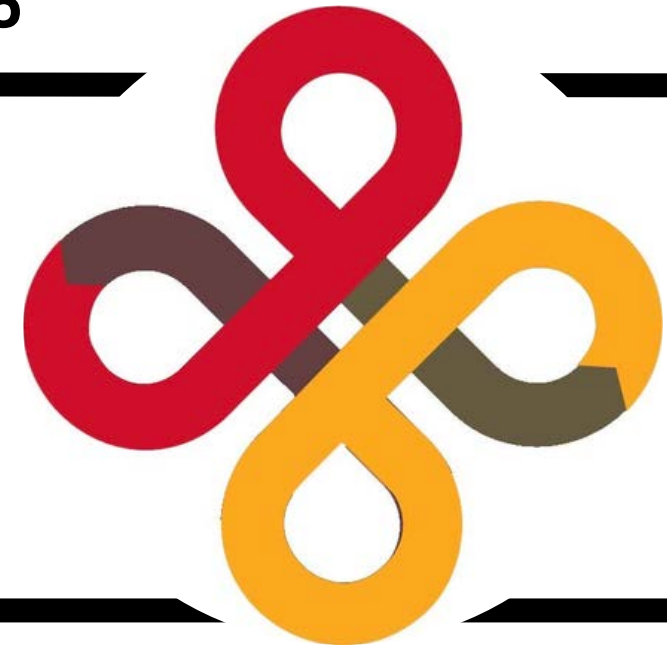




CYLCHLYTHYR DIOGELU




Cynnwys:



Diogelwch ar-lein

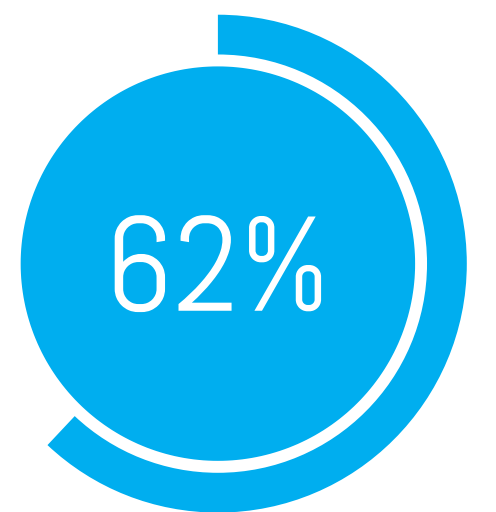


Iechyd Meddwl



Casineb at fenywod

Dywedodd **62%** o blant nad oedden nhw'n ymddiried mewn **enedlaethau hŷn** i helpu gyda phroblemau ar-lein. Nid yw cenedlaethau hŷn wedi **tyfu i fyny** gyda'r un dechnoleg, felly **nid ydynt yn deall** beth mae pobl ifanc yn ei ddefnyddio neu sut maen nhw'n ei ddefnyddio.



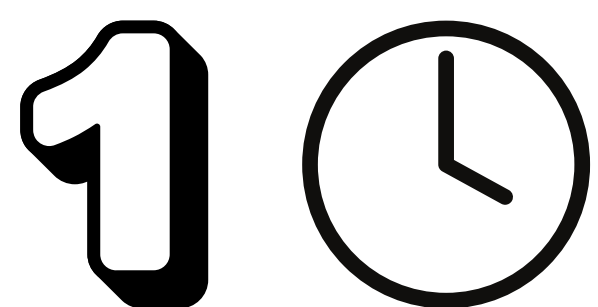
Hwb
Digital Learning for Wales



Mae llawer o wybodaeth am ddim ar wefan Hwb sydd yn **cefnogi rhieni** gyda nifer o **apiau** mae dysgwyr yn eu defnyddio bob dydd. Mae'n bwysig i fod yn ran o'r sgwrs i sicrhau bod eich plentyn yn ddiogel ar-lein ac yn **ddefnyddwyr hyderus**.

CAEL SGWRS GYDA'CH PLENTYN...

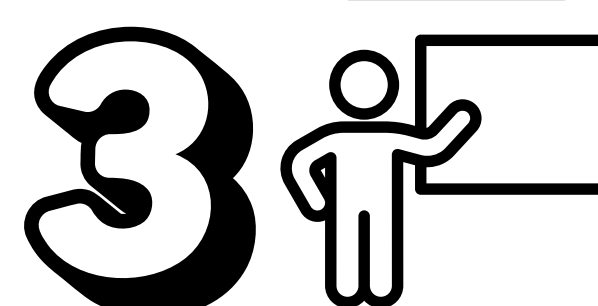
DECHRAU'R SGWRS



Dewiswch amser a lle da:
Ceisiwch ddewis amser da. Dewiswch adeg y gwyddoch na fydd neb yn tarfu arnoch chi ac mae'r ddau ohonoch chi'n mynd i deimlo'n gyfforddus a chael digon o amser, heb ei droi'n un o'r 'sgyrsiau arbennig' hynny.



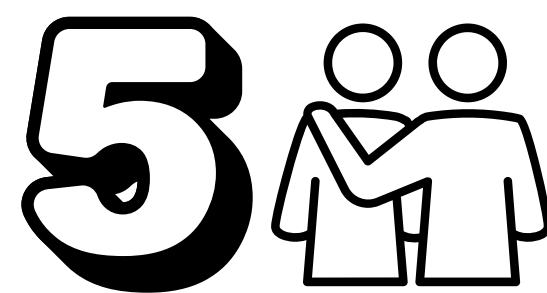
Meddyliwch sut rydych yn mynd i gyflwyno'r pwnc:
Gallwch sôn am stori newyddion ddiweddar neu esbonio'n syml pam fyddwch chi'n hoffi siarad gyda nhw am rywbeth. Ceisiwch fod yn glir. Dyw hi ddim yn syniad da cael sgwrs anodd os nad yw'ch plentyn yn deall mewn gwirionedd beth roeddech chi am ei drafod ar ddiwedd y sgwrs.



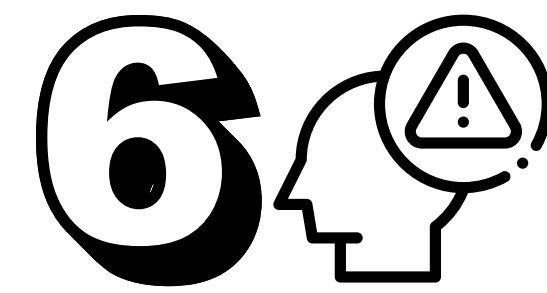
Esboniwch pam eich bod yn poeni:
Efallai bydd eich plentyn yn meddwl eich bod chi'n poeni heb reswm da, ond os byddwch chi'n esbonio pam mae rhywbeth yn eich poeni chi bydd yn deall pam eich bod chi eisau siarad am y peth. Dywedwch wrth eich plentyn os yw'n rhywbeth rydych chi wedi sylwi arno yn ei ymddygiad neu efallai'n rhywbeth rydych chi wedi darllen amdano neu wedi gweld ei ffrindiau'n ei wneud. Helpwch eich plentyn i ddeall eich pryderon er mwyn i chi allu eu datrys gyda'ch gilydd.



Rhowch cyfle i'ch plentyn siarad a dylech chi wrando mwy na siarad:
Mae'n anodd weithiau pan nad yw plentyn eisau trafod teimladau. Bydd gofyn cwestiwn fel 'sut mae pethau'n mynd' a chofio rhoi amser i'ch plentyn ateb yn help. Mae'n demtasiwn dal ati i siarad er mwyn osgoi distawrwydd, ceisiwch beidio gwneud hynny. Mae angen dau berson i gael sgwrs. Mae'n bwysig eich bod chi'n gwrando ar eich plentyn a'ch bod chi'n esbonio y bydddech chi'n hoffi iddo wrando arnoch chi. Dyw siarad di-baid byth yn gweithio.

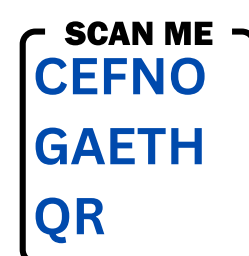


Byddwch yn gariadus a chefnogol:
Gellir gwneud y sgyrsiau anoddaf yn haws os yw'ch plentyn yn deall eich bod chi'n poeni amdano a beth bynnag yw canlyniad y sgwrs y byddwch yn ei garu yr un peth.



Os yw'ch plentyn yn dweud rhywbeth wrthych sy'n eich poeni:

- Cymerwch seibiant
- Gofynwch am gymorth i chi'ch hun
- Os nad yw'ch plentyn eisau siarad gyda chi, rhowch gynnig arall rhywbryd eto neu ddod o hyd i ffordd wahanol o ddechrau'r sgwrs. Siaradwch gyda'r ysgol am gefnogaeth hefyd.

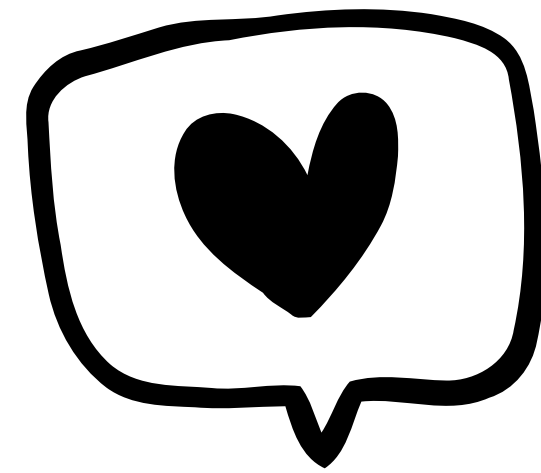


AM FWY O WYBODAETH...



A WYDDOCH CHI...?

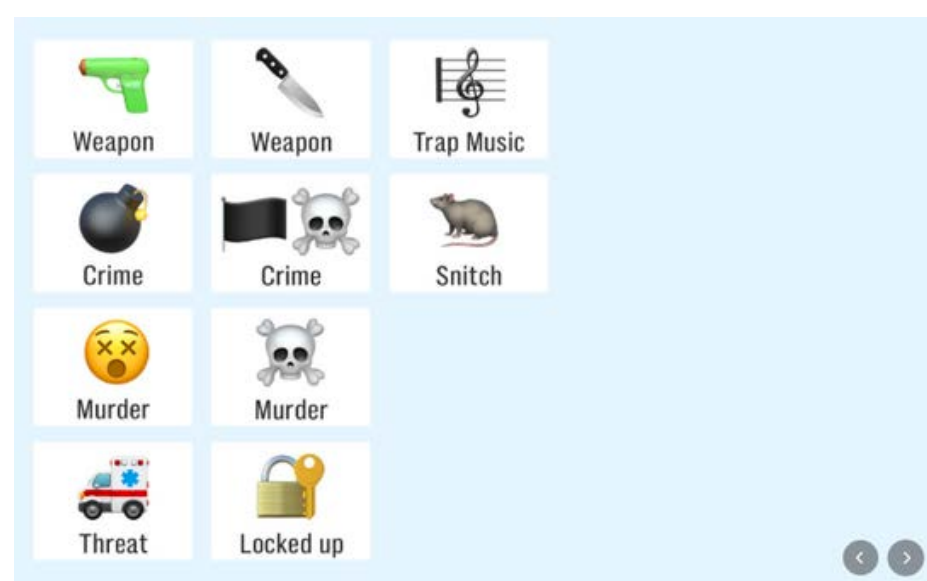
Mae'n **bwysig** i gadw'r canlynol mewn cyd-destun oherwydd, ar y cyfan, mae'r emojis yma'n hollol ddi-niwed, ond **mewn rhai sefyllfaedd**, maent yn gallu **golygu rhywbeth hollol gwahanol**, weithiau hyd yn oed **perylus**, felly mae'n bwysig i ni rhannu'r canlynol gyda chi, ein rhieni.



CYFFURIAU



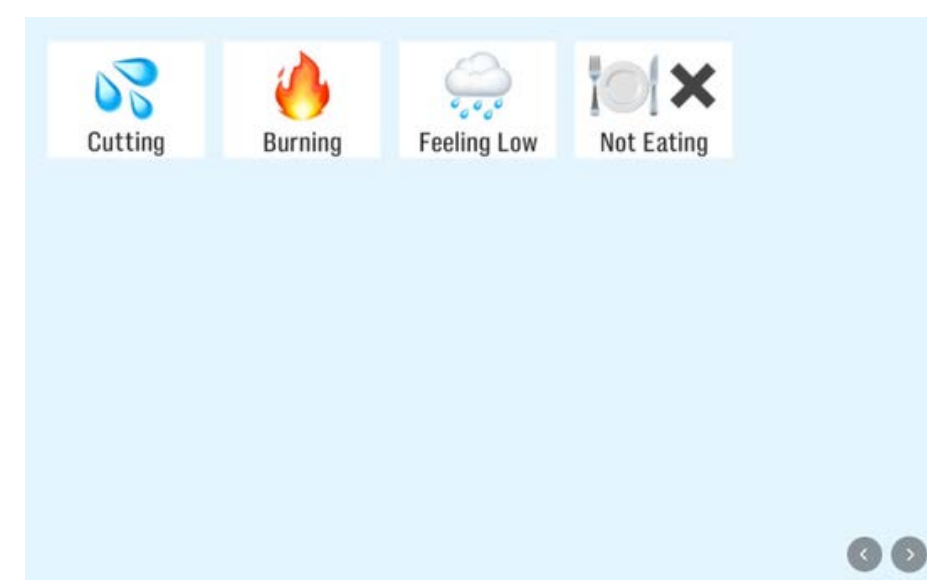
TRAIS



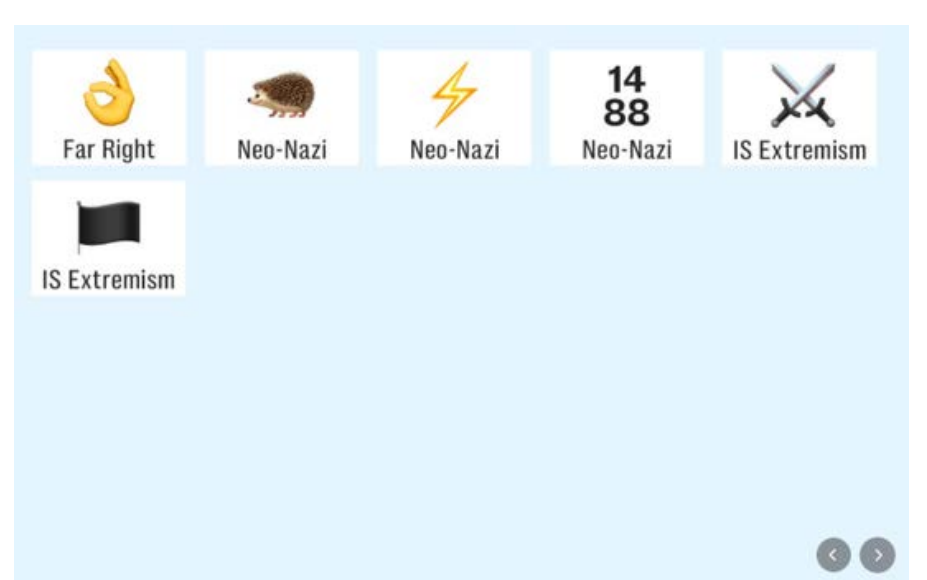
RHYW



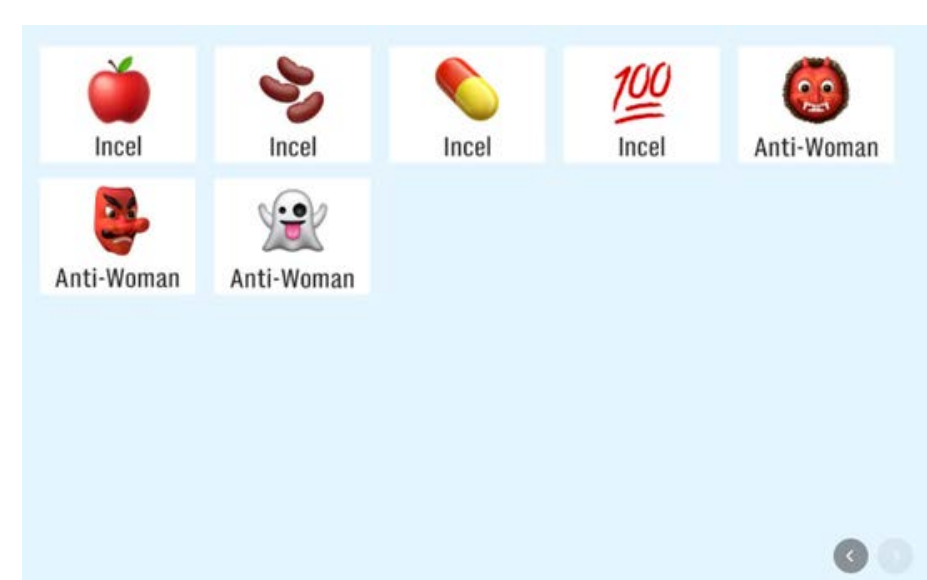
HUNAN-ANAFU



EITHAFIAETH



INCEL



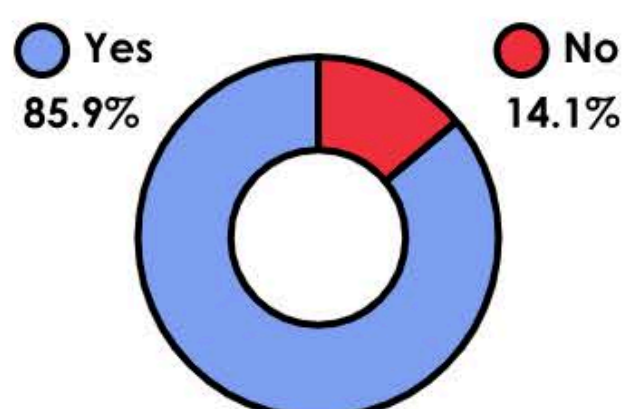
Mae **75%** o blant rhwng 11 a 18 oed yn y DU yn credu **nad oes gan genedlaethau hŷn yr adnoddau** i'w haddysgu am y byd ar-lein.

Roedd llawer yn dadlau bod **oedolion** wedi cael **profiad gwahanol** gyda'r byd ar-lein o'i **gymharu â phobl ifanc**.

02nd - 09th February 2024

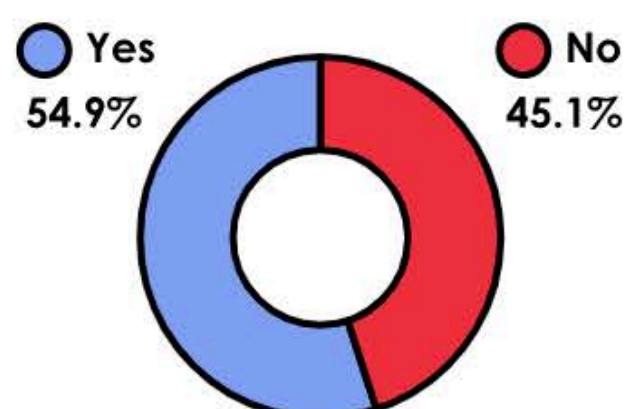
PRIMARY 5-7

Can adults and children learn from each other about the online world?



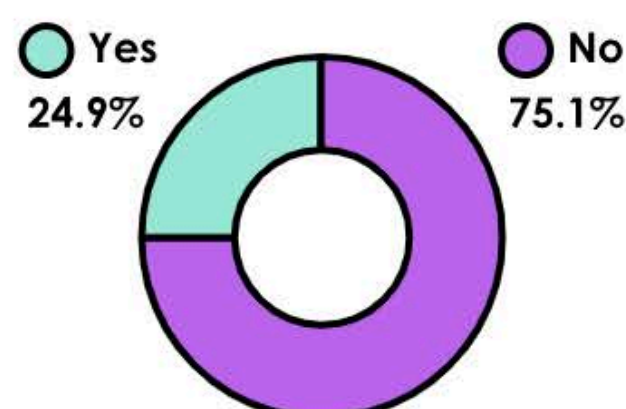
PRIMARY 7-11

Do adults have the tools to teach you about the online world?



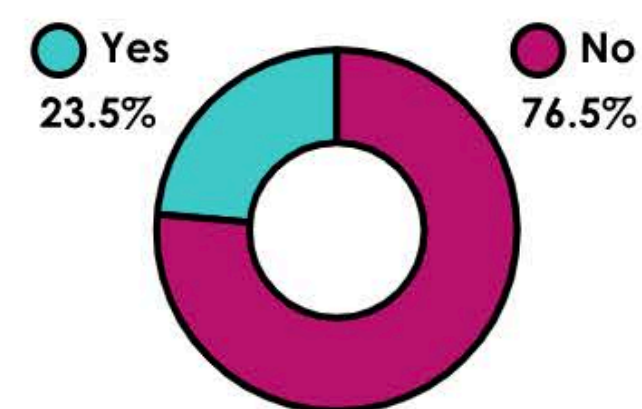
SECONDARY 11-16

Are adults equipped to teach you about the online world?



COLLEGE & 16+

Are older generations equipped to teach young people about the online world?

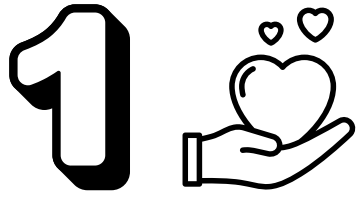


IECHYD MEDDWL

Os oes ganddoch chi unrhyw pryderon ynlyn ag iechyd meddwl eich plentyn, mae nifer o bethau gwahanol gallech chi wneud i'w helpu.



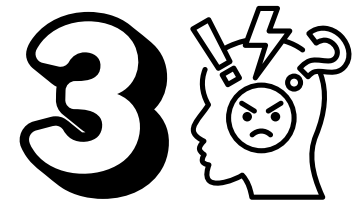
HUNAN-ANAFU - BETH I'W DDWEUD...



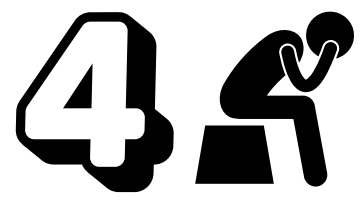
1 Gan bwyll a dweud wrth eich plentyn eich bod chi yno iddynt ac nid ydych yn drist neu grac gyda nhw



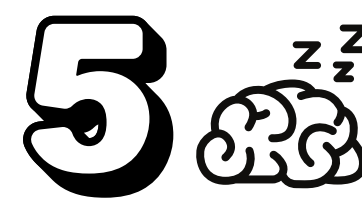
2 Dywedwch wrthyn nhw eich bod chi'n falch eu bod nhw wedi dweud wrthyh chi eu bod nhw'n cael meddyliau am hunan-anafu a'ch bod chi'n gallu eu helpu nhw drwyddo.



3 Gwrandewch ar yr hyn maen nhw'n ei ddweud hyd yn oed os ydyn nhw'n mynegi dicter neu emosiynau negyddol eraill tuag atoch chi a gwrandewch heb dorri ar draws.



4 Ar ôl i chi wrando ar yr hyn maen nhw wedi'i ddweud a bod yr argyfwng yn tawelu, gwnewch rai awgrymiadau ar gyfer pethau gallwch chi eu gwneud gyda'ch gilydd i dynnu eu sylw oddi ar eu meddyliau.



5 Ar ôl yr argyfwng, anogwch eich plentyn i ymlacio wrth i'r noson fynd yn ei blaen. Er enghraifft; bath swigod, diod laethog boeth neu ffilm deuluol.

LLINELLAU CYMORTH

Childline	0800 1111
Samaritans	08457 90 90 90
Support Line	0208 554 9004
Self Harm Network	0800 622 6000
The Amber Project	02920 344 776
Young Minds	08088 025544
GP Out of Hours (Gwent)	01633 744285
Parent Line	08088 002222
NSPCC	08088 005000
Mental Health Helpline	0800 132 737

6



Rhaid tynnu pob meddyginiaeth (ar bresgripsiwn/dros y cownter/fitaminau) a/neu ei chloi mewn bocs meddygol cloi cryf neu gwpwrdd cloi. Mae angen storio meddyginiaeth yn y ffordd hon ym mhob tŷ lle mae'r person ifanc yn aros, gan gynnwys neiniau a theidiau, gofalwyr maeth, llysrieni a chartrefi preswyl.

Sicrhewch nad oes gan y person ifanc stoc o feddyginiaeth yn ei ystafell nac ymhlith ei eiddo.

Dylid ystyried risgiau amgylcheddol eraill e.e. tynnu rhaffau.

Peidiwch â chaniatáu i'ch mab/merch fynd allan ar ei ben ei hun neu gyda ffrindiau yn ystod cyfnodau o ofid a phan fyddant yn lleisio meddyliau hunanladdol neu feddyliau o hunan-niweidio bwriadol.

Monitro hwyliau ac ymddygiad yn agos.

Gofynnwch am feddyliau hunan-anafu a hunanladdiad a thynnu pob siswrn a chyllell.

Chwiliwch am yr arwyddion rhybuddio y gallai eich plentyn fod yn ei chael hi'n anodd

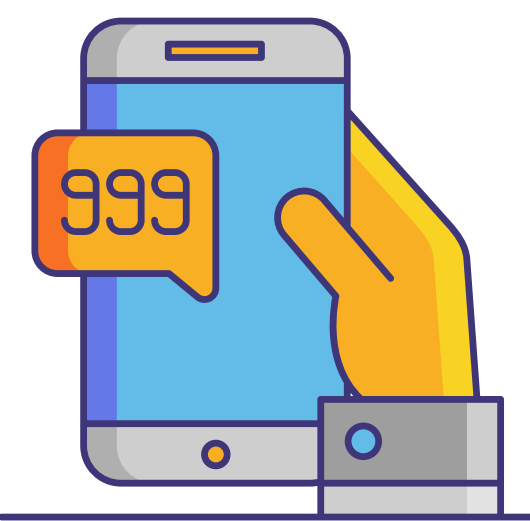
**CYNLLUN DIOGELU
ARGYFRYNGUS**

Cefnogwch eich plentyn yn emosiynol ac anogwch y defnydd o dechnegau tynnu sylw a dewisiadau amgen i hunan-anafu. Os nad oes angen triniaeth ysbyty ond eich bod yn pryderu am y risg o hunanladdiad, trefnwch apwyntiad brys gyda'ch meddyg teulu.

Mewn achosion brys lle mae angen triniaeth feddygol a/neu lle mae risg ar fin digwydd, ewch â'ch plentyn i'r ysbyty neu ffoniwch **999** os oes angen. Os yw'ch plentyn wedi cymryd gorddos bydd angen ei gludo i'r ysbyty ar unwaith am driniaeth.

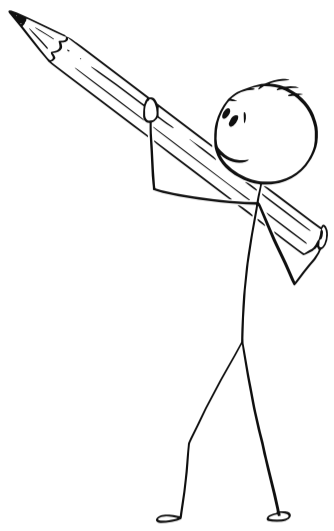
Os yw'ch plentyn wedi hunan-anafu a bod yr anaf yn gofyn am driniaeth feddygol, ewch i'r lleoliad meddygol priodol. E.e. Meddyg Teulu neu Ysbyty yn dibynnu ar yr anaf.

Os yw'ch plentyn yn mynegi meddyliau hunanladdol ac yn mynd ar goll, ffoniwch yr heddlu a rhowch wybod am eich plentyn ar goll - gan wneud yn siŵr eich bod yn dweud wrthynt am orddosau blaenorol a syniadau hunanladdol.



DEWISIADAU AMGEN I HUNAN-ANAFU

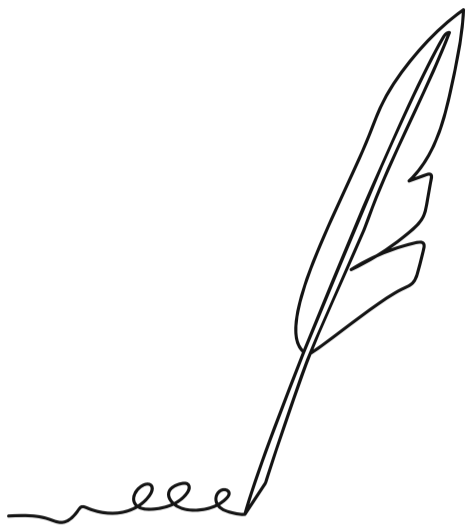
BYDDWCH YN GREADIGOL GAN...



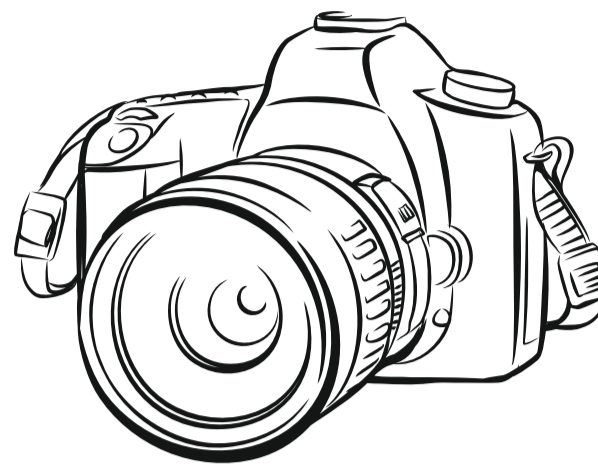
Tynnu
Lluniau



Peintio



Ysgrifennu
creadigol

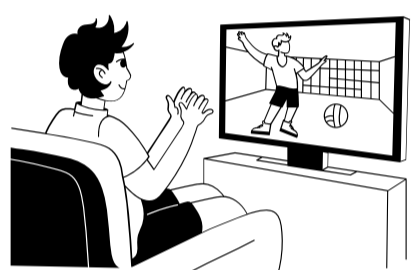


Fotograffiaeth



Gwrando ar
gerddoriaeth

CADEWCH YN BRYSUR GAN...



Gwyllo'r
teledu



Darllen



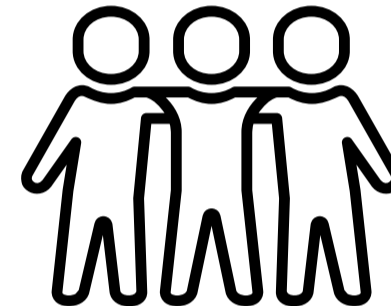
Chwarae
gemau



Mynd i'r
gampfa



Mynd am dro



Gweld
ffrindiau

MAE MWY O WYBODAETH AR GAEL AR EIN GWEFAN...



**Ffurflen
cyfeirio**

Beth all cwnsela ei gynnig?

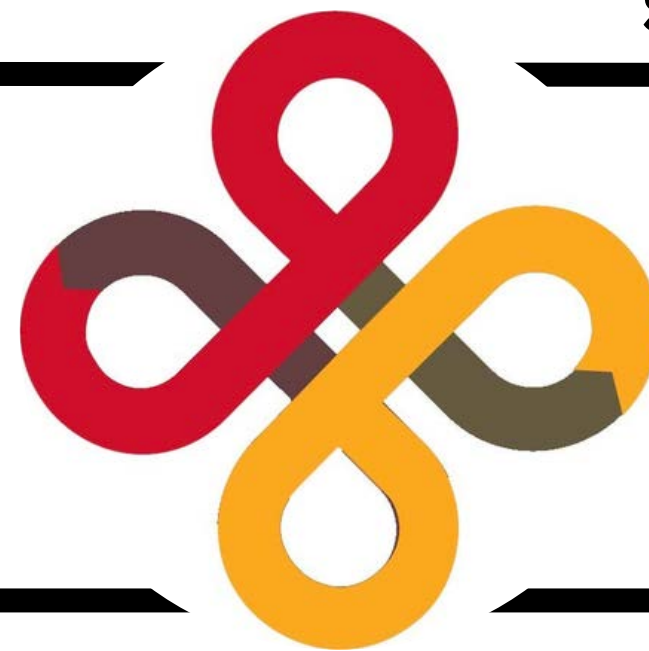


Mae gan bob un ohonom adegau pan mae'n teimlo'n anodd siarad â'r rhai sydd agosaf atom am bethau sy'n ein poeni ni. Yn aml gall hyn fod oherwydd nad ydym am eu poeni neu os ydym yn ofni beth y gallent ei ddweud. Bydd y cwnselydd yn gwrando'n ofalus arnoch, heb feirniadu, ond yn ceisio gwneud i chi ddeall beth all fod yn eich poeni chi ac i'ch helpu chi ddarganfod ffordd neu ateb i ddelio â'r problemau sydd gennych.

Gall Cwnsela hefyd gynnig:

- Lle ac amser rheolaidd i siarad am eich pryderon neu anawsterau.
- Eich helpu chi edrych ar sut rydych eisiau i bethau newid, trwy siarad a defnyddio amryw o weithgareddau.
- Edrych ar eich cryfderau a darganfod cryfderau newydd i'ch helpu i ymdopi â'r problemau mewn ffordd bositif.
- Mae cwnselydd yn cymryd amser hir i hyfforddi am ei swydd a dylent eich trin mewn modd gofalus, cynnes a cheisio bod mor gyfeillgar a defnyddiol â phosib.
- Mae popeth a ddywedwch mewn sesiwn gwnsela yn breifat rhyngoch chi a'ch cwnselydd, oni bai eich bod mewn perygl o niwed difrifol gan eraill, i chi'ch hun neu i eraill.

SAFEGUARDING NEWSLETTER



Contents:



Online Safety

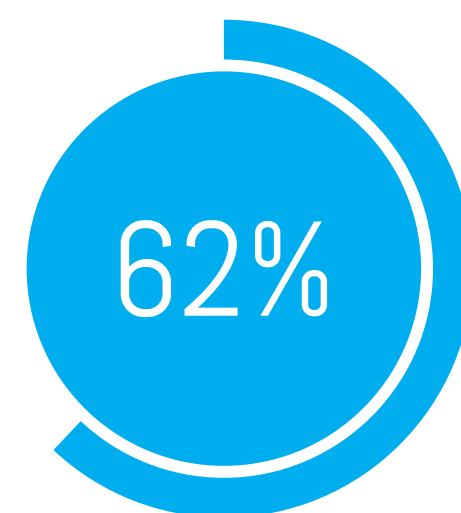


Mental Health



Hatred for women

62% of children said they did not trust **older generations** to help with online problems. Older generations **haven't grown up** with the same technology, so they **don't understand** what young people use or how they use it.



Hwb
Digital Learning for Wales



There is a lot of free information on the Hwb website which **supports parents** with a number of apps that learners use every day. It is important to be part of the conversation to ensure your child is safe online and a **confident user**.

HAVE A CHAT WITH YOUR CHILD....

START THE CONVERSATION

- 1



Choose a good time and place:
Try to choose a good time. Choose a time when you know you won't be disturbed and you're both going to feel comfortable and have enough time, without turning it into one of those 'special conversations'.
- 2



Think about how you are going to present the topic:
You can mention a recent news story or simply explain why you would like to talk to them about something. Try to be clear. It's not a good idea to have a difficult conversation if your child doesn't really understand what you wanted to discuss at the end of the conversation.
- 3



Explain why you are concerned:
Your child may think you are worried for no good reason, but if you explain why something is bothering you they will understand why you want to talk about it. Tell your child if it's something you've noticed in their behaviour or maybe something you've read about or seen their friends do. Help your child understand your concerns so you can resolve them together.
- 4




Give your child a chance to talk and you should listen more than talk:
It is sometimes difficult when a child does not want to discuss feelings. Asking a question like 'how are things going' and remembering to give your child time to answer will help. It's tempting to keep talking to avoid silence, try not to. It takes two people to have a conversation. It is important that you listen to your child and that you explain that you would like them to listen to you. Talking incessantly never works.

- 5



Be loving and supportive:
The most difficult conversations can be made easier if your child understands that you care about them and whatever the outcome of the conversation you will love him just the same.
- 6



If your child tells you something that worries you:

 - Take a break
 - Ask for help for yourself
 - If your child doesn't want to talk to you, try again sometime or find a different way to start the conversation. Talk to the school about support too.



FOR MORE INFORMATION...



CEOP Parenting



Parent Zone



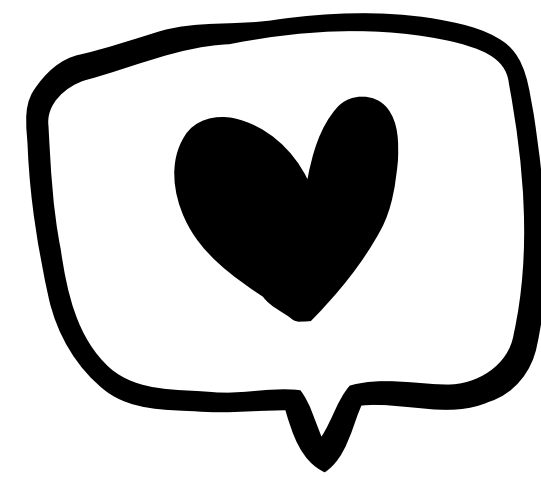
Sefydliadau eraill



Polisiâu Gwent Is Coed

DID YOU KNOW...?

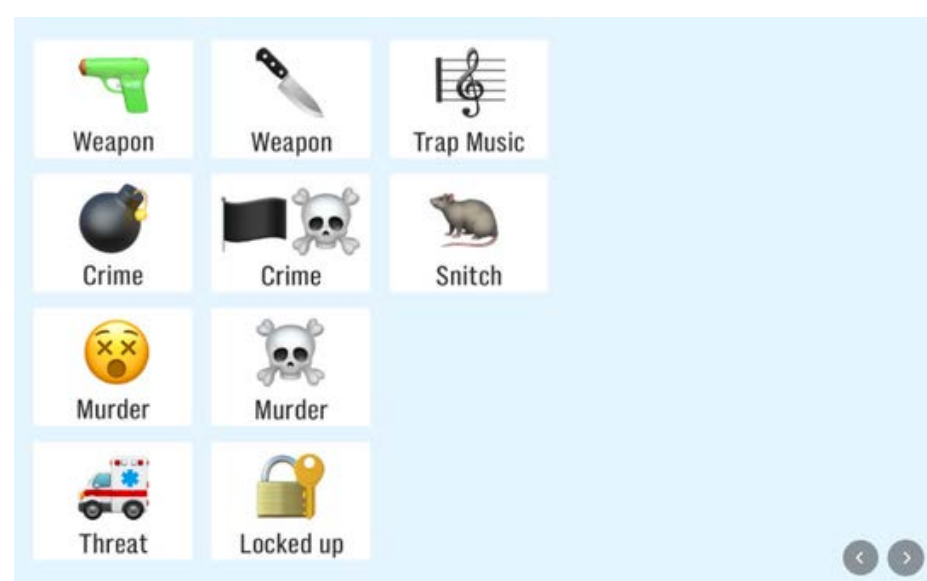
It is **important** to keep the following in context because, on the whole, these emojis are completely harmless, **but in some situations**, they can **mean something completely different**, sometimes even **dangerous**, so it is important for us to share the following with you, our parents.



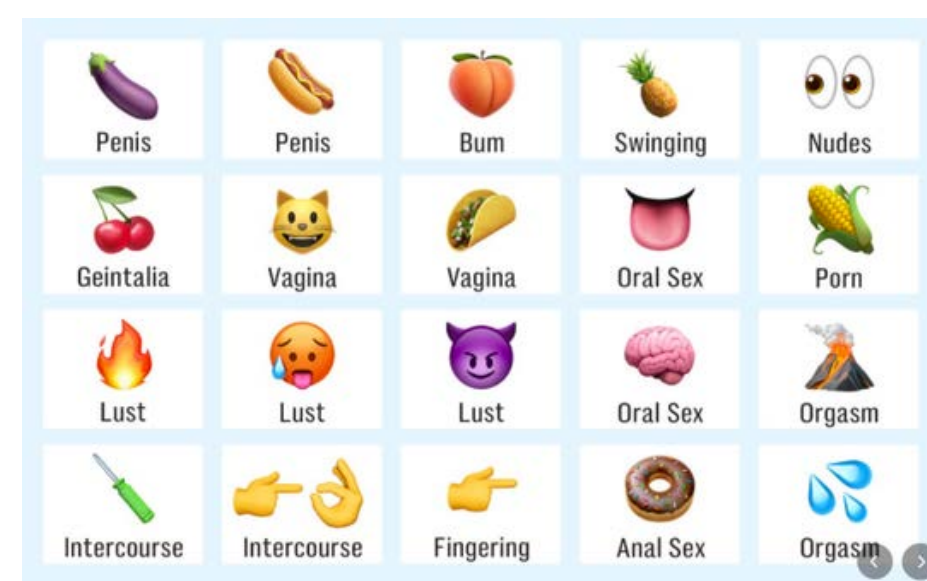
DRUGS



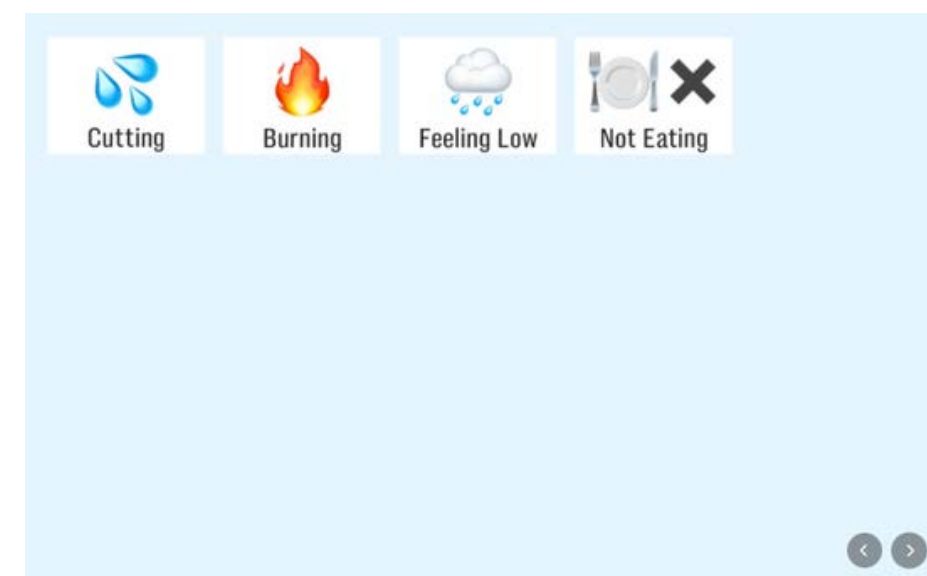
VIOLENCE



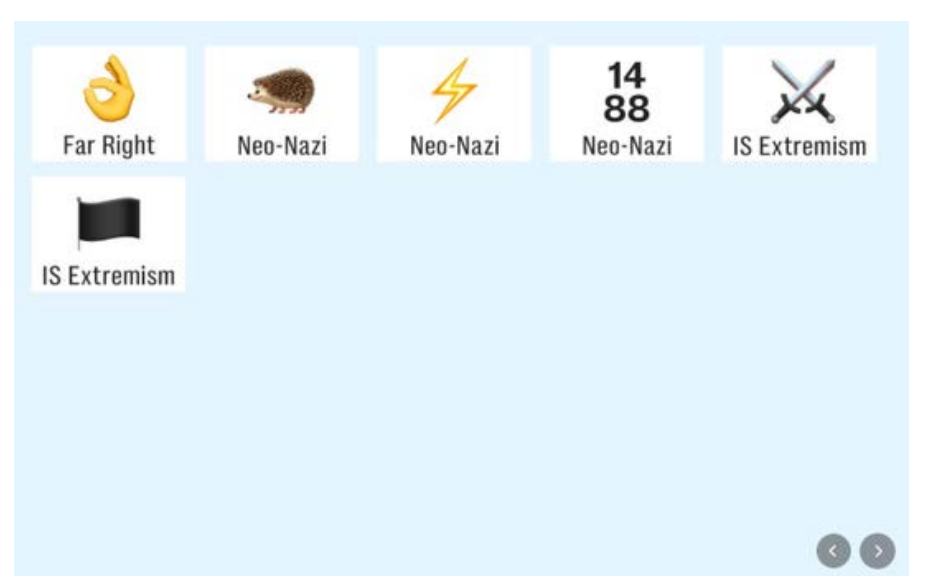
SEX



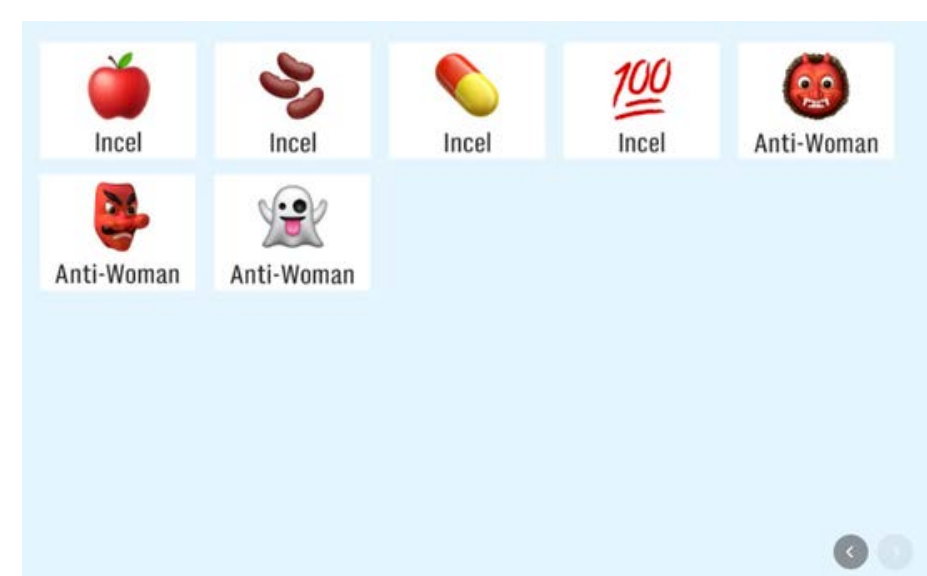
SELF-HAR,



EXTREMISM



INCEL



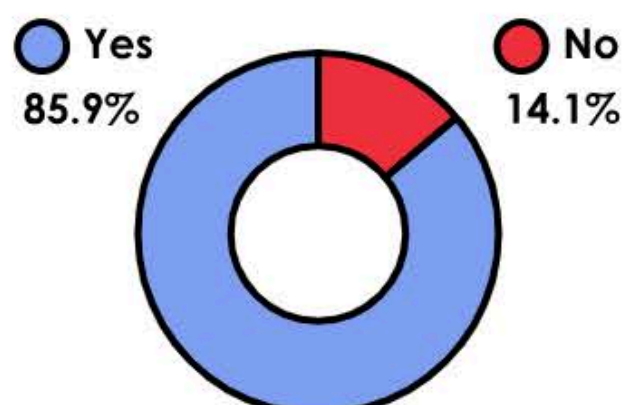
75% of children aged between 11 and 18 in the UK believe that **older generations do not have the resources to teach them about the online world.**

Many argued that **adults** had a **different experience** with the online world **compared to young people.**

02nd - 09th February 2024

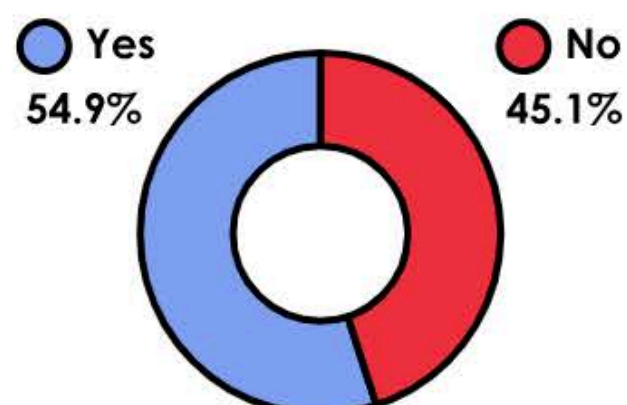
PRIMARY 5-7

Can adults and children learn from each other about the online world?



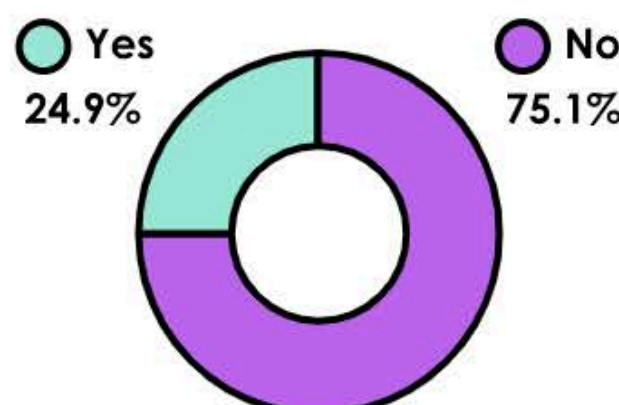
PRIMARY 7-11

Do adults have the tools to teach you about the online world?



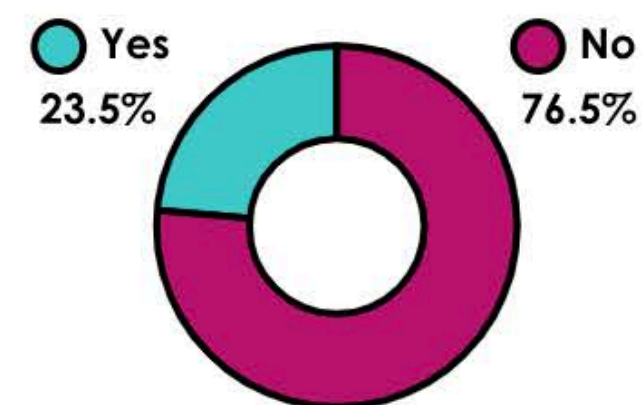
SECONDARY 11-16

Are adults equipped to teach you about the online world?



COLLEGE & 16+

Are older generations equipped to teach young people about the online world?

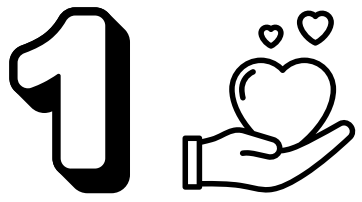


MENTAL HEALTH

If you have any concerns about your child's mental health, there are a number of different things you could do to help them.



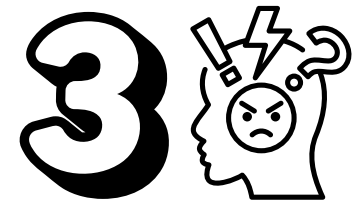
SELF-HARM - WHAT TO SAY...



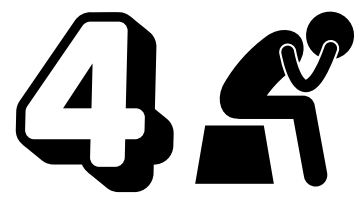
1 Calmly tell your child that you are there for them and you are not sad or angry with them



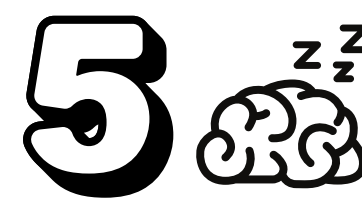
2 Tell them you're glad they told you they were having thoughts about self-harm and that you were able to help them through it.



3 Listen to what they are saying even if they are expressing anger or other negative emotions towards you and listen without interrupting.



4 After you've listened to what they've said and the crisis has subsided, make some suggestions for things you can do together to take their mind off them.



5 After the crisis, encourage your child to relax as the evening progresses. For example; a bubble bath, a hot milky drink or a family film.

SUPPORT LINES

Childline	0800 1111
Samaritans	08457 90 90 90
Support Line	0208 554 9004
Self Harm Network	0800 622 6000
The Amber Project	02920 344 776
Young Minds	08088 025544
GP Out of Hours (Gwent)	01633 744285
Parent Line	08088 002222
NSPCC	08088 005000
Mental Health Helpline	0800 132 737

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All medication (prescription/over the counter/vitamins) must be removed and/or locked in a strong locking medical box or locked cupboard. Medicine needs to be stored in this way in every house where the young person stays, including grandparents, foster carers, step-parents and residential homes.

Ensure that the young person does not have a stock of medication in their room or amongst their belongings.

Other environmental risks should be considered e.g. pulling ropes.

Do not allow your son/daughter to go out alone or with friends during periods of distress and when they are expressing suicidal thoughts or thoughts of deliberate self-harm.

Monitor mood and behavior closely.

Ask about self-harm and suicidal thoughts and remove all scissors and knives.

Look for the warning signs that your child may be struggling

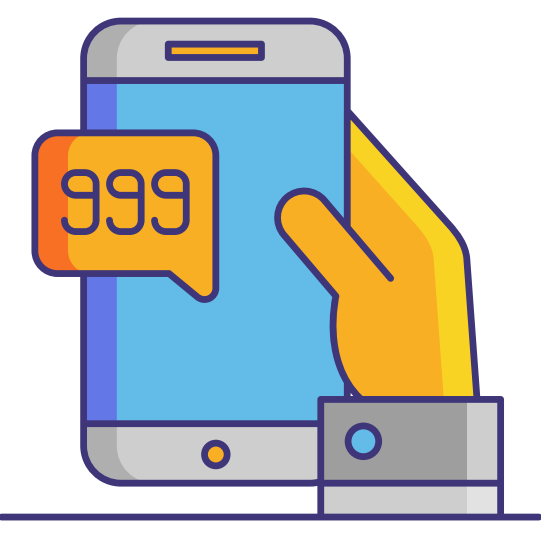
EMERGENCY SAFEGUARDING PLAN

Support your child emotionally and encourage the use of distraction techniques and alternatives to self-injury. If hospital treatment is not required but you are concerned about the risk of suicide, make an urgent appointment with your GP.

In urgent cases where medical treatment is required and/or where risk is imminent, take your child to hospital or call **999** if necessary. If your child has taken an overdose they will need to be taken to hospital immediately for treatment.

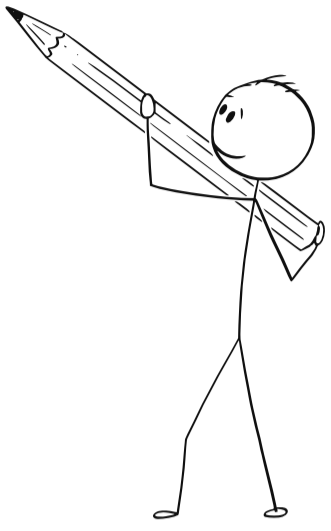
If your child has self-injured and the injury requires medical treatment, go to the appropriate medical setting. E.g. GP or Hospital depending on the injury.

If your child expresses suicidal thoughts and goes missing, call the police and report your child missing - making sure you tell them about previous overdoses and suicidal thoughts.



ALTERNATIVES TO SELF-HARM

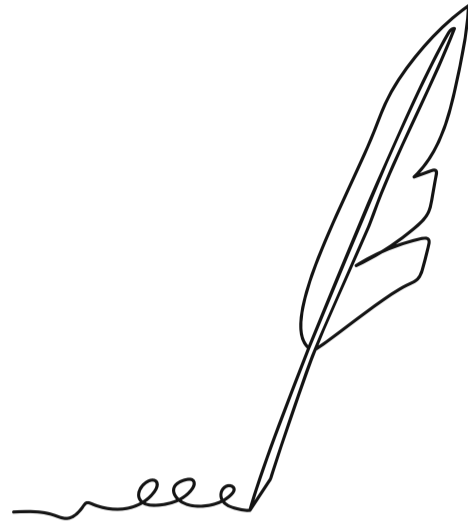
GET CREATIVE BY...



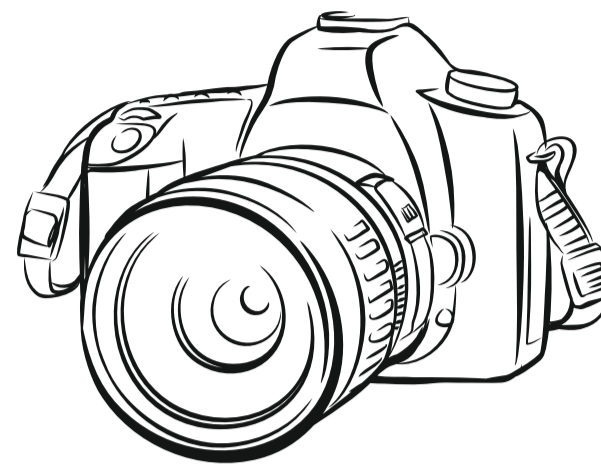
Drawing pictures



Painting



Creative writing

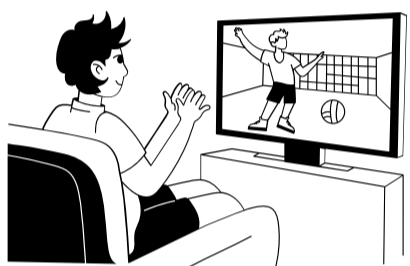


Photography



Listen to music

KEEP BUSY BY...



Watching television



Reading



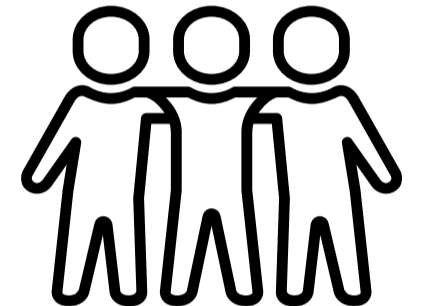
Playing games



Going to the gym



Going for a walk



See friends

MORE INFORMATION IS AVAILABLE ON OUR WEBSITE...



Referral form

What can counseling offer?



We all have times when it feels difficult to talk to those closest to us about things that bother us. Often this can be because we don't want to bother them or if we are afraid of what they might say. The counselor will listen to you carefully, without judging, but will try to make you understand what may be bothering you and to help you find a way or solution to deal with the problems you have.

Counseling can also offer:

- A regular place and time to talk about your concerns or difficulties.
- Helping you look at how you want things to change, by talking and using various activities.
- Look at your strengths and discover new strengths to help you cope with the problems in a positive way.
- A counselor takes a long time to train for their job and they should treat you in a caring, warm manner and try to be as friendly and helpful as possible.
- Everything you say in a counselling session is private between you and your counsellor, unless you are at risk of serious harm from others, to yourself or others.