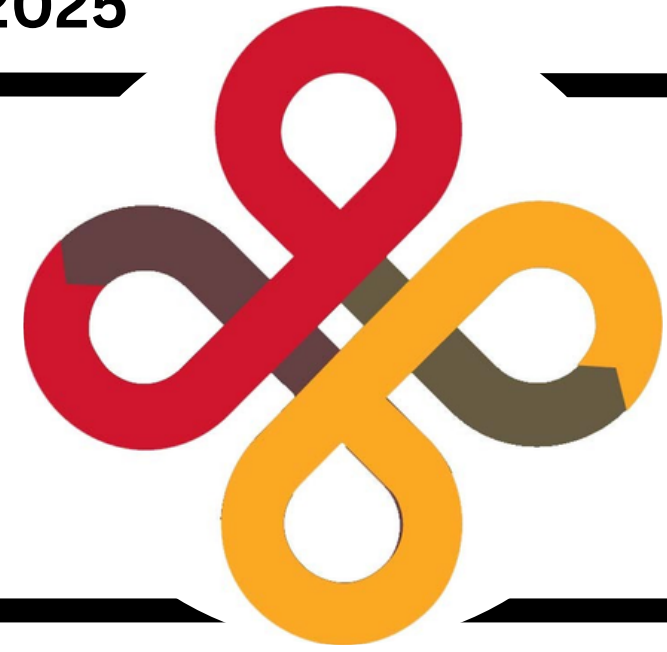


CYLCHLYTHYR DIOGELU



Cynnwys:



BETH YW CAM-DRIN DOMESTIG...

Y **diffiniad** o gam-drin a thrais domestig ar draws llywodraethau'r DU yw:

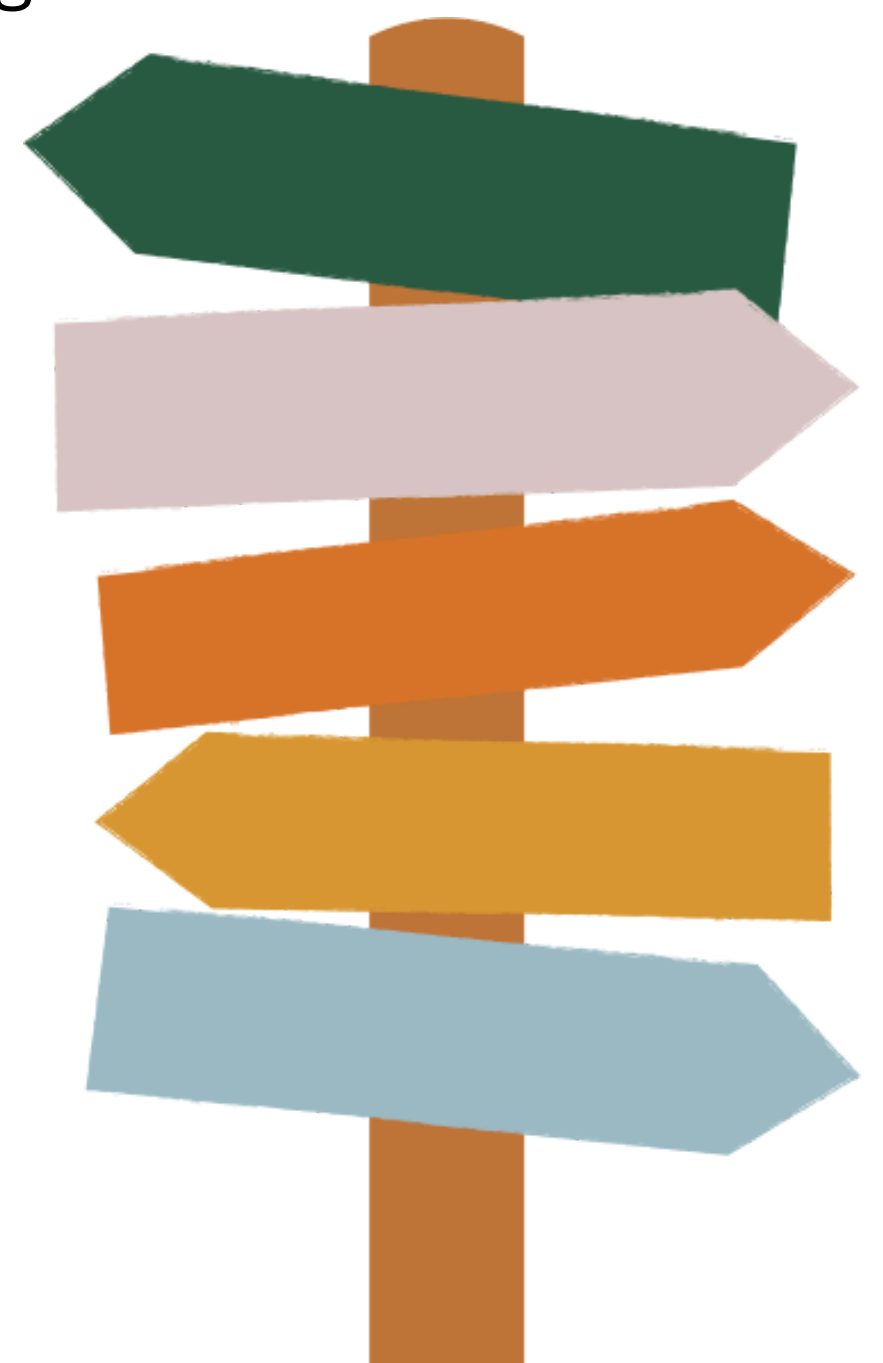
"Unrhyw ddigwyddiad neu batrwm o ddigwyddiadau sy'n amlygu **ymddygiad sy'n fygythiol neu'n rheoli**, neu'n **rheoli drwy orfodaeth**, neu **unrhyw drais** neu **gamdriniaeth rhwng pobl 16 oed neu'n hŷn sydd**, neu sydd wedi bod, yn bartneriaid rhywiol, neu'n aelodau o deulu, ni waeth beth fo'u rhyw na'u rhywioldeb".

Mae sawl math gwahanol o gam-drin domestig. Ymhlith elfennau eraill, mae'r rhain yn cynnwys y canlynol:

- rheoli drwy orfodaeth, cam-drin yn emosiynol / seicolegol
- camdriniaeth gorfforol
- camdriniaeth rywiol

Mae cam-drin domestig yn gallu cynnwys gwahanol fathau o ymddygiad hefyd sy'n ymddangos yn gymharol ddiniwed o'u hystyried fel digwyddiadau unigol.

Os ydyn nhw'n rhan o batrwm o ymddygiad sy'n codi ofn, braw neu ofid, mae'n gamdriniaeth.



MATHAU O GAM-DRIN DOMESTIG...

Rheoli drwy orfodaeth, cam-drin yn emosiynol / seicolegol:

Rheolaeth drwy orfodaeth yw patrwm o ymddygiad lle mae'r person rydych chi'n gysylltiedig ag ef yn ymddwyn dro ar ôl tro mewn ffordd sy'n gwneud i chi deimlo eich bod yn cael eich rheoli, eich bod yn ddibynnol arno, eich bod wedi eich ynysu, yn cael eich bychanu neu eich bod yn byw mewn ofn.

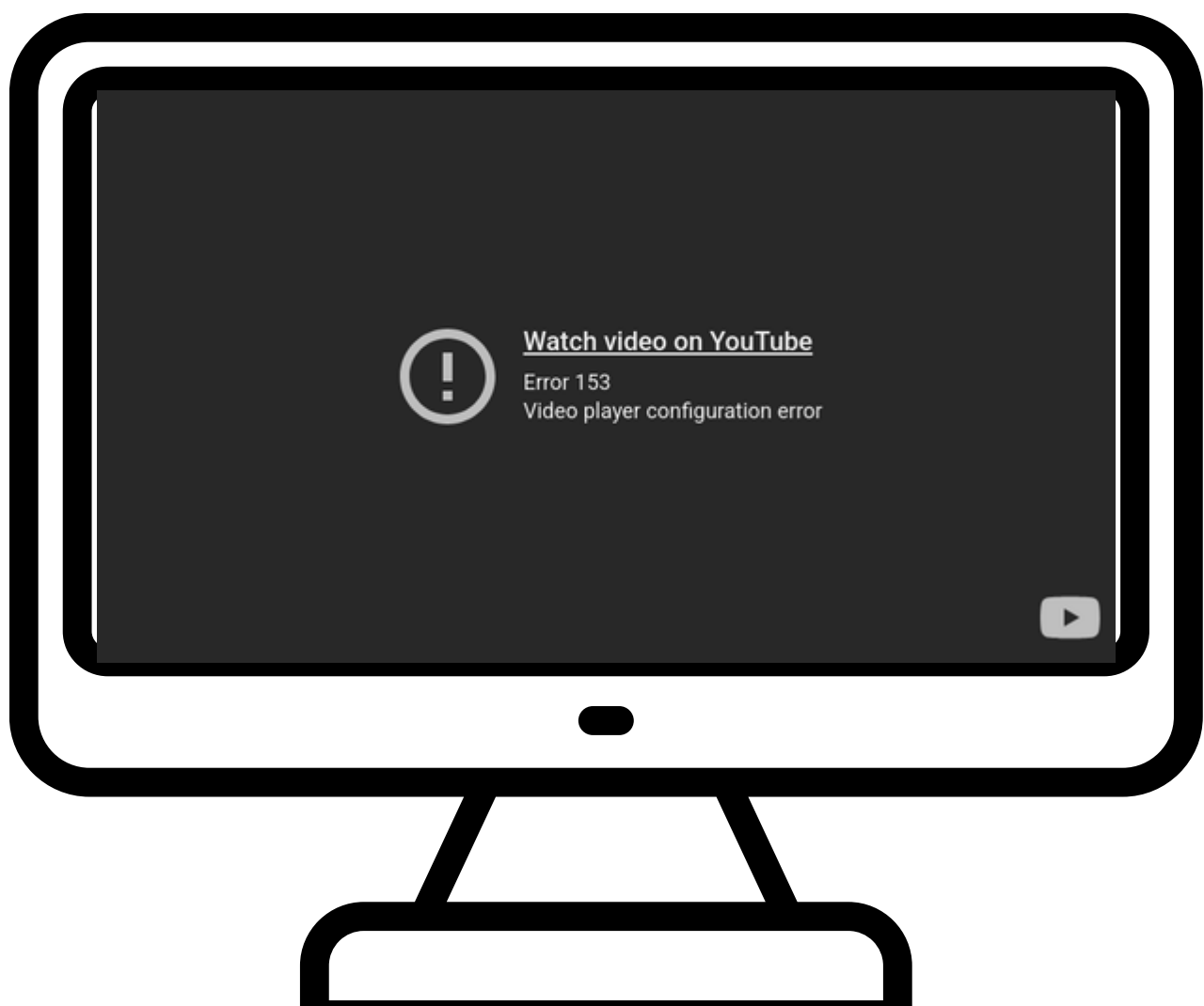
Mae'r ymddygiadau isod yn enghreifftiau cyffredin o reolaeth drwy orfodaeth:

- cael eich ynysu rhag gweld eich ffrindiau a'ch teulu
- rheoli faint o arian sydd gennych a sut rydych chi'n ei wario
- yn eich israddio dro ar ôl tro, galw enwau maleisus arnoch chi neu ddweud eich bod yn dda i ddim
- monitro'r hyn rydych chi'n ei wneud a ble rydych chi'n mynd
- bygwth eich niweidio neu eich lladd chi neu eich plentyn
- bygwth cyhoeddi gwybodaeth amdano chi neu eich reportio i'r heddlu neu'r awdurdodau
- difrodi eich eiddo personol
- eich gorfodi i fod yn rhan o weithgarwch troseddol neu gam-drin plentyn
- eich ynysu rhag eich rhwydweithiau cymorth

Camdriniaeth gorfforol

Gall hyn amrywio o ddefnyddio gorfodaeth / trais neu defnyddio pethau i'ch brifo. Gall camdriniaeth gorfforol gynnwys:

- Slapio a / neu dyrnu
- Cicio
- Llosgi
- Ysgwyd
- Tagu
- Taflu pethau
- Defnyddio cyllyll neu arfau eraill



Live Fear Free Helpline
Llinell Gymorth Byw Heb Ofn
0808 80 10 800
ffôn • ffeicst • sgwrsio byw • ebost
call • text • live chat • email

#BywHebOfn
#LiveFearFree

Ddylai neb deimlo'n ofnus gartre

Os wyt ti neu rywun rwyf ti'n ei 'nabod yn dioddef trais neu gamdriniaeth, mae help ar gael o hyd, ddydd a nos.



Home shouldn't be a place of fear

If you or someone you know is experiencing violence or abuse, help is still available 24/7.

Sgwrsia â ni yn gyfrinachol / Chat to us confidentially

llyw.cymru/bywhebofn 0808 80 10 800 gov.wales/livefearfree

Camdriniaeth rywiol

Ystyr camdriniaeth rywiol yw unrhyw fath o gyswllt rhywiol yn erbyn eich ewylllys a gallai gynnwys y canlynol:

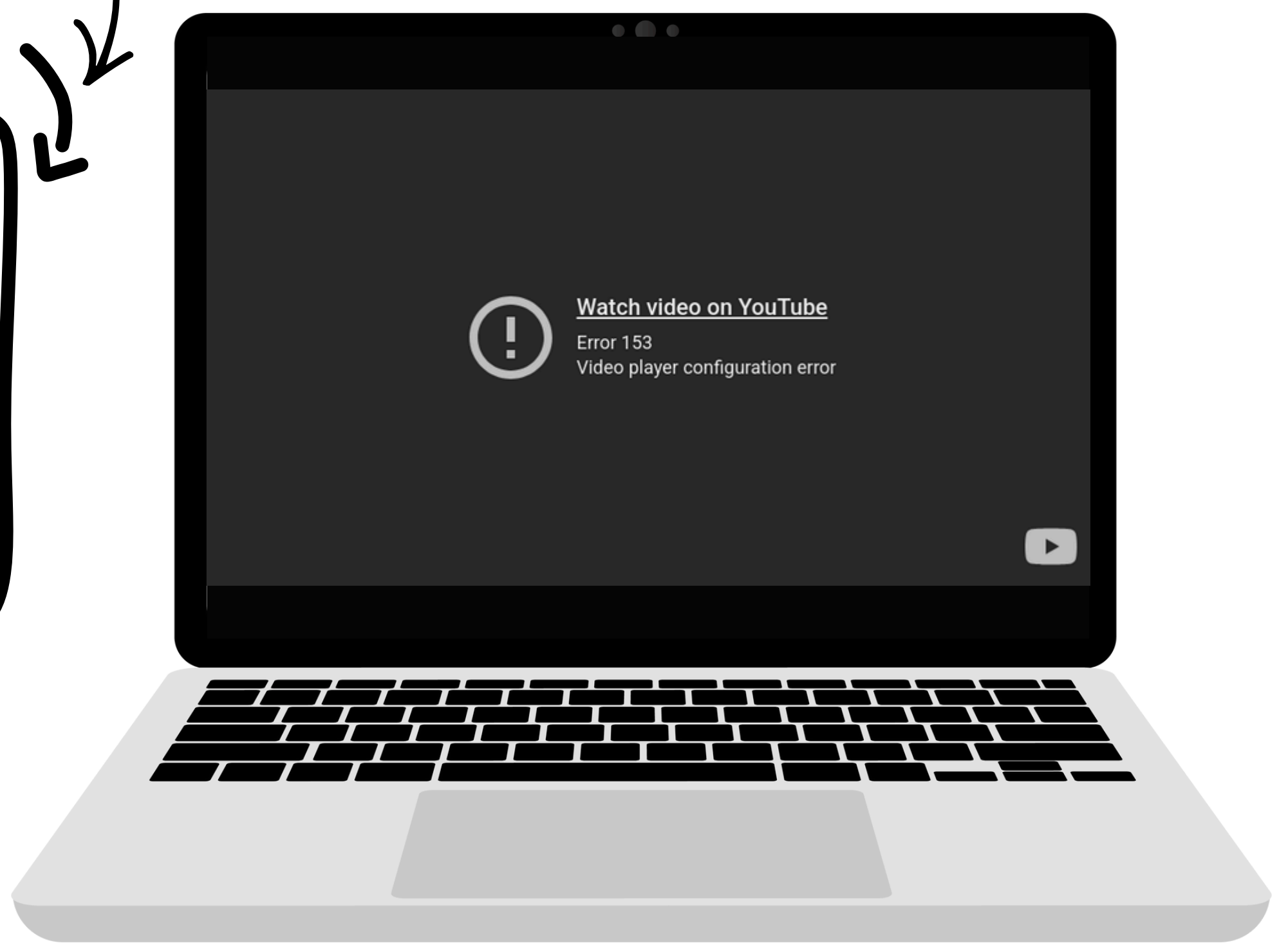
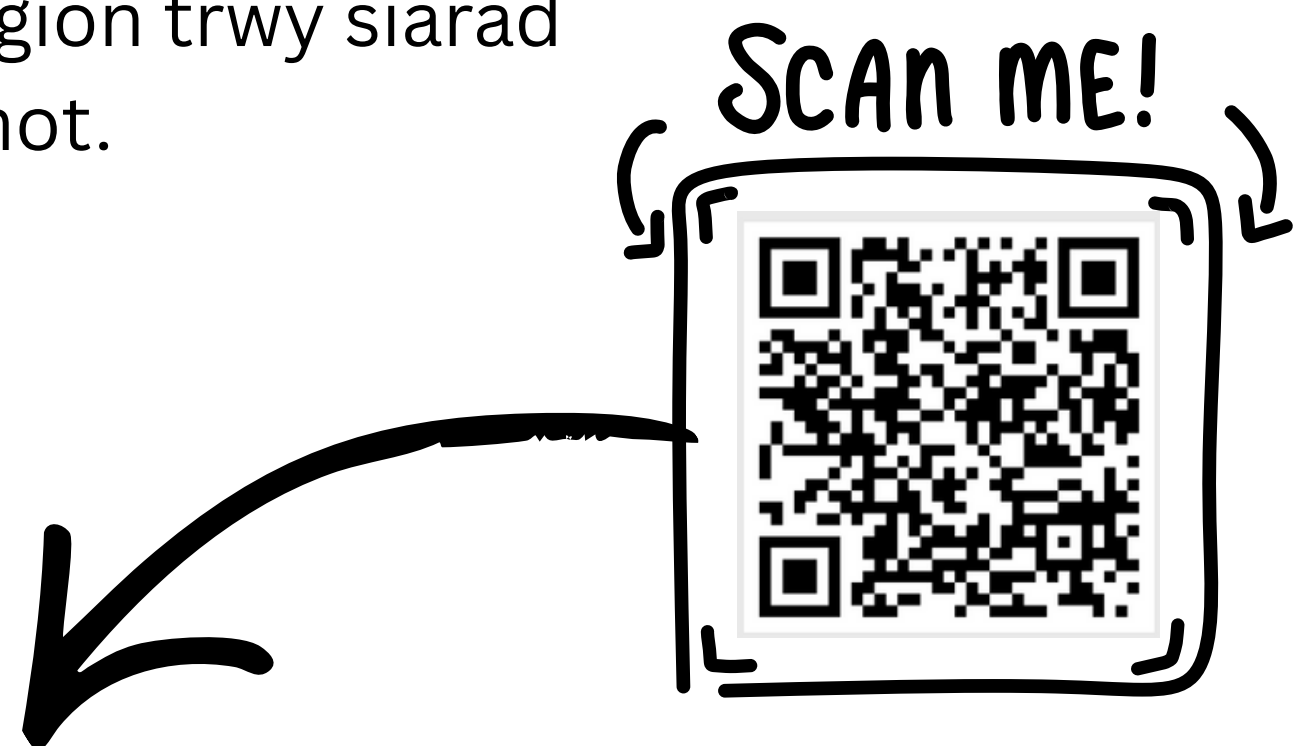
- cael eich cyffwrdd mewn ffyrdd amhriodol/nad ydych ei eisiau
- gofynion rhywiol nad ydych eu heisiau
- cael eich brifo'n fwriadol yn ystod rhyw
- rhoi pwysau arnoch i gael rhyw heb ddiogelwch/ rhyw anniogel
- rhoi pwysau arnoch i gael rhyw
- eich gorfodi i gael rhyw
- eich gorfodi i gymryd rhan mewn puteindra neu bornograffi
- eich atal rhag defnyddio dulliau atal cenhedlu
- gwneud tâp fideo neu dynnu lluniau o weithredoedd rhywiol a'u rhannu heb eich caniatad
- trais.

Gallai hyn gynnwys gwneud y canlynol:

- anfon negeseuon testun, e-bost, llythyrau, cardiau neu 'anrhegion' dro ar ôl tro
- eich dilyn chi neu ymddangos yn eich cartref neu'ch gweithle
- aflonyddu ar ffrindiau, teulu neu gymdogion trwy siarad amdanot neu'n gofyn cwestiynau amdanot.
- fandaleiddio eiddo.

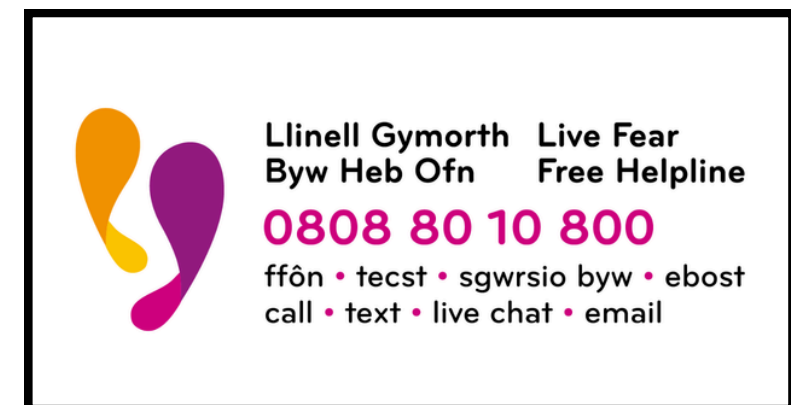
women's aid

until women & children are safe



AROS YN DDIOGEL...

Os ydych chi'n pryderu am eich lles neu'ch diogelwch ac angen cyngor a chymorth, ffoniwch linell **Gymorth Byw Heb Ofn** ar 0808 80 10 800.



Os ydych chi'n pryderu am blentyn yn benodol, cysylltwch â Llinell Gymorth yr **NSPCC** - 0808 800 5000.

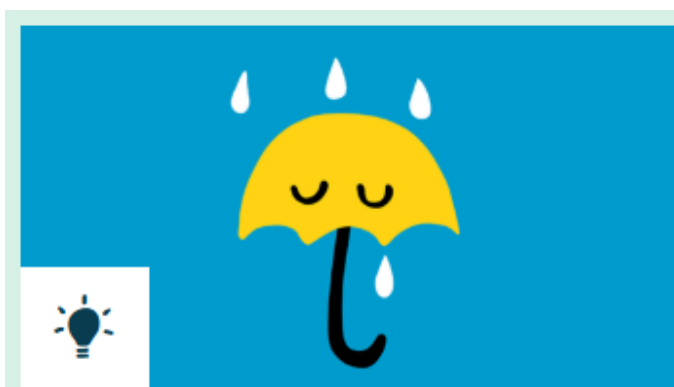


Cadw'ch hun yn ddiogel

Mae gwneud cynllun diogelwch personol yn ffordd dda o'ch diogelu chi a'ch plant ac mae'n eich helpu chi i gynllunio ymlaen llaw ar gyfer y posibilrwydd o drais neu gamdriniaeth yn y dyfodol.

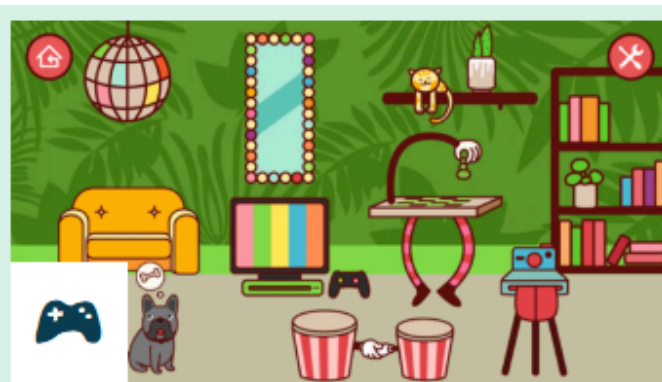
Dyma rai cwestiynau i'ch rhoi chi ar ben ffordd:

- A allech chi addysgu eich plant i ffonio **999** mewn argyfwng, a'r hyn y byddai angen iddyn nhw ei ddweud (e.e. eu henw llawn, cyfeiriad a rhif ffôn).
- A oes gennych chi gymdogion y gallech chi ymddiried ynddyn nhw ac y gallech chi fynd atyn nhw mewn argyfwng? Os felly, dywedwch wrthyn nhw beth sy'n digwydd a gofynnwch iddyn nhw ffonio'r heddlu os byddan nhw'n clywed sŵn ymosodiad. Ystyriwch sefydlu arwydd sy'n golygu y dylen nhw ffonio'r heddlu.
- A oes yna air neu gôd y gallwch chi gytuno arno gyda ffrind fel ei f/bod yn gwybod y dylai ffonio'r heddlu os yw'n eich clywed chi'n dweud y côd hwnnw neu os byddwch chi'n anfon y côd ato/i mewn neges destun?
- A oes rhywle y gall eich plant fynd iddo pan fo'ch partner yn bod yn dreisgar?
- A allwch chi ymarfer cynllun dianc, fel y gallwch chi a'r plant ddianc yn ddiogel mewn argyfwng?



Coping Kit

Find new ways to cope or distract yourself. We've got ideas for however you're feeling.



Build Your Happy Place

Create your ideal room. Fill it with things that help you feel happy, calm and safe.



Mental Health First Aid Kit

Things can be overwhelming sometimes, but making a first aid kit can help you to cope when things are tough.



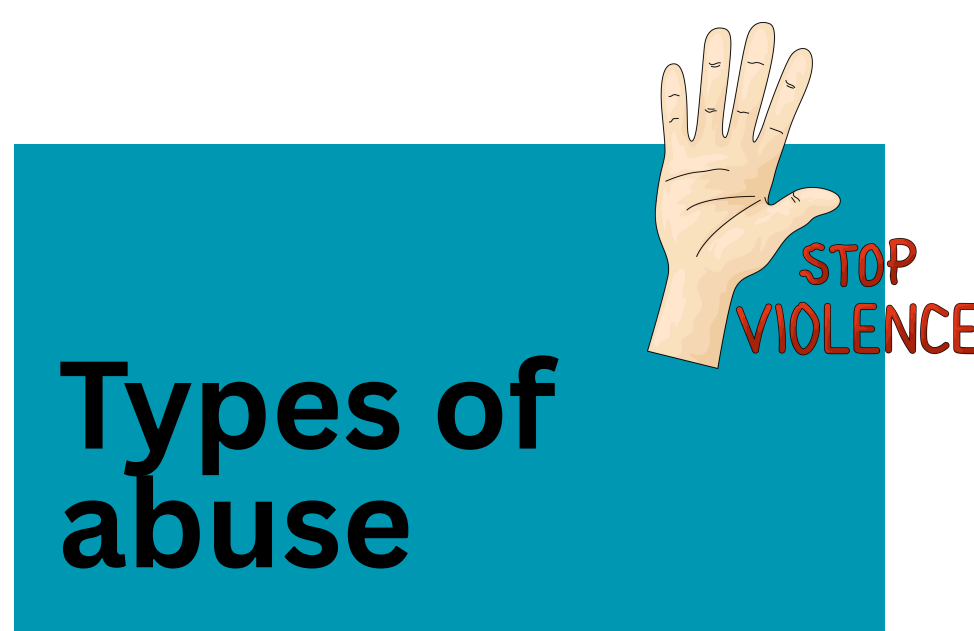
Try our conversation starter

Not sure where to start? Download our template to help you start a conversation with a letter or an email.

SAFEGUARDING NEWSLETTER



Contents:



WHAT IS DOMESTIC VIOLENCE...

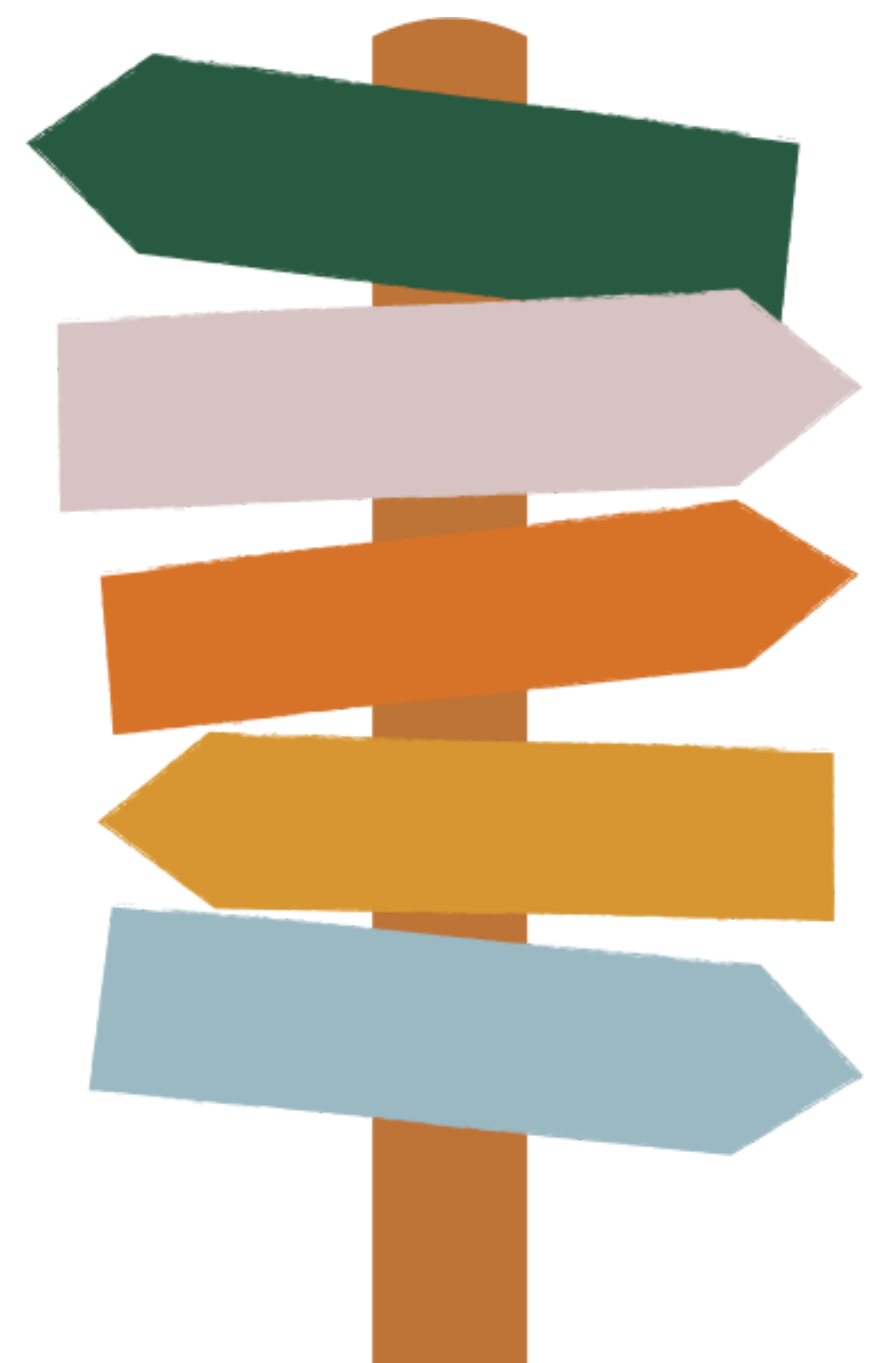
The **definition** of abuse and domestic violence across UK governments is: "Any event or pattern of events that manifests behavior that is **threatening or controlling**, or **controlling by coercion**, or **any violence** or **abuse between people aged 16 or over** who are, or have been, sexual partners, or family members, regardless of their gender or sexuality".

There are many different types of domestic abuse. Among other elements, these include the following:

- coercive control, emotional / psychological abuse
- physical abuse
- sexual abuse

Domestic abuse can also include different types of behavior that appear relatively harmless when considered as individual incidents.

If they are part of a pattern of behavior that causes fear, alarm or distress, it is abuse.



TYPES OF DOMESTIC VIOLENCE...

Coercive control, emotional / psychological abuse:

Coercive control is a pattern of behaviour where the person you are connected to repeatedly behaves in a way that makes you feel controlled, dependent, isolated, humiliated or living in fear.

The behaviours below are common examples of coercive control:

- being isolated from seeing your friends and family
- control how much money you have and how you spend it
- repeatedly put you down, call you mean names or say you're good for nothing
- monitor what you do and where you go
- threaten to harm or kill you or your child
- threaten to publish information about you or report you to the police or authorities
- damage your personal property
- forcing you to be involved in criminal activity or child abuse
- isolating you from your support networks

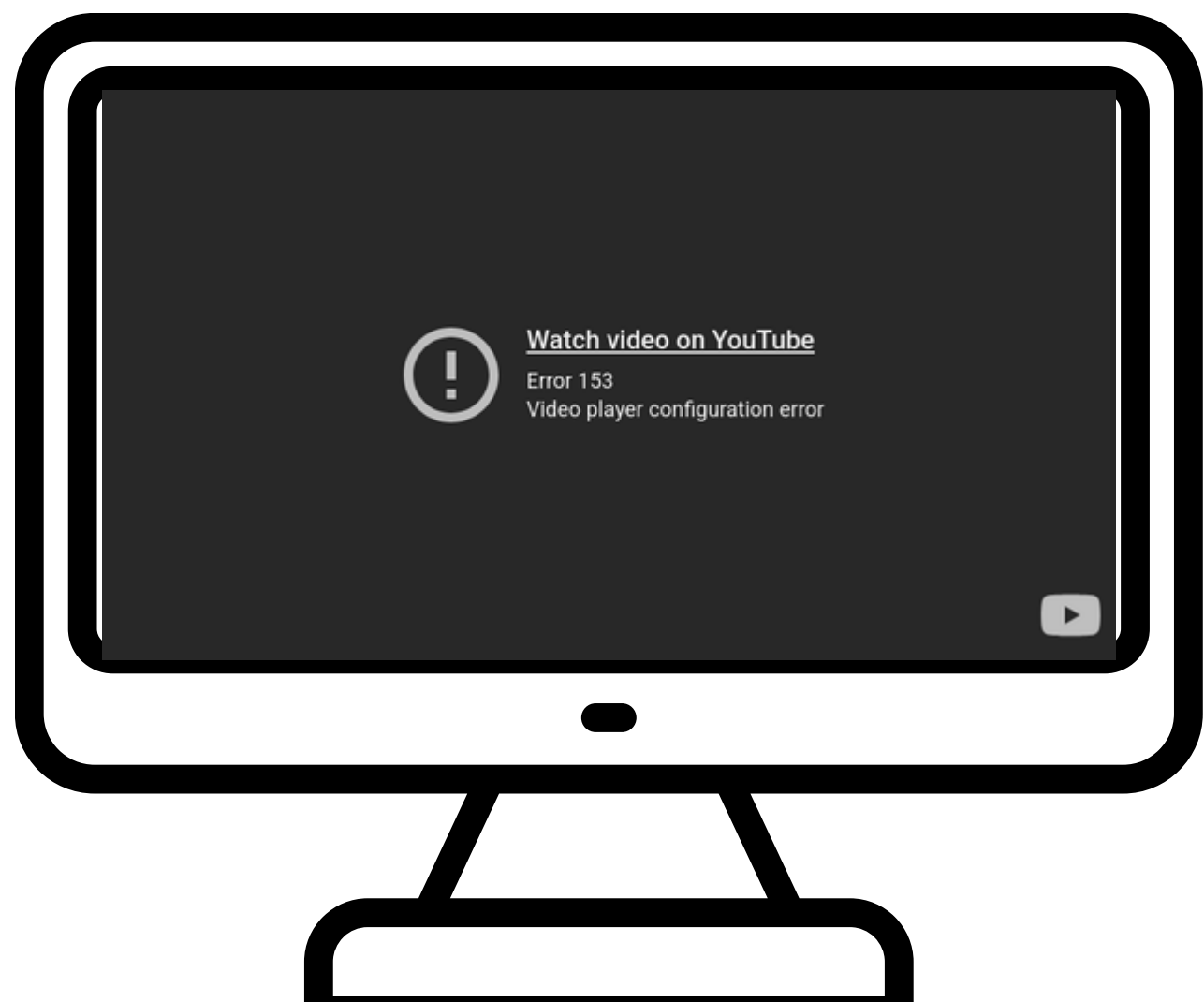
Physical abuse

This can range from using coercion / violence or using things to hurt you.

Physical abuse can include:

- Slapping and / or punching
- Kicking
- Burning
- shaking
- Choking
- Throwing things
- Using knives or other weapons

SCAN ME!



Live Fear Free Helpline
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0808 80 10 800
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call • text • live chat • email

#BywHebOfn
#LiveFearFree

Ddylai neb deimlo'n ofnus gartre

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Home shouldn't be a place of fear

If you or someone you know is experiencing violence or abuse, help is still available 24/7.

Sgwrsia â ni yn gyfrinachol / Chat to us confidentially

llyw.cymru/bywhebofn 0808 80 10 800 gov.wales/livefearfree

Sexual abuse

Sexual abuse means any type of sexual contact against your will and could include the following:

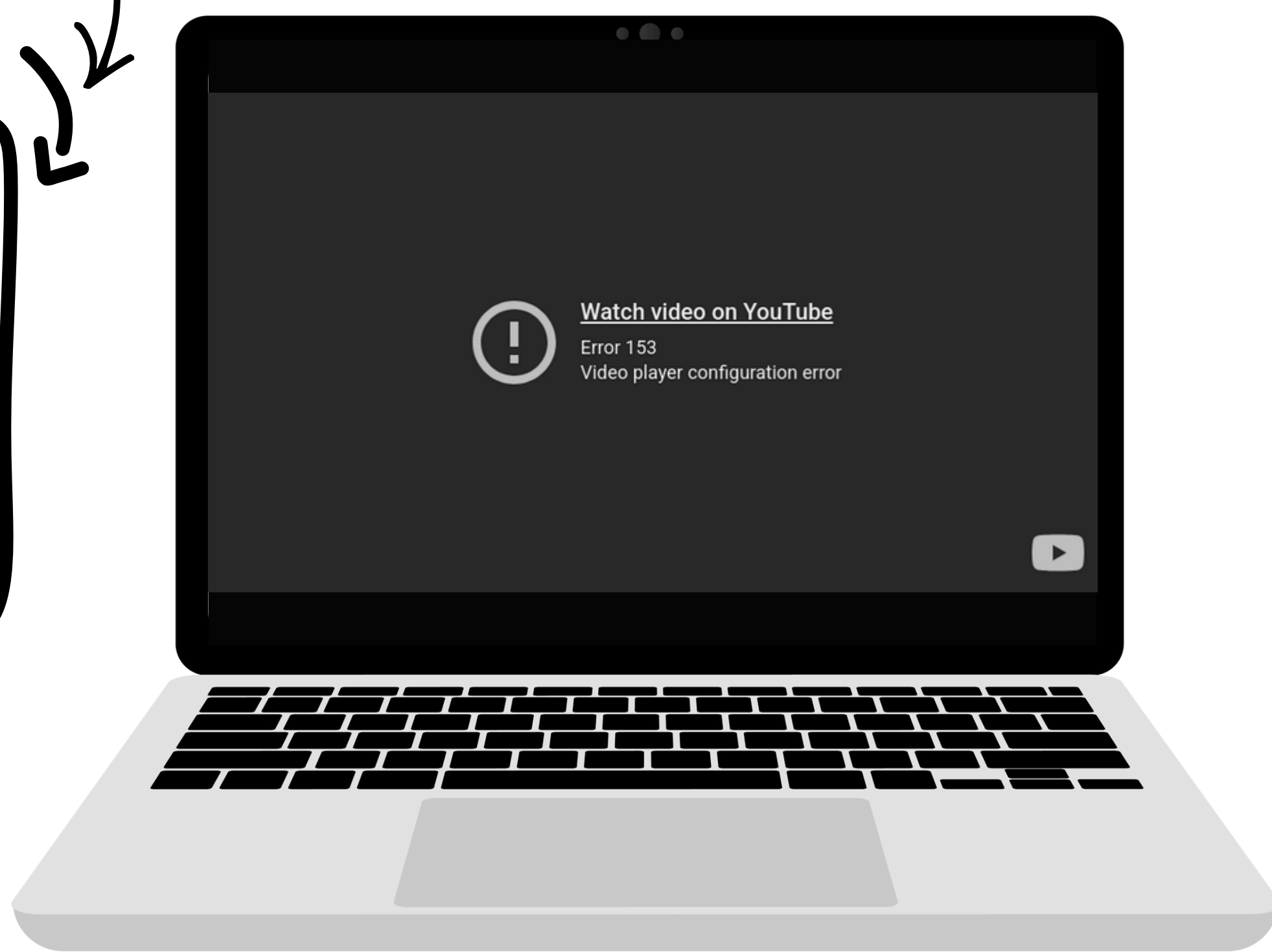
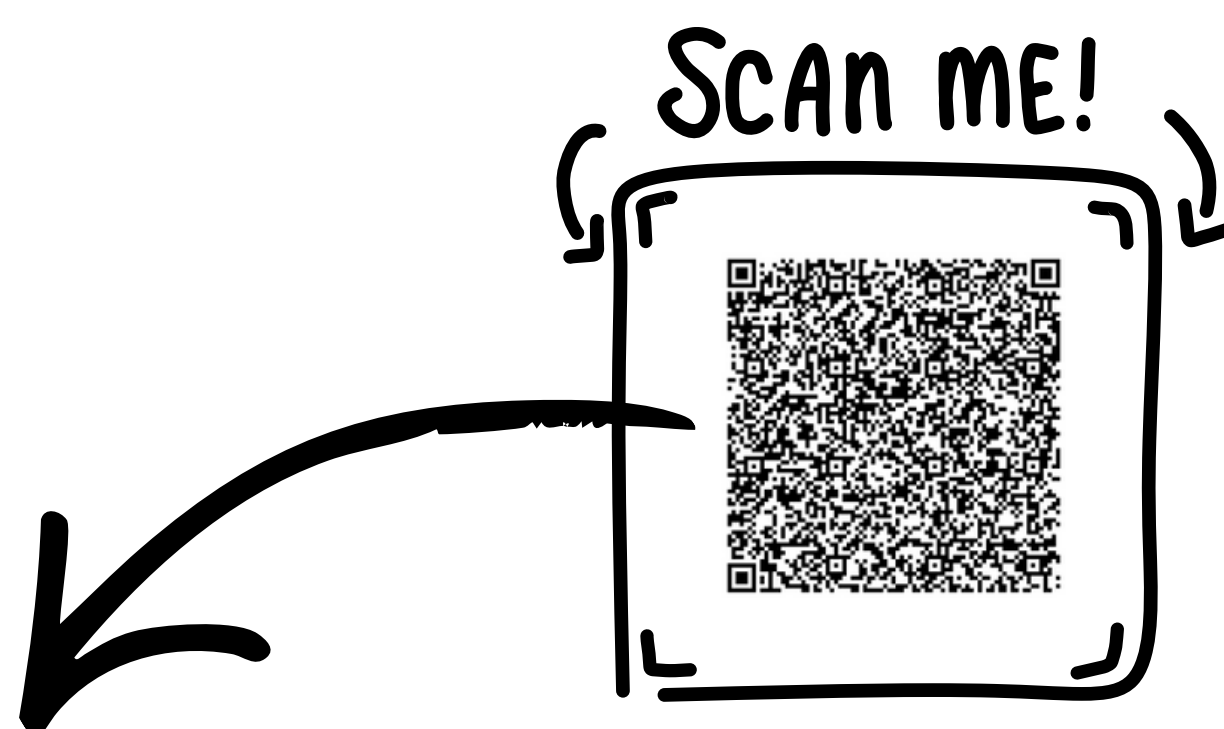
- being touched in inappropriate/unwanted ways
- sexual demands you don't want
- being intentionally hurt during sex
- putting pressure on you to have unprotected sex/unsafe sex
- putting pressure on you to have sex
- forcing you to have sex
- forcing you to participate in prostitution or pornography
- preventing you from using contraception
- filming or taking pictures of sexual acts and share them without your permission
- violence

This could include doing the following:

- sending repeated text messages, emails, letters, cards or 'gifts'
- following you or appear at your home or workplace
- harassing friends, family or neighbors by talking about you or asking questions about you.
- vandalising property.

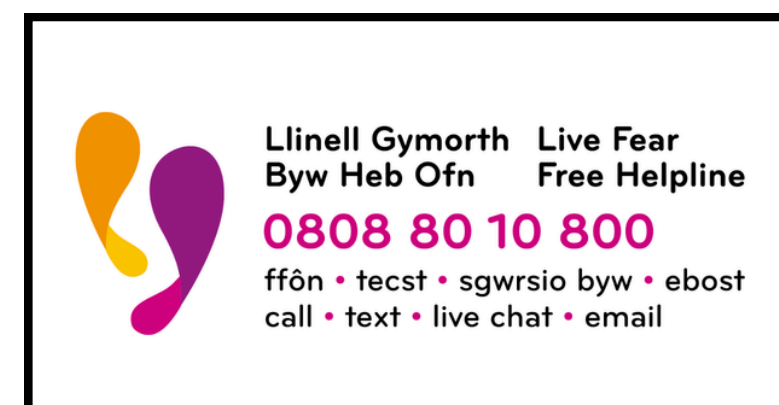
women's aid

until women & children are safe



KEEPING SAFE...

If you are concerned about your welfare or safety and need advice and support, call the **Live Fear Free** helpline on 0808 80 10 800.



If you are concerned about a child in particular, contact the **NSPCC** Helpline - 0808 800 5000.



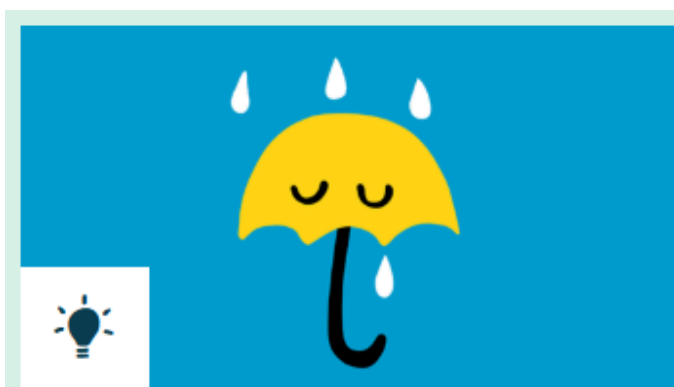
Keep yourself safe

Making a personal safety plan is a good way to protect you and your children and it helps you plan ahead for the possibility of violence or abuse in the future.

Here are some questions to get you started:

Teach your children to call 999 in an emergency, and what they would need to say (e.g. their full name, address and telephone number).

- Do you have neighbors you can trust and go to in an emergency? If so, tell them what is happening and ask them to call the police if they hear the sound of an attack. Consider putting up a sign that means they should call the police.
- Is there a word or code you can agree on with a friend so he/she knows to call the police if he/she hears you say that code or if you send him/her the code in a text message?
- Is there somewhere your children can go when your partner is violent?
- Can you practice an escape plan, so that you and the children can escape safely in an emergency?



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