths of the internet there is an exciting, mysterious forest where even the bravest explorers can get lost. Ida Switchdtonandoff and her friend, Sam, are two curious digital explorers, who love adventuring deep into the heart of the forest together.

Suddenly, they hear sniffles! "Who is crying?" they wonder.



GROWN-UP'S GUIDE

Prompts to explain the digital forest:

When you use your devices, you can do all kinds of things. It's almost like a forest! It is a place many kids explore because you can do so much cool stuff! You can come to the digital forest to watch videos, read stories, and learn new things.

Ida Switchdtonandoff and her friend follow the crying all the way to a hidden cave, a dark place tucked away in the depths of the digital forest where an internet troll lives.

Hi! I'm Ida Switchdtonandoff and this is Sam. Why are you crying?

I was having fun playing a game online, when an internet troll said all kinds of mean things to me. They really hurt my feelings.



GROWN-UP'S GUIDE

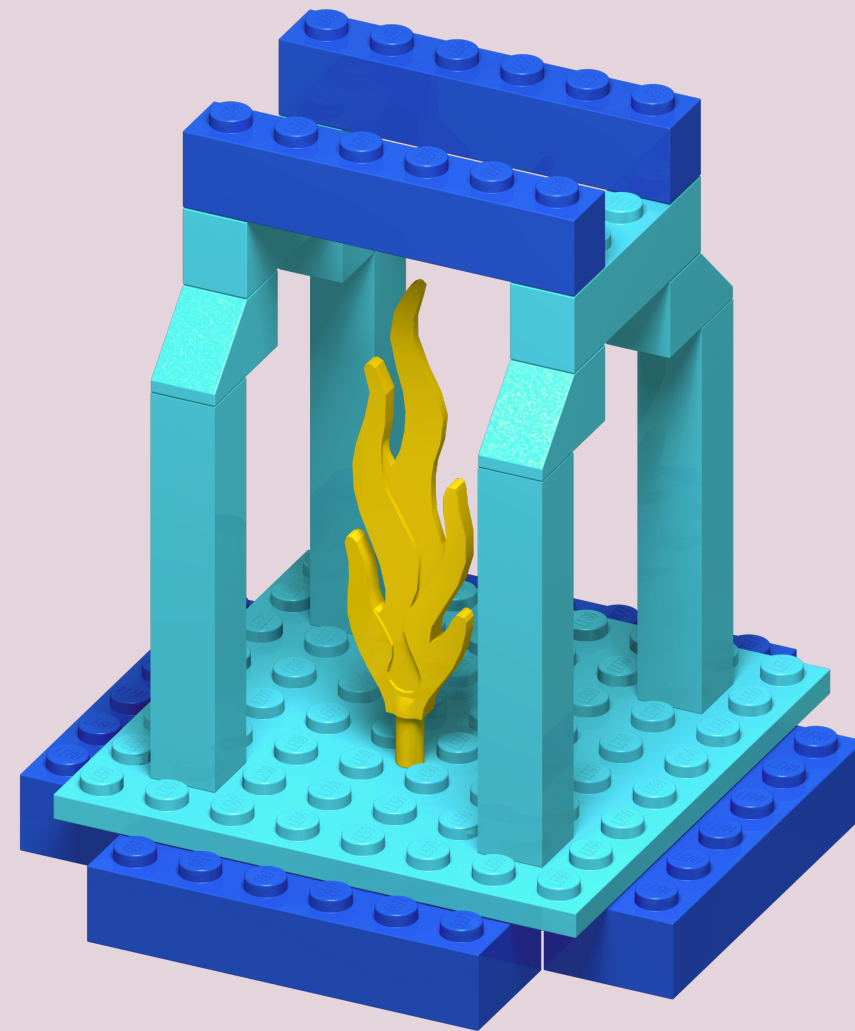
This is where you and your child can Build & Talk together. There are some building ideas with questions to get you started, but feel free to add your own!

Here are some building ideas:

A hidden cave where the troll might live



A flashlight or lantern to help them see in the dark



No bricks?
Draw instead!
Be creative and let
your imagination
run wild!

Questions to ask while your child builds...

Use this story to talk to your child about cyberbullying. Let them know that if they're being bullied it's not their fault, and they should come to tell you or another adult they trust. Help your little one be a good friend who is kind and steps in to help others.

Why do you think the Troll is acting like this?

Prompts: Perhaps the troll feels sad or angry and this is making them say mean things or maybe they're not being mean on purpose. No matter what's making the internet troll act like this, it's not anyone else's responsibility.

Has anyone ever been mean to you or a friend online in a message, comment or game? How did it make you feel?

Prompts: What were you doing when someone was mean? What did the person do or say?

Ida Switchditonandoff and Sam are troubled by the news of the internet troll and want to help their new friend. Together, they come up with a master plan!

We have to stop the troll from hurting other people's feelings.

You're right. What if we build something to remind them to be kind?



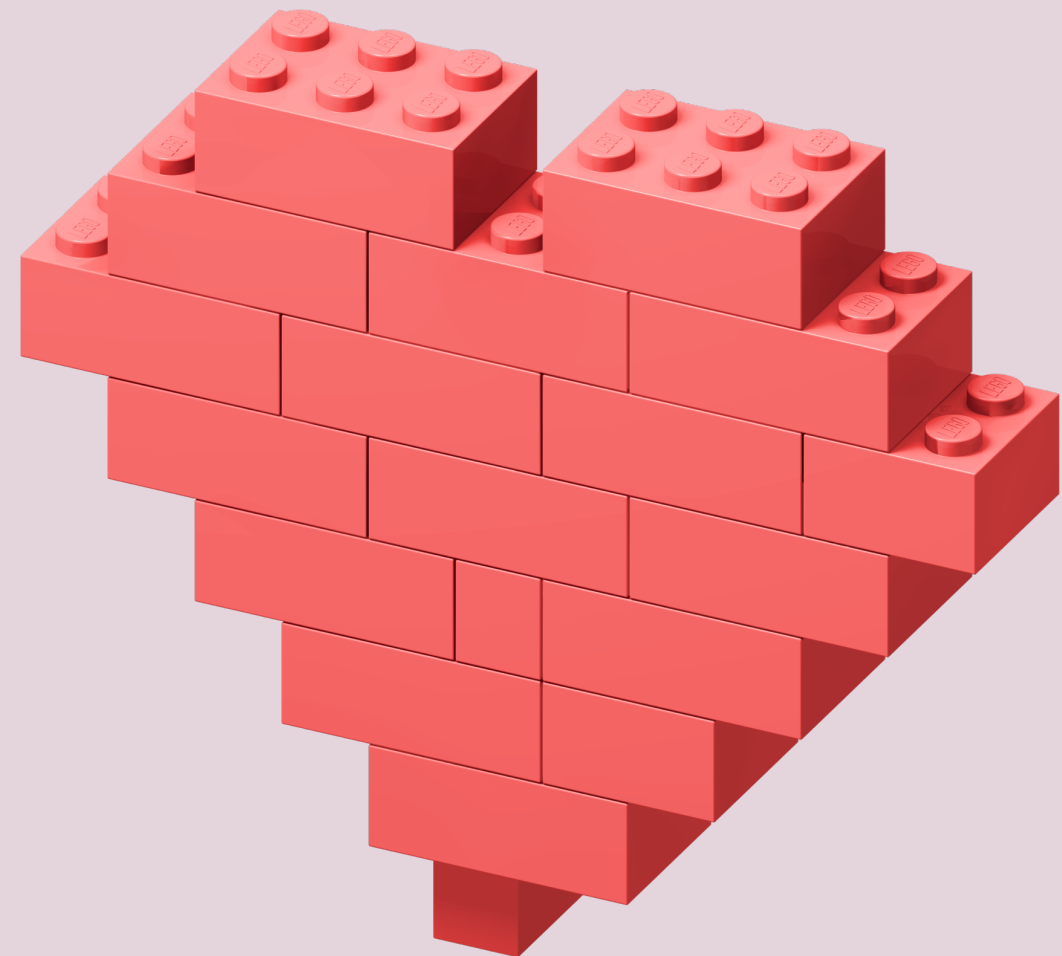
GROWN-UP'S GUIDE

The building and talking continues!
Feel free to add your own questions.

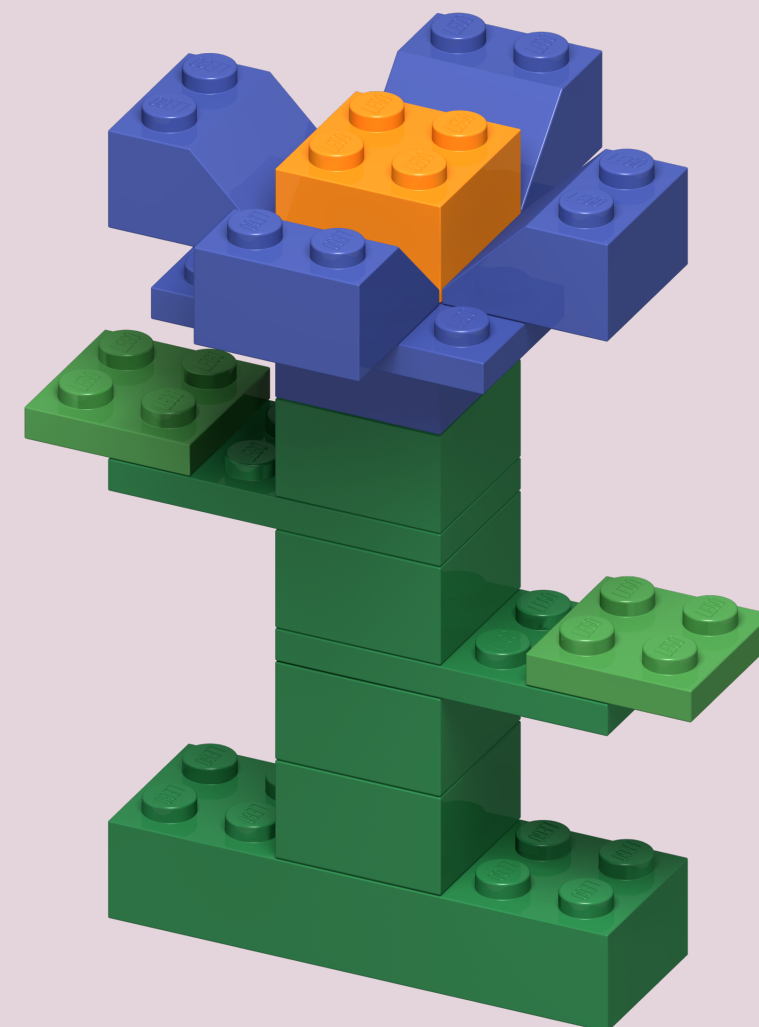
What could the friends build to remind the Troll to be kind?

Here are some building ideas:

Hearts



Flowers



Questions to ask while your child builds...

What would you do if you saw someone being mean to a friend online?

Prompts: Remind your child it's good to stand up for what is right! They can ask the bully to stop and tell them their actions are hurtful. Tell them to speak to a trusted adult about what is happening, and let their friends know they are there for them.

What sort of behaviours do you think would count as online bullying?

Prompts: Saying mean things, sharing photos without permission, spreading rumours about someone, kicking someone out of a game on purpose.

Ida Switchdtonandoff, Sam and their new friend bravely journey into the cave. They find the internet troll playing a game and hear them making mean remarks to the other players.

Hey there!

It's time to put an end to mean words and hurt feelings!

You're doing it all wrong! You're awful at this game!



The internet troll leaps out of their chair...

...and the three friends can't believe their eyes! The internet troll is just an ordinary person, wearing a Troll mask!

Hey, you're not a Troll after all!

We made you something that will help you remember to be kind.

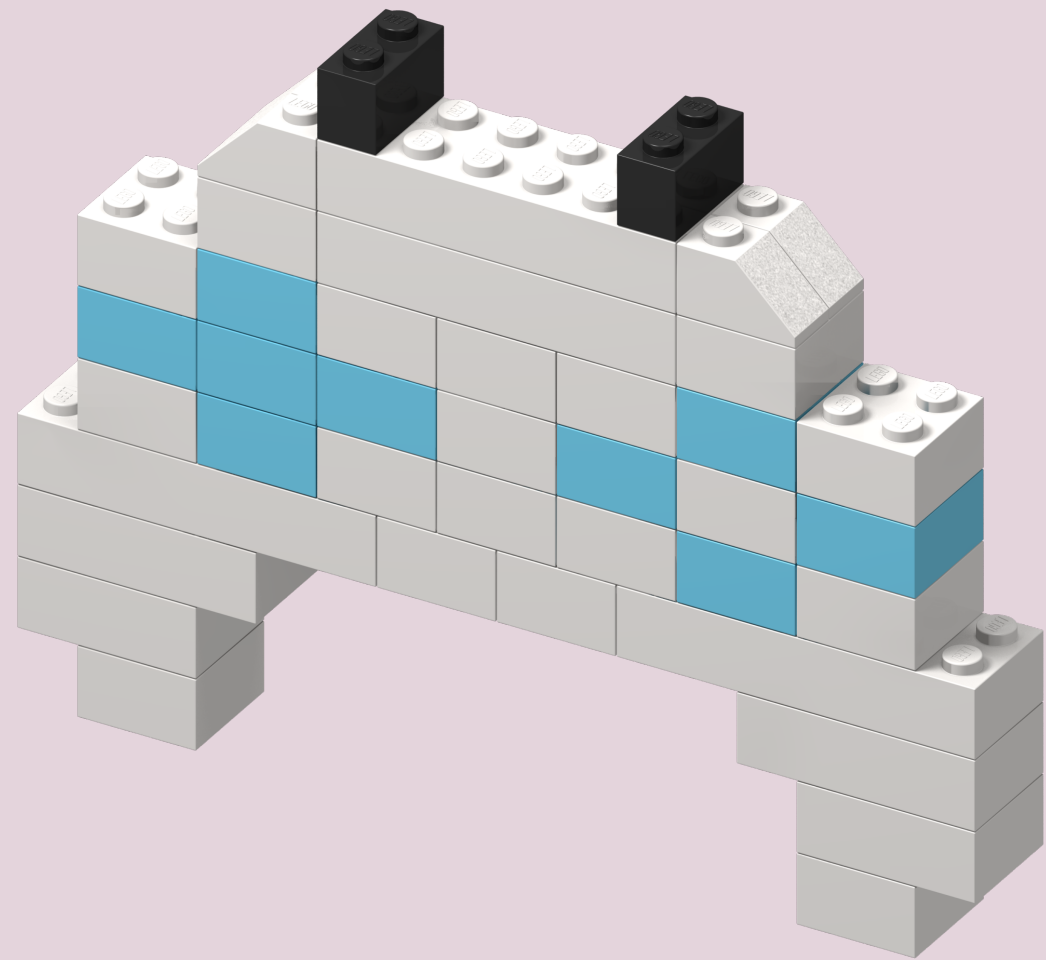


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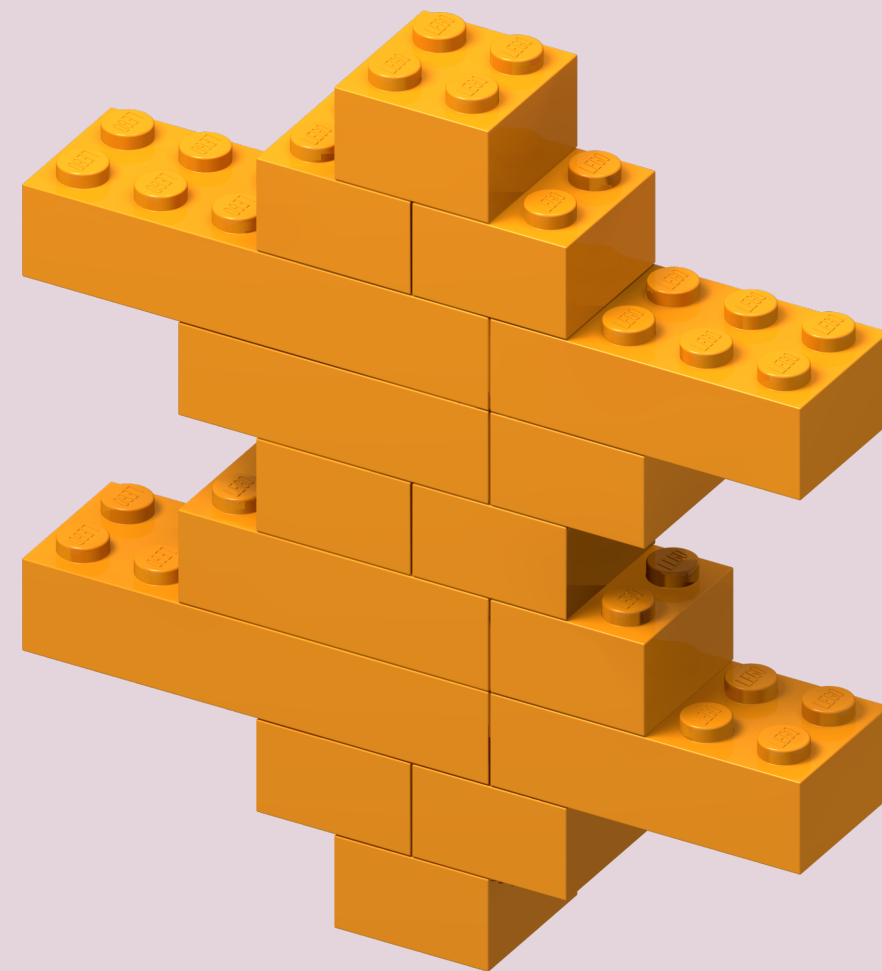
The story ends here, now it's time to help your child use what they've learned from the story into their own life. Use the questions (or make up your own) to help your child know what to do if they experience bullying online.

Here are some building ideas:

Controllers for all the friends to play together



A badge for Ida Switchdifenandoff and her friends for being kind



Questions to ask while your child builds...

If you see someone being mean to someone else, what should you do?

Prompts: Talk to the person whose feelings were hurt, share it with a trusted grown-up.

What would you do if you ever felt you were being bullied online?

Prompts: Speak to a trusted grown-up, remind them that it's not their fault.

How can you be kind when playing with others?

Prompts: Tell them to not say things to hurt other people's feelings, to think before they act!

Worried? [Click here](#) to find expert help and advice where you live.

For more about cyberbullying [click here](#).

Ready for more? [Head here](#) to explore more online safety topics.

