

**Gwybodaeth am Hyfforddiant ac Adnoddau Addysgol yn ymwneud â Diogelwch – Cynradd ac Uwchradd**  
Information on Training and Educational Resources on Safety - Primary and Secondary

**Mae'n cynnwys:**

It includes:

**Diogelwch Bwyd/Food Safety**

**Diogelwch Personol/Personal Safety**

**Diogelwch y Ffyrdd/Road Safety**

**Diogelwch Tân/Fire Safety**

**Diogelwch Dwr/Water Safety**

**Diogelwch ar y Rheilffyrdd/Safety on the Railways**

**Diogelwch yr Haul/Sun Safety**

**E-ddiogelwch/E-safety**

## Hyfforddiant/Training

### Diogelwch Bwyd/Food Safety



**Lefel 2 Diogelwch Bwyd - Mae hwn yn gwrs hyfforddi ategol i bobl sydd ar hyn o bryd yn gweithio fel person trin bwyd neu bobl sy'n chwilio am waith fel person trin bwyd mewn unrhyw amgylchedd arlwyo. Mae'r cwrs hefyd yn addas i wirfoddolwyr a'r rheiny sy'n gweithio ym maes gofal gyda rhai cyfrifoldebau trin bwyd.**

**Rhennir y cwrs hwn yn 6 modiwl wedi'u rhifo ac mae angen eu cwblhau yn eu trefn. Hyd y cwrs hwn yw tua 2 awr 40 munud o ffilm i'w gwyllo, ac yna mae eich asesiad yn dilyn sef 20 o gwestiynau amlddewis a fydd yn cymryd tua 20 munud i'w cwblhau yn dibynnu ar eich ffordd o weithio. Y marc pasio yw 12/20 a byddwch yn cael eich canlyniad ar unwaith, ond cewch gyfle i roi cynnig ar y prawf cynifer o weithiau ag sydd ei angen heb unrhyw gost ychwanegol. Cewch dystysgrif ddigidol ar unwaith.**

**Cost £22 (yn gywir ar 23/02/21)**

Level 2 Food Safety - This is a supportive training course for persons currently working as a food handler or persons who are seeking employment as a food handler in any catering environment. The course is also suitable for volunteers and those who work in care with some food handling responsibilities.


This course is split into 6 numbered modules that require completing in order. The duration of this course is circa 2 hours 40 minutes of footage to view and then your assessment


**Saesneg/English**


<https://sarasafetysolutions.co.uk/>

**Ffôn/Phone:** 07599 123 937

**E-bost/E-mail:** info@sarasafetysolutions.co.uk

<p>follows of 20 multiple choice questions that will take approximately 20 minutes to complete depending on your approach. The pass mark is 12/20 and your result instant but you do have the opportunity to try as many times as required without any additional cost. There is an instant digital certificate. Cost £22 (correct 23/02/21)</p>	
<p><b>Diogelwch Bwyd/Food Safety</b></p>  <p><b>Mae'r modiwlau hyfforddi a gaiff eu cynnwys yn y cwrs hwn yn cwmpasu maes llafur allweddol cymwysterau Diogelwch Bwyd Lefel 2. Mae'r modiwlau hyn yn cynnwys:</b></p> <ul style="list-style-type: none"> <li>• Cyflwyniad i Ddiogelwch Bwyd</li> <li>• Peryglon microbiolegol</li> <li>• Gwenwyn bwyd a sut i'w reoli</li> <li>• Peryglon halogi a sut i'w rheoli</li> <li>• HACCP o'r ddarpariaeth i'r gwasanaeth</li> <li>• Hylendid personol</li> <li>• Safleoedd a chyfarpar bwyd</li> <li>• Plâu bwyd a sut i'w rheoli</li> <li>• Glanhau a diheintio</li> <li>• Gorfodi Diogelwch Bwyd</li> </ul> <p><b>Cost: £12 y pen; ceir cyfraddau is ar gyfer mwy nag un cynrychiolydd (yn gywir ar 23/02/21)</b></p> <p>The training modules included in this course cover the key syllabus of Level 2 Food Safety qualifications. These modules include:</p> <ul style="list-style-type: none"> <li>• Introduction to Food Safety</li> <li>• Microbiological hazards</li> </ul>	<p><b>Saesneg/English</b></p> <p><a href="https://www.foodsafetyatwork.co.uk/online-training/?course_id=1352">https://www.foodsafetyatwork.co.uk/online-training/?course_id=1352</a></p> <p><b>Ffôn/Phone:</b> 0808 2534272</p>

<ul style="list-style-type: none"> <li>• Food poisoning and its control</li> <li>• Contamination hazards and controls</li> <li>• HACCP from delivery to service</li> <li>• Personal hygiene</li> <li>• Food premises and equipment</li> <li>• Food pests and control</li> <li>• Cleaning and disinfection</li> <li>• Food Safety enforcement</li> </ul> <p>Cost £12 individual; reduced rates for multiple delegates (correct 23/02/21)</p>	
<p><b>Diogelwch Bwyd/Food Safety</b></p>  <p><b>Lefel 2 Diogelwch Bwyd - Gall dysgwyr ddechrau hyfforddi ar unwaith. Maent yn cael mynediad i ddeunyddiau'r cwrs am 90 diwrnod. Hyd y cwrs yw 3 – 4 awr. Ceir mynediad i'r cwrs 24 awr y dydd/7 diwrnod yr wythnos a chaiff cynnydd ei arbed gan y system.</b></p> <p><b>Caiff yr arholiad terfynol ei sefyll ar-lein ac mae'n cynnwys 30 o gwestiynau amlddewis gyda marc pasio o 80%. Ni chodir tâl am ailsefyll os caiff cynnig aflwyddiannus ei wneud.</b></p> <p><b>Wedi iddo wneud cynnig llwyddiannus ar yr arholiad, anfonir tystysgrif yr ymgeisydd ar unwaith i'w gyfeiriad e-bost ar ffurf PDF. Bydd ei fynediad i'r cwrs wedyn yn dod i ben ar unwaith.</b></p> <p><b>Cost £10 + TAW (yn gywir ar 23/02/21)</b></p> <p>Level 2 Food Safety - Learners may begin training immediately. They receive 90 days access to the course materials The course duration is 3 – 4 hours. Course access is 24/7 with progress saved by the system.</p>	<p><b>Saesneg/English</b></p> <p><a href="https://food-safety.org.uk/">https://food-safety.org.uk/</a></p>

<p>The final exam is taken online and consists of 30 multiple choice questions with a pass mark of 80%. There is no charge for resits if an unsuccessful submission is made.</p> <p>Following a successful exam submission, the candidates' certificate is sent immediately to their email address in PDF format. Their course access then ceases immediately.</p> <p>Cost £10 + VAT (correct 23/02/21)</p>	
<p><b>Hyfforddiant Bwyd a Maeth (gan gynnwys diogelwch bwyd sylfaenol)</b> Food and Nutrition Training (including basic food safety)</p>  <p>Mae'r cwrs hwn yn seiliedig ar ofynion Fframwaith y Cyfnod Sylfaen a chwricwlwm Cyfnod Allweddol 2 a chymwyseddau craidd y llywodraeth ar gyfer plant a phobl ifanc rhwng 5 ac 16 oed.</p> <ul style="list-style-type: none"> <li>• <b>Modiwl 1: Bwyd mewn ysgolion: Cyflwyno'r dull hyfforddi ar-lein a dogfennau allweddol sy'n cefnogi addysg bwyd yn yr ysgol.</b></li> <li>• <b>Modiwl 2: Tarddiad bwyd: Archwilio o ble y daw bwyd a rhai o'r prosesau sy'n gysylltiedig â chynhyrchu bwyd.</b></li> <li>• <b>Modiwl 3: Bwyta'n iach: Archwilio'r Canllaw Bwyta'n iach, ei grwpiau bwyd, ei negeseuon allweddol a'i gymhwyso.</b></li> <li>• <b>Modiwl 4: Maetheg: Cyflwyno egni, maetholion, ffibr a dŵr a'r gwahanol ofynion maethol drwy gydol oes.</b></li> <li>• <b>Modiwl 5: Maetheg gymhwysol: Defnyddio gwybodaeth am faetheg i gynllunio a pharatoi prydau bwyd sy'n cyfrannu at ddeiet iach ac amrywiol.</b></li> </ul>	<p>Saesneg/English</p> <p><a href="https://www.foodafactoflife.org.uk/training/2019/food-training-primary-wales/">https://www.foodafactoflife.org.uk/training/2019/food-training-primary-wales/</a></p>

- **Modiwl 6: Diogelwch bwyd: Ystyried a rheoli diogelwch a hylendid bwyd yn yr ystafell ddosbarth.**
- **Modiwl 7: Coginio: Rheoli a pharatoi'r ystafell ddosbarth, yr adnoddau a'r disgyblion ar gyfer gwersi bwyd diogel, pwrpasol ac ymarferol.**
- **Modiwl 8: Addysgu: Cynllunio ymagwedd flaengar, fel ysgol gyfan tuag at fwyd.**

**Cost: Am ddim**

This course is based on the requirements of the Foundation Phase Framework and Key Stage 2 curriculum and the government's *Core competences for children and young people aged 5 to 16 years*.

- Module 1: Food in schools: Introducing the online training approach and key documents which support food teaching in school.
- Module 2: Food origins: Exploring where food comes from and some of the processes involved in producing food.
- Module 3: Healthy eating: Exploring the Eatwell Guide, its food groups, key messages and application.
- Module 4: Nutrition: Introducing energy, nutrients, fibre and water and the differing nutritional requirements throughout life.
- Module 5: Applied nutrition: Using nutrition knowledge to plan and prepare meals that contribute to a healthy varied diet.
- Module 6: Food safety: Considering and managing food safety and hygiene in the classroom.

- Module 7: Cooking: Managing and preparing the classroom, resources and pupils for safe and purposeful, practical food lessons.
- Module 8: Teaching: Planning a progressive, whole school approach to food.

Cost: Free

### Hyfforddiant Lles Sir Gaerfyrddin/Carmarthenshire Wellbeing Training



### Dwyieithog/Bilingual

[https://hwbwave15.sharepoint.com/:x:/r/sites/669/cwric/\\_layouts/15/Doc.aspx?sourcedoc=%7B5DF231A9-558B-4CBB-A546-26D7621DEB31%7D&file=training%20wellbeing%20grid.xlsx&action=default&mobileredirect=true&cid=110f81b4-74a1-4030-b3a8-543cfc38b282&CID=93317D4A-B18D-49EF-9560-DCC3DAC578DF&wdLOR=c611F7DA1-8E8A-40A9-9768-EFE1C9910B46](https://hwbwave15.sharepoint.com/:x:/r/sites/669/cwric/_layouts/15/Doc.aspx?sourcedoc=%7B5DF231A9-558B-4CBB-A546-26D7621DEB31%7D&file=training%20wellbeing%20grid.xlsx&action=default&mobileredirect=true&cid=110f81b4-74a1-4030-b3a8-543cfc38b282&CID=93317D4A-B18D-49EF-9560-DCC3DAC578DF&wdLOR=c611F7DA1-8E8A-40A9-9768-EFE1C9910B46)

## Adnoddau Addysgol/Educational Resources

### Llinellau Cymorth ac Apiau ar gyfer Plant Cynradd/Support lines and Apps for Primary Children

Llinell Cymorth / Support Line Plant Ysgolion Cynradd / Primary School aged Children	Mynediad i'r llinell cymorth / Access to the support line
 Mae ChildLine yn Wasanaeth Cyfrinachol, preifat sy'n rhoi ar am ddiol heidi goll plant a phobl ifanc storad am unrhyw beth, mae'n new fact. Gall ChildLine helpu unrhyw o dan 19 oed gydag unrhyw faterion maen nhw'n mynd droysyd. Bydd cymorth hyfforddiedig ar goll i ddarparu cymorth drwy y Ffôn, drwy e-bost neu drwy sgrin ar y we. Childline is a free, private and Confidential Service where Children & Young People can talk about anything, big or small. Childline can help anyone under the age of 19 with any issues they're going through. Trained counsellors will be available to provide support via phone, e-mail or on-line chat.	Sioeang / English <a href="https://www.childline.org.uk/info/advice/">https://www.childline.org.uk/info/advice/</a> <a href="https://www.childline.org.uk/get-support/">https://www.childline.org.uk/get-support/</a> <a href="https://www.childline.org.uk/get-support/web-chat/">https://www.childline.org.uk/get-support/web-chat/</a> Galwch gywily Childline trwy gyfrwng y Gymraeg neu ym e-bost Childline through the medium of Welsh <a href="https://www.childline.org.uk/get-support/contacting-childline/contacting-childline-in-welsh/">https://www.childline.org.uk/get-support/contacting-childline/contacting-childline-in-welsh/</a> Ffôn / Phone: 0800 1111
 Mae'r wefan hon yn darparu Be i ddysgu am gyffwrdd iechyd meddal gwahanol, i gael cymorth a gwybodaeth am ble i gael cymorth petach drwy gyfrwng y Gymraeg. Yn ogystal, mae'n rhoi cyfle i unigolion rannu a darllen am broblemau goll e-bost. This website provides a space to learn about different mental health conditions, to find support & information regarding where to obtain further assistance from through the medium of Welsh. In addition it provides an opportunity for individuals to share and read about the experiences of others.	Cymraeg / Welsh <a href="https://mcdwl.org/pob-fanc/">https://mcdwl.org/pob-fanc/</a> <a href="https://mcdwl.org/pob-fanc/plant/">https://mcdwl.org/pob-fanc/plant/</a> <a href="https://mcdwl.org/cymorth/">https://mcdwl.org/cymorth/</a> <a href="https://mcdwl.org/mcdwl.org/who-what-and-why/">https://mcdwl.org/mcdwl.org/who-what-and-why/</a>
 Llinell cymorth gwybodaeth, cyngor ac ariolaeth i blant a phobl ifanc dan 25 oed. Bydd bleic yn gallu gwerddo ar unrhyw bryderon heb farro. Darparir gwasanaeth sgrin ar llinell hefyd. A support line that provides information, advice and advocacy for children & young people under 25 years of age. An online chat service is also available.	Dwyieithog / Bilingual <a href="https://www.meicycymru.org/cym/">https://www.meicycymru.org/cym/</a> <a href="https://www.meicycymru.org/">https://www.meicycymru.org/</a> #hadfflon / Freephone: 08080 23456 Ffôn / Text: 94003 Sgrin ar y we ar goll hefyd / Online chat service also available
 KidsHealth	Sioeang / English <a href="https://kidshealth.org/en/kids/teetng/TWT_ackn-nac">https://kidshealth.org/en/kids/teetng/TWT_ackn-nac</a>

### Dwyieithog/Bilingual

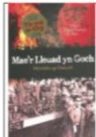
<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/876d02e7-f9f9-459b-a8e8-0e2777d819a7>

### Llinellau Cymorth ac Apiau ar gyfer Plant Uwchradd/Support lines and Apps for Secondary Children

<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/19ce5817-8edb-4001-a5d6-476ab5024fce>

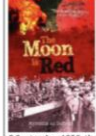






8 Medi 1936, mae tân yn Lŷn. 27 Ebrill 1937, mae'r lleuad yn goch yn Guernica. Mae tân mewn cartref henoed yn Mhuallbelli yn haf 2016. Oes cwylltied rhwng y digwyddiadau hyn? Mae'r tân yng nghartref yr henoed yn gorfodi Megan i ddewis un peth o'i hystafell wrth i'r adeilad gael ei wagio gan y timau diogelwch. Pam ei bod wedi dewis hen faner demau goch, gwyrdd a gwyn? Ar ddiwedd y llyfr ceir nodiadau gan yr awdur am hanes yr Ysgol Fomio a Bontio Guernica.

The Moon is Red by Myrddin ap Dafydd Saesneg/English



8 September 1936, there's a fire in Lŷn. 27 April 1937, the moon is red in Guernica. An old people's home in Pwllhell is on fire in the

E Llyfr:

<https://www.ffolio.wales/9781845277628/>



Amazon:

[https://www.amazon.co.uk/Moon-Red-Myrddin-ap-Dafydd/ap/1845276795/ref=sr\\_1\\_1?dchild=1&keywords=the+moon+is+red&qid=1612331396&sr=8-1](https://www.amazon.co.uk/Moon-Red-Myrddin-ap-Dafydd/ap/1845276795/ref=sr_1_1?dchild=1&keywords=the+moon+is+red&qid=1612331396&sr=8-1)



GWales:

<http://www.gwales.com/bibliographic/?isbn=9781845276795&tsid=3>

## Diogelwch Bwyd/Food Safety

Saesneg/English



**Nod y sesiwn hon yw cael plant i:**

- enwi a disgrifio'r camau 'barod i goginio';
- esbonio ei bod yn bwysig bod yn barod i goginio fel bod y bwyd yr ydym yn ei baratoi yn ddiogel i'w fwyta.

**Ar gyfer plant 3-5 oed.**

The aim of this session is for children to:

- name and describe the 'get ready to cook' steps;
- explain that it is important to get ready to cook so the food we prepare is safe to eat.

For children aged 3-5 years.

<https://www.foodafactoflife.org.uk/3-5-years/cooking/hygiene/>



**Gwers sy'n canolbwyntio ar bwysigrwydd storio, paratoi a choginio bwyd yn ddiogel ac yn hylan.**  
**Ar gyfer plant 5-7 oed.**

A lesson focusing on how important it is to store, prepare and cook food safely and hygienically.  
For children aged 5-7 years.

Saesneg/English

<https://www.foodafactoflife.org.uk/5-7-years/cooking/hygiene-and-safety/>



**Gwers sy'n pwysleisio pam mae prynu, storio, paratoi a choginio bwyd yn ddiogel ac yn hylan yn hanfodol ar gyfer ieuchyd.**  
**Ar gyfer plant 7-11 oed.**

A lesson highlighting on why buying, storing, preparing and cooking food safely and hygienically are vital for health.  
For children aged 7-11 years.

Saesneg/English





<https://www.foodafactoflife.org.uk/7-11-years/cooking/hygiene-and-safety/>



**Mae'r wers hon yn cwmpasu: gwenwyn bwyd ac ymwybyddiaeth o ddiogelwch bwyd; hylendid personol da; storio, paratoi a choginio bwyd yn ddiogel; defnyddio marciau dyddiad a labeli bwyd ac ymwybyddiaeth o alergenau ac anoddefgarwch bwyd.**  
**Ar gyfer plant 11-14 oed.**

Saesneg/English

<https://www.foodafactoflife.org.uk/11-14-years/cooking/hygiene-and-safety/>

<p>This lesson covers: food poisoning and food safety awareness; good personal hygiene; safe storage, preparation and cooking of food; use of date marks and food labels and allergen and food intolerance awareness. For children aged 11-14 years.</p>	
 <p><b>Mae'r wers hon yn darparu adnoddau ar halogiad a dirywiad bwyd, gwenwyn bwyd a sicrhau bod bwyd yn ddiogel. Ar gyfer plant 14-16 oed.</b></p> <p>This lesson provides resources on food contamination and spoilage, food poisoning and ensuring safe food. For children aged 14-16 years.</p>	<p><b>Saesneg/English</b></p> <p><a href="https://www.foodafactoflife.org.uk/14-16-years/cooking/food-safety/">https://www.foodafactoflife.org.uk/14-16-years/cooking/food-safety/</a></p>
 <p><b>Gwybodaeth am ddiogelwch bwyd mewn perthynas â phynciau fel glanhau, coginio, oeri ac ati.</b></p> <p>Food safety information on topics such as cleaning, cooking, chilling etc.</p>	<p><b>Saesneg/English</b></p> <p><a href="https://www.foodstandards.gov.scot/education-resources/using-our-resources/food-safety">https://www.foodstandards.gov.scot/education-resources/using-our-resources/food-safety</a></p>
<p><b>Diogelwch Personol/Personal Safety</b></p>	
 	<p><b>Dwyieithog/Bilingual</b></p> <p><a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/</a></p>

**Gyda chymorth Pantosaurus ein deinosor cyfeillgar, mae Siarad PANTS yn sgwrs syml i helpu i gadw plant yn ddiogel rhag camdriniaeth rywiol.**

With the help of our friendly dinosaur Pantosaurus, Talk PANTS is a simple conversation to help keep children safe from sexual abuse.

**Cyflwyniad Pwerbwynt/Powerpoint Presentation**



**Cân Pantosaurus Song**



**SchoolBeat.cymru**



**Hafan Diogel - Cyfnod Sylfaen**

**Mae'r wers hon yn cyflwyno'n sensitif y cysyniad o gam-drin domestig. Gan ddefnyddio chwarae rôl, amser stori a gweithgareddau rhyngweithiol eraill, mae'n helpu plant i archwilio a deall emosiynau anodd. Mae'r wers hefyd yn amlygu pwysigrwydd siarad ag oedolyn y maent yn ymddiried yn os ydynt yn teimlo'n annigol neu'n anghyfforddus.**

<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/6bcfb261-225e-4945-90b4-2bee58b92bee>



<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/6bcfb261-225e-4945-90b4-2bee58b92bee>




<https://www.youtube.com/watch?v=SzbMEVYiyg>

**Dwyieithog/Bilingual**

<https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/>

<https://schoolbeat.cymru/en/teachers/safety-primary/>

<p>Safe Haven – Foundation Phase</p> <p>This lesson sensitively introduces the concept of domestic abuse. Through the use of role-play, story time and other interactive activities, it helps children explore and understand difficult emotions. The lesson also highlights the importance of talking to a trusted adult if they feel unsafe or uncomfortable.</p>	
<p> <b>SchoolBeat.cymru</b></p> <p><b>Chwarae'n Ddiogel – Cyfnod Sylfaen</b></p> <p><b>Mae'r wers hon yn defnyddio amrywiaeth o adnoddau gweledol, propiau a stori sy'n helpu disgyblion i adnabod lleoedd diogel i chwarae gan atgyfnerthu pwysigrwydd dweud wrth oedolyn yr ydynt yn ymddiried yn ble fyddant pob amser.</b></p> <p>Playing Safe – Foundation Phase</p> <p>Using a variety of visual aids, props and a story the lesson helps pupils to identify safe places to play and reinforces the importance of always telling a trusted adult where they are.</p>	<p>Dwyieithog/Bilingual</p> <p><a href="https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/">https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/</a></p> <p><a href="https://schoolbeat.cymru/en/teachers/safety-primary/">https://schoolbeat.cymru/en/teachers/safety-primary/</a></p>
<p> <b>SchoolBeat.cymru</b></p> <p><b>Ffrind neu Elyn - Cyfnod Sylfaen</b></p> <p>Mae'r wers yn codi ymwybyddiaeth y disgyblion nad yw'n bosibl adnabod person yn unig wrth ei hymddangosiad. Mae'n helpu'r disgyblion i adnabod sefyllfaedd a all fod yn beryglus ac yn cynnig cyfle i archwilio strategaethau ymdopi. Mae DVD byr o'r enw stori Anwen yn amlgu pwysigrwydd siarad ag oedolyn y gallant ymddiried ynddynt os ydynt yn teimlo yn annigol neu'n anghyfforddus.</p> <p>Friend or Foe - Foundation Phase</p> <p>The lesson raises awareness with pupils that it's not possible to tell what a person is like just by their appearance. It helps</p>	<p>Dwyieithog/Bilingual</p> <p><a href="https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/">https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/</a></p> <p><a href="https://schoolbeat.cymru/en/teachers/safety-primary/">https://schoolbeat.cymru/en/teachers/safety-primary/</a></p>

<p>identify potentially dangerous situations and explores coping strategies. A short DVD called Anwen's Story highlights the importance of talking to a trusted adult if they feel unsafe or uncomfortable.</p>	
<p><b>SchoolBeat.cymru</b> </p> <p><b>Stori Griff – Cyfnod Allweddol 2 Uwch</b>  <b>Mae ein gwrs Stori Griff ar gyfer addysgu plant blwyddyn 6 am Gam-driniaeth a Chamfanteisio'n Rhywiol ar Blant.</b></p> <p>Griff's Story – Upper Key Stage 2  Griff's Story is a Year 6 lesson designed to educate pupils about the issue of Child Sexual Abuse and Exploitation.</p>	<p>Dwyieithog/Bilingual</p> <p><a href="https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/">https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/</a></p> <p><a href="https://schoolbeat.cymru/en/teachers/safety-primary/">https://schoolbeat.cymru/en/teachers/safety-primary/</a></p>
<p><b>SchoolBeat.cymru</b> </p> <p><b>Yr Hawl i fod yn Ddiogel – Cyfnod Allweddol 2 Uwch</b>  <b>Mae'r wers hon yn canolbwyntio ar hawl pob plentyn a pherson ifanc i deimlo'n ddiogel. Drwy weithgareddau dosbarth a gwaith grŵp gofynnir i ddisgyblion ystyried amrywiaeth o sefyllfaoedd diogel ac anniogel, sut y gall peryglon gael eu lleihau, ac at bwy gallant droi os bydd angen help neu gefnogaeth arnynt.</b></p> <p>The Right to be Safe – Upper Key Stage 2  This lesson focuses on all children and young peoples' right to feel safe. Through class activities and group work pupils are asked to consider various safe and unsafe situations, how risks can be reduced, and who they can turn to if they need help or support.</p>	<p>Dwyieithog/Bilingual</p> <p><a href="https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/">https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/</a></p> <p><a href="https://schoolbeat.cymru/en/teachers/safety-primary/">https://schoolbeat.cymru/en/teachers/safety-primary/</a></p>
<p><b>SchoolBeat.cymru</b> </p>	<p>Dwyieithog/Bilingual</p>

### Niwed Cudd – Cyfnod Allweddol 3

Gwna'r wers hon ddefnydd o DVD o'r enw Niwed Cudd sydd yn ffocysu ar gwpl ifanc or enw Carys a Rhys a'u perthynas. Mae'r wers yn helpu pobl ifanc i ddeall am y gwahanol fathau o gamdrin domestig. Trwy weithgareddau rhyngweithiol cant eu grymuso i adnabod yr arwyddion rhybudd mewn perthynas cam-drin. Defnyddir senarios er mwyn helpu disgyblion i nodi ble i gael mynediad i gymorth a chefnogaeth.

### Hidden Hurt – Key Satge 3

This lesson with the use of a DVD entitled Hidden Hurt focuses on a young couple called Carys and Rhys and their relationship. The lesson helps young people to understand the different forms of domestic abuse and through the use of interactive activities pupils are empowered to identify the warning signs of an abusive relationship. Scenarios are used to help the pupils identify how to access help and support.

<https://schoolbeat.cymru/cy/athrawon/diogelwch-uwchradd/>

<https://schoolbeat.cymru/en/teachers/safety-secondary/>

**SchoolBeat.cymru**



### Cwlwm Twyll – Cyfnod Allweddol 3



Mae'r wers hon yn dysgu am gamfanteisio ar blant, yr arwyddion camfanteisio'n droseddol, yr effaith ar y plentyn a lle i gael cymorth a chefnogaeth. Mae'r Gyfraith yn amddiffyn plant ac na all yr un plentyn ganiatáu cam-fanteisio. Nid yw byth yn fai arnyn nhw. Bydd eich Swyddog Heddlu Cymunedol Ysgolion yn eich cynorthwyo i ddeall a gwrthod camfanteisio ar blant

### Tricked and Trapped – Key Stage 3

Dwyieithog/Bilingual

<https://schoolbeat.cymru/cy/athrawon/diogelwch-uwchradd/>

<https://schoolbeat.cymru/en/teachers/safety-secondary/>

<p>This lesson teaches about child exploitation, the signs of criminal exploitation, the impact on the child and where to get help and support. The Law protects children and that no child can consent to exploitation. It's never their fault. Your School Community Police Officer will help you understand and to resist child exploitation.</p>	
<p><b>SchoolBeat.cymru</b> </p> <p><b>Twyll Peryglus – Cyfnod Allweddol 3</b>  <b>Yn seiliedig ar ddigwyddiad bywyd go iawn mae'r DVD yn disgrifio stori Lucy. Cysylltwyd â hi gan ddyn ar y rhyngwrwd a oedd yn dynwared Asiantaeth Modelu. Cyn bo hir mae Lucy yn cael ei chamfanteisio ar yn rhywiol. Gan ddefnyddio trafodaeth a gweithgareddau rhyngweithiol mae'r wers yn canolbwyntio ar adnabod arwyddion rhybudd cynnar ac mae'n annog y disgyblion i ddarganfod cyfleodd er mwyn gwneud dewisiadau cadarnhaol ac i gadw'n ddiogel.</b></p> <p>Dangerous Deception – Key Stage 3  Based on a real-life event, a DVD describes the story of Lucy who is groomed by a man, who contacted her on the Internet, posing as a model agency. Lucy soon becomes a victim of CSE. Using discussion and interactive activities, the lesson focuses on identifying early warning signs and encourages pupils to make positive choices and keep safe.</p>	<p>Dwyieithog/Bilingual</p> <p><a href="https://schoolbeat.cymru/cy/athrawon/diogelwch-uwchradd/">https://schoolbeat.cymru/cy/athrawon/diogelwch-uwchradd/</a></p> <p><a href="https://schoolbeat.cymru/en/teachers/safety-secondary/">https://schoolbeat.cymru/en/teachers/safety-secondary/</a></p>
<p><b>SchoolBeat.cymru</b> </p> <p><b>Pam Arfau? - Cyfnod Allweddol 3</b></p>	<p>Dwyieithog/Bilingual</p> <p><a href="https://schoolbeat.cymru/cy/athrawon/diogelwch-uwchradd/">https://schoolbeat.cymru/cy/athrawon/diogelwch-uwchradd/</a></p>



**Gwna’r wers hon ddefnydd o DVD o’r enw Niwed Cudd sydd yn ffocysu ar gwpl ifanc or enw Carys a Rhys a’u perthynas. Mae’r wers yn helpu pobl ifanc i ddeall am y gwahanol fathau o gamdrin domestig. Trwy weithgareddau rhyngweithiol cant eu grymuso i adnabod yr arwyddion rhybudd mewn perthynas cam-drin. Defnyddir senarios er mwyn helpu disgyblion i nodi ble i gael mynediad i gymorth a chefnogaeth.**

Why Weapons? - Key Stage 3

Using a variety of activities and stimuli, including DVD footage, pupils learn to understand the risks and consequences of carrying weapons. The lesson also seeks to raise awareness of risk situations and potential dangers that young people may face in their everyday lives whenever they are around weapons, to understand the law regarding weapons (especially knives and guns) in public places, on school premises and the police response and to consider what constitutes a legal and illegal weapon and the consequences of carrying such weapons.

<https://schoolbeat.cymru/en/teachers/safety-secondary/>

**SchoolBeat.cymru**



**Na Yw Na – Cyfnod Allweddol 4**



**Mae’r wers hon yn cyflwyno’r syniad o gydsynio ac yn datblygu strategaethau sy’n rymuso’r bobol ifanc i ddeall cydsyiad rhywiol. Bydd y disgyblion yn gwyllo DVD er mwyn agor y ddadl am gydsyniad rhywiol, y gyfraith a’r canlyniadau gan archwilio scenarios sy’n galluogi’r disgyblion i wneud penderfyniadau gwybodus. Mae’r wers hefyd yn tynnu sylw at yr asiantaethau cefnogol lleol a chenedlaethol.**

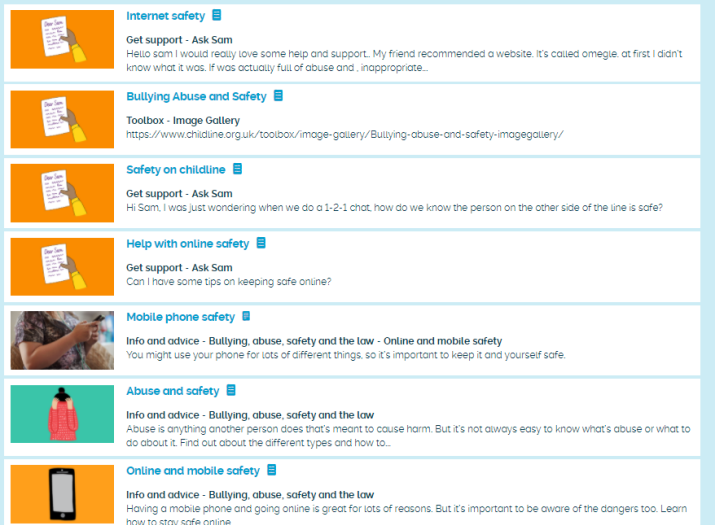
No Means No – Key Stage 4

Dwyieithog/Bilingual

<https://schoolbeat.cymru/cy/athrawon/diogelwch-uwchradd/>

<https://schoolbeat.cymru/en/teachers/safety-secondary/>

<p>This lesson introduces the concept of consent and develops strategies to empower young people to understand sexual consent. Pupils watch a DVD clip to trigger group discussion around sexual consent, the law and its consequences and explore scenarios to enable them to make informed decisions. The lesson also highlights local and national support agencies.</p>	
 <p><b>Fel elusen amddiffyn plant, mae Stop It Now! yn gweithio i atal plant rhag cael eu cam-drin yn rhywiol drwy sicrhau bod oedolion yn gwybod beth y gallant ei wneud i gadw plant yn ddiogel. Mae nifer o gyhoeddiadau, adnoddau, posteri a thafleuni ar gael i'ch helpu i atal plant rhag cael eu cam-drin yn rhywiol.</b></p> <p>As a child protection charity, Stop It Now! work to prevent child sexual abuse by making sure adults know what they can do to keep children safe. Available are several publications, resources, posters and leaflets to help you prevent child sexual abuse.</p>	<p>Dwyieithog/Bilingual  <b>Llinell Gymorth Gyfrinachol/Confidential Helpline: 0808 1000 900</b></p> <p><a href="https://www.stopitnow.org.uk/wales/">https://www.stopitnow.org.uk/wales/</a></p>
	<p><b>Saesneg/English</b></p> <p><a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>  Free, confidential helpline: 0800 1111</p> <p><a href="https://www.childline.org.uk/searchpage/?query=safety">https://www.childline.org.uk/searchpage/?query=safety</a></p>



**Mae Childline yn cynnig cyngor ar amrywiaeth o faterion sy'n ymwneud â diogelwch e.e. diogelwch ar-lein, bwlio, diogelwch ffonau symudol ac ati.**

Childline offers advice on a variety of issues dealing with safety e.g. on-line safety, bullying, mobile phone safety etc.



**Mae Meic yn darparu syniadau am wersi ar faterion fel bwlio, perthnasoedd iach a diogelwch ar-lein.**

Meic provides lesson ideas on matters such as bullying, healthy relationships and on-line safety.

Fearless

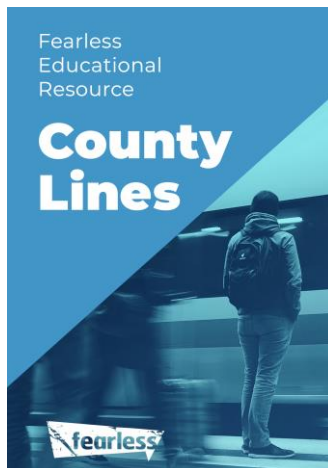
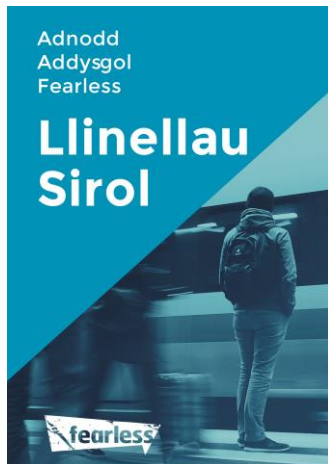
**Dwyieithog/Bilingual**

<https://www.meiccymru.org/cym/adnoddau-ysgol-a-gwersi/>

<https://www.meiccymru.org/school-resources-and-lessons/>

Ffôn/Phone: 080880 23456

**Dwyieithog/Bilingual**



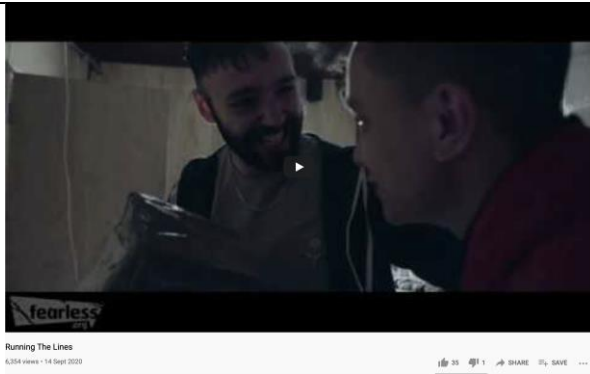
### Llinellau Sirol:

<https://www.fearless.org/cmsctx/pv/Eve.Ladejobi@crimestoppers-uk.org/culture/en-GB/wg/13cb300b-a2cf-4823-881c-a4009d7290e6/readonly/0/ea/1/h/8339f9efe0d6068d3ff39b2f1f36220cf64d3892c424450463127648818d6668/-/getmedia/ef9f8da9-9b1e-4f6a-bfef-a6c96c268fd8/Fearless-County-Lines-Welsh-Language-Resource-FINAL.pdf?uh=b14fdfbf38bb17b8a967f8a3d94f7da5856f1d0acb4a7561c7e3b07608d264a1&administrationurl=https%3A%2F%2Fwww.fearless.org%2Fadmin>

### County lines

[https://www.fearless.org/cmsctx/pv/Eve.Ladejobi@crimestoppers-uk.org/culture/en-GB/wg/13cb300b-a2cf-4823-881c-a4009d7290e6/readonly/0/ea/1/h/8339f9efe0d6068d3ff39b2f1f36220cf64d3892c424450463127648818d6668/-/getmedia/d478b02c-ba44-403a-b401-26b741481ac0/Fearless\\_CountyLinesResource\\_18pp\\_V2\\_online.pdf?uh=a697600ba4719fc010a0f2fca6550f9bb49004e4374d92ec01fede8197769f43&administrationurl=https%3A%2F%2Fwww.fearless.org%2Fadmin](https://www.fearless.org/cmsctx/pv/Eve.Ladejobi@crimestoppers-uk.org/culture/en-GB/wg/13cb300b-a2cf-4823-881c-a4009d7290e6/readonly/0/ea/1/h/8339f9efe0d6068d3ff39b2f1f36220cf64d3892c424450463127648818d6668/-/getmedia/d478b02c-ba44-403a-b401-26b741481ac0/Fearless_CountyLinesResource_18pp_V2_online.pdf?uh=a697600ba4719fc010a0f2fca6550f9bb49004e4374d92ec01fede8197769f43&administrationurl=https%3A%2F%2Fwww.fearless.org%2Fadmin)

<https://www.youtube.com/watch?v=aS1tlx47-uc&t=6s>



Crimestoppers

ADNODD ADDYSGOL

Camfanteisio'n Rhywiol ar Blant

Diogelu pobl ifanc?

Atal camfanteisio

Darganfod mwy...

grymuso pobl ifanc

## Cynllun Gwers

[https://www.fearless.org/getmedia/13c8573b-a7ed-4401-993d-44c4f2a6cc7d/Fearless-Running-the-Lines\\_Lesson-guide-Sept-2020-WELSH.pdf](https://www.fearless.org/getmedia/13c8573b-a7ed-4401-993d-44c4f2a6cc7d/Fearless-Running-the-Lines_Lesson-guide-Sept-2020-WELSH.pdf)

## Lesson plan

[https://www.fearless.org/getmedia/735832eb-cb81-466a-8688-bc6a2b8acd04/Fearless-Running-the-Lines\\_lesson-guide-September-2020.pdf](https://www.fearless.org/getmedia/735832eb-cb81-466a-8688-bc6a2b8acd04/Fearless-Running-the-Lines_lesson-guide-September-2020.pdf)

## Camfanteisio Rhywiol

<https://www.fearless.org/admin/getmedia/89cf7233-b6a0-4a11-9eeb-1482af2b02c6/Welsh-Language-Fearless-CSE-Resource-WORD.pdf>

## Sexual Exploitation

<https://www.fearless.org/getmedia/aaa72297-f4b1-423f-a281-3ae3c5a7f93a/CSE-Educational-Resource-PDF-FINAL.pdf>





### Arfau

<https://www.fearless.org/cmsctx/pv/Eve.Ladejobi@crimestoppers-uk.org/culture/en-GB/wg/13cb300b-a2cf-4823-881c-a4009d7290e6/readonly/0/ea/1/h/8339f9efe0d6068d3ff39b2f1f36220cf64d3892c424450463127648818d6668/-/getmedia/42408d78-410c-4180-9306-e778031ad73b/fearless-weapons-resource-2018-wales.pdf?uh=4ba945c60ef46d1a0f74a11bdfb8c28e1979fecae649b6e4b23b7d15da2c68b3&administrationurl=https%3A%2F%2Fwww.fearless.org%2Fadmin>

### Weapons

<https://www.fearless.org/cmsctx/pv/Eve.Ladejobi@crimestoppers-uk.org/culture/en-GB/wg/13cb300b-a2cf-4823-881c-a4009d7290e6/readonly/0/ea/1/h/8339f9efe0d6068d3ff39b2f1f36220cf64d3892c424450463127648818d6668/-/getmedia/84bb822b-9ce4-4397-928a-6091cdc71222/weapons-fearless-resource-2016.pdf?uh=7ed7b05b8456fd6145c2d5f61ae9580c7a91fd7ee340029690004896882fe3cc&administrationurl=https%3A%2F%2Fwww.fearless.org%2Fadmin>

 <p>Crimestoppers EDUCATIONAL RESOURCE WEAPONS</p> <p>Protecting young people? Preventing violence? Find out more...</p> <p>CUT TO THE CHASE. <b>fearless</b> get info/give info</p>		<p><b>Cardiau/Cards</b>  <a href="https://www.fearless.org/admin/getmedia/e6e89c2c-a519-41a7-9015-f4f3099a1075/Crimestoppers-Playing-Cards-Wales-Bilingual.pdf">https://www.fearless.org/admin/getmedia/e6e89c2c-a519-41a7-9015-f4f3099a1075/Crimestoppers-Playing-Cards-Wales-Bilingual.pdf</a></p>
<b>Diogelwch y Ffyrdd/Road Safety</b>		
 <p><b>SchoolBeat.cymru</b></p> <p><b>Teithio ar y Bws – Cyfnod Allweddol 3</b>  <b>Mae’r wers hon yn atgyfnerthu’r angen i deithio’n ddiogel ar drafnidiaeth ysgol, yn archwilio beth sy’n golygu ymddygiad anghyfrifol ac yn ystyried canlyniadau difrifol ymddwyn mewn ffordd beryglus. Mae amrywiaeth o weithgareddau, gan gynnwys hunan feirniadaeth a gwaith grŵp, hefyd yn pwysleisio fod ufuddhau i reolau yn hanfodol ar gyfer eu diogelwch eu hunain ac eraill.</b></p> <p>Just the Ticket – Key Stage 3  This lesson reinforces the need to travel safely on school transport, explores what constitutes irresponsible behaviour and considers the serious consequences of behaving in a dangerous manner. A variety of activities, including self-reflection and group work also emphasises that abiding by rules is essential for the safety of themselves and others.</p>		<p><b>Dwyieithog/Bilingual</b></p> <p><a href="https://schoolbeat.cymru/cy/athrawon/diogelwch-uwchradd/">https://schoolbeat.cymru/cy/athrawon/diogelwch-uwchradd/</a></p> <p><a href="https://schoolbeat.cymru/en/teachers/safety-secondary/">https://schoolbeat.cymru/en/teachers/safety-secondary/</a></p>



**Diogelwch Ffyrdd Cymru**  
**Road Safety Wales**

**Mae adnoddau y gellir eu lawrlwytho ar gael ar gyfer mentrau Cerdded i'r Ysgol, beicio diogel, côd teithio ac ati.**

Downloadable resources available for Walk to School initiatives, safe cycling, travel code etc.

**Dwyieithog/Bilingual**

<https://www.roadsafetywales.org.uk/resources/?Language=W>

<https://www.roadsafetywales.org.uk/resources/>



**Cynlluniau gwersi, adnoddau, ffilmiau a gemau diogelwch ar y ffyrdd ar gyfer y categorïau oedran canlynol:**

- **3-6 oed**
- **7-12 oed**
- **13-16 oed**

Road safety lesson plans, resources, films and games for the following age categories:

- 3-6 years
- 7-12 years
- 13-16 years

**Saesneg/English**

<https://www.think.gov.uk/education-resources/>

**Saesneg/English**





Victim helpline: 0808 800 0401

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How we help ▾

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Sign up

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Teachers and youth workers ▸

## TEACHING RESOURCES

Road safety teaching resources for children and young people

**Mae Brake yn darparu offer ac adnoddau i alluogi ysgolion a theuluoedd i ddysgu sgiliau hanfodol diogelwch ar y ffordd i blant o bob oed.**

**Mae creu ymwybyddiaeth o'r ffordd o oedran ifanc yn ffordd bwysig o wella diogelwch ein ffordd i bawb. Mae Brake yn cynnal ymgyrchoedd a mentrau drwy gydol y flwyddyn, gyda'r nod o addysgu plant mor ifanc â dwy oed.**

**Maent yn gweithio gydag addysgwyr, arbenigwyr diogelwch ar y ffordd ac academyddion i gynhyrchu adnoddau, cynlluniau gwersi, gweithgareddau a gemau sydd wedi'u cynllunio'n ofalus i fod yn effeithiol.**

Brake provides tools and resources to enable schools and families to teach vital road safety skills to children of all ages. Creating road awareness from a young age is an important way to improve the safety of our roads for everyone. Brake run campaigns and initiatives throughout the year, aimed at teaching children from as young as two and up. They work with educators, road safety experts and academics to produce resources, lesson plans, activities and games that are carefully designed to have an impact.

<https://www.brake.org.uk/get-involved/for-professionals/teachers-and-youth-workers/teaching-resources>

## Diogelwch Tân/Fire Safety

**SchoolBeat.cymru**



**Pobl Sy'n Ein Helpu – Cyfnod Sylfaen**

Mae amrywiaeth o bropiau cymorth gweledol a storïau yn helpu disgyblion i adnabod y pum gwasanaeth sydd yn gallu eu helpu nhw mewn argyfwng. Drwy chwarae rol maent yn ymarfer gwneud galwadau 999 addas ac yn dysgu Tarian beth maent wedi'i ddysgu.

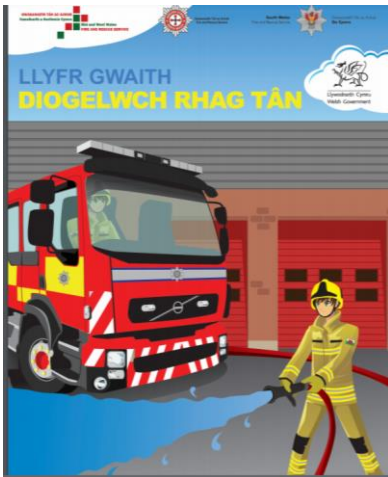
People Who Help Us – Foundation Phase

A variety of visual aids props and stories helps pupils to identify the five services that can help them during an emergency. Through role play they practise making 999 calls and teach Tarian what they have learned.

Dwyieithog/Bilingual

<https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/>

<https://schoolbeat.cymru/en/teachers/safety-primary/>



**Llyfryn Diogelwch Tân ar gyfer disgyblion Cyfnod Allweddol 2.**  
Yn cynnwys diogelwch trydanol, larymau mwg, cynllunio i

Dwyieithog/Bilingual

<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/b6e534f8-8c09-4380-9ce5-9b9e3e922bd0>

**ddianc a mwy. Ar gael ar Rwydwaith Ysgolion Iach Sir Gaerfyrddin.**

A Fire Safety booklet for Key Stage 2 pupils. Includes electrical safety, smoke alarms, escape planning and more. Available on the Carmarthenshire Healthy Schools Network.

**Diogelwch Dwr/Water Safety**



**Dysgu pobl ifanc sut i fod yn ddiogel gerllaw dŵr ac yn y dŵr – a beth i'w wneud os aiff unrhyw beth byth o'i le. Adnoddau dysgu y gellir eu lawrlwytho am ddim ar gyfer gweithdai diogelwch dŵr a mwy.**

**Adrannau ar gyfer:**

- 3-7 oed
- 7-11 oed
- 11-14 oed
- 14-18 oed

**Mae adnoddau hefyd ar gael ar Rwydwaith Ysgolion Iach Sir Gaerfyrddin.**

Teach young people how to be safe near and in the water – and what to do if anything ever goes wrong. Free downloadable learning resources for water safety workshops and more.



**Sections for:**

- 3-7 years
- 7-11 years

Saesneg/English

<https://rnli.org/youth-education/education-resources>

<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/d1ca4d26-c6ee-4cd4-a115-5ad417ac0965>

<ul style="list-style-type: none"> <li>• 11-14 years</li> <li>• 14-18 years</li> </ul> <p>Resources also available on the Carmarthenshire Healthy School Network.</p>	
 <p>Enjoy Water <b>Safely</b></p> <p>Mae Cymdeithas Frenhinol Achub Bywyd y DU yn credu y dylai pob plentyn gael y cyfle i ddysgu sut i fwynhau dŵr yn ddiogel. Mae adnoddau gwersi ar gael ar gyfer plant cyn oed ysgol, ysgolion cynradd ac ysgolion uwchradd. Bydd angen i chi gofrestru cyn y gallwch lawrlwytho'r adnoddau.</p> <p>The Royal Life Saving Society UK believes that every child should have the opportunity to learn how to enjoy water safely. Lesson resources are available for pre-school, primary schools and secondary schools. You will need to register before being able to download the resources.</p>	<p>Saesneg/English</p> <p><a href="https://www.rlss.org.uk/Pages/Category/water-safety-education">https://www.rlss.org.uk/Pages/Category/water-safety-education</a></p>
<p><b>Diogelwch ar y Rheilffyrdd/Safety on the Railways</b></p>	
 <p>Mae diogelwch pobl ar y rheilffordd ac o'i hamgylch yn flaenoriaeth. Mae addysg yn allweddol, yn enwedig i bobl ifanc. Mae gan Network Rail ystod o adnoddau ar gael am drydaneiddio rheilffyrdd, croesfannau rheilffordd a diogelwch rheilffyrdd. Mae'r adrannau'n cynnwys:</p>	<p>Saesneg/English</p> <p><a href="https://www.networkrail.co.uk/communities/safety-in-the-community/safety-education/">https://www.networkrail.co.uk/communities/safety-in-the-community/safety-education/</a></p>

- Cynradd
- Uwchradd
- Bagloriaeth Cymru

**Mae adnoddau hefyd ar gael ar Rwydwaith Ysgolion Iach Sir Gaerfyrddin.**

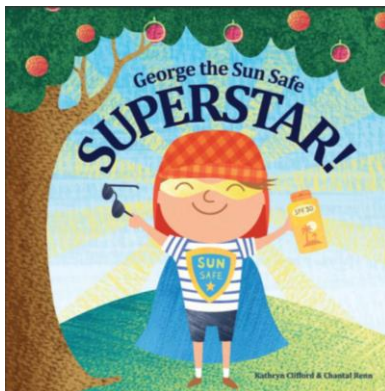
The safety of people on and around the railway is a priority. Education is key, especially for young people. Network Rail has a range of resources available about electrification on the railway, level crossings and railway safety. Sections include:

- Primary
- Secondary
- Welsh Bacculaureate

Resources also available on the Carmarthenshire Healthy School Network.

<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/a7ca0828-d0da-415f-96b6-1af1157553e0>

**Diogelwch yn yr Haul/Sun Safety**



**Saesneg/English**

<https://www.sunsafeschools.co.uk/coming-soon.htm>

<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/678b0e5f-3eb3-4e9f-ae7e-4d4434eed0f7>

**Dyma stori am sut y daeth bachgen i gael ei adnabod wrth enw arbennig iawn, iawn a'r modd yr aeth ati i rannu neges, yn bell ac agos, a dod yn Sun Safe SUPERSTAR! Mae'r llyfr yn helpu plant i ddysgu am bwysigrwydd bod yn ddiogel yn yr haul mewn ffordd hwyliog a diddorol.**

This is a story of how a boy became, known by a very, very special name. How he spread a message, near and far, and became a Sun Safe SUPERSTAR! Helping children learn about the importance of sun safety in a fun and engaging way.



**Bydd yr adnoddau addysgu am ddim sy'n gysylltiedig â'r cwricwlwm a geir yma yn addysgu eich disgyblion ac yn paratoi eich ysgol am haf o hwyl gan fod yn ddiogel yn yr haul!**

The free curriculum-linked teaching resources found here will educate your pupils and get your school ready for a summer of sun-safe fun!

Saesneg/English



<https://soltansunready.com/for-schools>





Saesneg/English

<https://careinthesun.org/sun-protection/school-activities/>

<p><b>Adnoddau ar ddiogelwch yn yr haul o Ogledd Iwerddon y gellid eu haddasu yn unol â hynny.</b></p> <p>Resources on sun safety from Northern Ireland which could be adapted accordingly.</p>	
	<p>Saesneg/English</p> <p><a href="https://www.twinkl.co.uk/resources/sun-awareness-week-2021">National Sun Awareness Week 2021 - Event Info and Resources (twinkl.co.uk)</a></p>
<b>E-ddiogelwch/E-safety</b>	
<p><b>SchoolBeat.cymru</b> </p> <p><b>Cadw'n SMART – Cyfnod Allweddol 2 Is</b>  <b>Mae "Cadw'n SMART" yn gwrs newydd ar gyfer rhai rhwng 7 a 9 oed, i godi ymwybyddiaeth o faterion pwysig diogelwch a phreifatrwydd pan sgwrsio neu chwarae ar-lein.</b></p> <p>Stay SMART – Lower Key Stage 2  Stay SMART is a new lesson for 7 to 9-year olds, raising awareness of important safety and privacy issues when chatting or playing online.</p>	<p>Dwyieithog/Bilingual</p> <p><a href="https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/">https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/</a></p> <p><a href="https://schoolbeat.cymru/en/teachers/safety-primary/">https://schoolbeat.cymru/en/teachers/safety-primary/</a></p>
<p><b>SchoolBeat.cymru</b> </p> <p><b>Byddwch yn Seibr Ddiogel – Cyfnod Allweddol 2 Uwch</b>  <b>Mae'r wers hon yn rhoi sylw i ferch ifanc sy'n ddiarwybod yn dod yn ddiodefwr seibr-fwlio. Mae'r DVD yn dangos pa mor fregus yw plant i'r math hwn o fwlio, a'r effaith y gall hyn ei gael ar eu bywydau. Mae'r wers yn amlygu'r broblem ac yn hyrwyddo trafodaeth ynghylch y mater.</b></p>	<p>Dwyieithog/Bilingual</p> <p><a href="https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/">https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/</a></p>

<p>Be Cyber Safe – Upper Key Stage 2</p> <p>This lesson focuses on a young girl who unwittingly becomes a victim of cyberbullying. The DVD illustrates the vulnerability of children to this form of bullying and the impact it can have on their lives. The lesson highlights the problem and promotes discussion and debate around the issue.</p>	<p><a href="https://schoolbeat.cymru/en/teachers/safety-primary/">https://schoolbeat.cymru/en/teachers/safety-primary/</a></p>
<p><b>SchoolBeat.cymru</b> </p> <p><b>Dychmygwch Hwn – Cyfnod Allweddol 2 Uwch</b></p> <p><b>Yn y wers hon bydd disgyblion yn dysgu am ddefnydd positif ffonau symudol. Byddant yn gwyllo DVD am gymeriad o’r enw Esther sy’n cynhyrchu ffilm drwy ddefnydd ei ffôn symudol. Yn anffodus mae Esther yn ei chael ei hun mewn trwbl. Wrth drafod a chan ddefnyddio adnoddau rhyngweithiol bydd y disgyblion yn archwilio canlyniadau camddefnyddio ffôn symudol, sut i osgoi pethau yn mynd o’i le a phwy all helpu os byddant yn.</b></p> <p>Picture This – Upper Ket Stage 2</p> <p>In this lesson pupils learn about the positive uses of mobile phones. They watch a DVD about a character called Esther who makes a short film using a camera phone. Unfortunately, things go wrong, and Esther finds herself in trouble. Through discussion and use of interactive resources, pupils explore the consequences of mobile phone misuse, how to avoid things going wrong and who can help if they do.</p>	<p>Dwyieithog/Bilingual</p> <p><a href="https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/">https://schoolbeat.cymru/cy/athrawon/diogelwch-gynradd/</a></p> <p><a href="https://schoolbeat.cymru/en/teachers/safety-primary/">https://schoolbeat.cymru/en/teachers/safety-primary/</a></p>
<p><b>SchoolBeat.cymru</b> </p> <p><b>Edrychwch Pwy Sy’n Siarad – Cyfnod Allweddol 3</b></p>	<p>Dwyieithog/Bilingual</p> <p><a href="https://schoolbeat.cymru/cy/athrawon/diogelwch-uwchradd/">https://schoolbeat.cymru/cy/athrawon/diogelwch-uwchradd/</a></p>



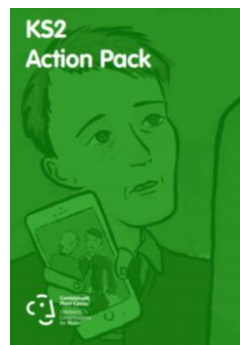
<ul style="list-style-type: none"> <li>• Bod yn ymwybodol ar-lein, y gall rhai pobl fod yn wahanol i bwy y dywedant ydynt</li> <li>• Diogelu eich hun a pheidio â mynd i sefyllfa o risg</li> <li>• Gwybod lle i fynd am gymorth, cyngor a chefnogaeth</li> </ul> <p>Look Who's Talking – Key Stage 3</p> <ul style="list-style-type: none"> <li>• To be aware on-line, that people may not be who they say they are</li> <li>• To protect yourself and prevent getting into a risky situation</li> <li>• To know where to go for help, advice and support</li> </ul>	<p><a href="https://schoolbeat.cymru/en/teachers/safety-secondary/">https://schoolbeat.cymru/en/teachers/safety-secondary/</a></p>
<p><b>SchoolBeat.cymru</b> </p> <p><b>Peidiwch â Chamu at... - Cyfnod Allweddol 3</b> <b>Troseddau seibr</b></p> <p>Don't Cross the Line – Key Stage 3 Cyber Crime</p>	<p>Dwyieithog/Bilingual</p> <p><a href="https://schoolbeat.cymru/cy/athrawon/diogelwch-uwchradd/">https://schoolbeat.cymru/cy/athrawon/diogelwch-uwchradd/</a></p> <p><a href="https://schoolbeat.cymru/en/teachers/safety-secondary/">https://schoolbeat.cymru/en/teachers/safety-secondary/</a></p>
<p><b>SchoolBeat.cymru</b> </p> <p><b>Pictiwr Peryg – Cyfnod Allweddol 3</b></p> <p><b>Mae ffilm sydd wedi ennill gwobrau rhyngwladol yn ganolbwynt i'r wers ac ynddo mae Erin, merch ysgol, yn penderfynu anfon delwedd anwedus o'i hun at ei chariad. Mae'r ffilm yn dangos y canlyniadau i Erin ar ôl iddi bwyso'r botwm 'anfon' ac yn dangos y gwahanol bethau sy'n digwydd pan fydd hi'n penderfynu 'dileu'. Bydd disgyblion yn darganfod canlyniadau cymdeithasol ac emosiynol Secstio ac yn darganfod beth sydd gan y Gyfraith i'w ddweud. Yna, bydd disgyblion yn cael eu cyfeirio at y cymorth sydd ar gael.</b></p> <p>Risky Pics – Key Stage 3</p>	<p>Dwyieithog/Bilingual</p> <p><a href="https://schoolbeat.cymru/cy/athrawon/diogelwch-uwchradd/">https://schoolbeat.cymru/cy/athrawon/diogelwch-uwchradd/</a></p> <p><a href="https://schoolbeat.cymru/en/teachers/safety-secondary/">https://schoolbeat.cymru/en/teachers/safety-secondary/</a></p>

An international award-winning film provides the focal point of this lesson where Erin, a schoolgirl makes the decision to send an indecent image of herself to her boyfriend. The film presents the consequences for Erin when she presses 'send' and shows the different course of events when she chooses to 'delete'. Pupils discuss the social and emotional consequences of sexting and discover what the Law says. Pupils are then signposted to help available.



**Peidiwch â phoeni, rwyf i yma i chi: Profiadau plant o seiberfwlio yng Nghymru.**

**Don't Worry, I'm here for you: Children's experiences of cyberbullying in Wales.**

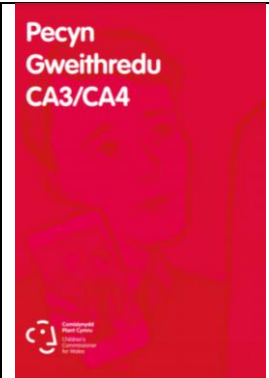
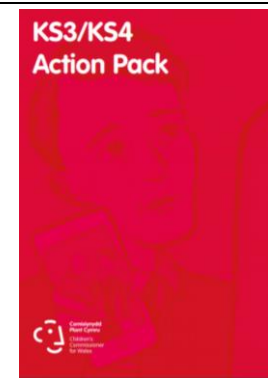
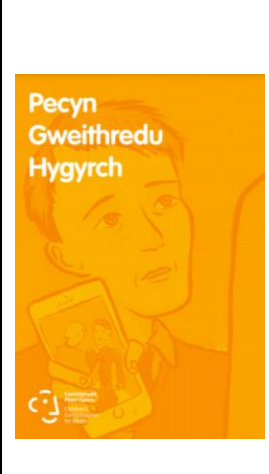





**Dwyieithog/Bilingual**

<https://www.childcomwales.org.uk/wp-content/uploads/2019/10/Seiberfwlio-Cynradd-2019-.pdf>

<https://www.childcomwales.org.uk/wp-content/uploads/2019/10/Cyberbullying-Primary-2019.pdf>

<https://www.childcomwales.org.uk/wp-content/uploads/2019/10/Seiberfwlio-Uwchradd-2019.pdf>

			<p><a href="https://www.childcomwales.org.uk/wp-content/uploads/2019/10/Cyberbullying-Secondary-2019.pdf">https://www.childcomwales.org.uk/wp-content/uploads/2019/10/Cyberbullying-Secondary-2019.pdf</a></p>
			<p><a href="https://www.childcomwales.org.uk/wp-content/uploads/2019/10/Seiberfwlio-Hygyrch-2019.pdf">https://www.childcomwales.org.uk/wp-content/uploads/2019/10/Seiberfwlio-Hygyrch-2019.pdf</a></p> <p><a href="https://www.childcomwales.org.uk/wp-content/uploads/2019/10/Cyberbullying-Accessible-Oct-2019-.pdf">https://www.childcomwales.org.uk/wp-content/uploads/2019/10/Cyberbullying-Accessible-Oct-2019-.pdf</a></p>
 <p>Let's keep kids safe online</p>  <p>Canllaw hanfodol i rieni ynglŷn â'r 40 o safleoedd, apiau a gemau mwyaf poblogaidd y mae pobl ifanc yn eu defnyddio yw Net Aware, sydd wedi'i greu gan yr NSPCC ac O2.</p>			<p>Saesneg/English</p> <p><a href="https://www.net-aware.org.uk/">https://www.net-aware.org.uk/</a></p>

Mae'r cynnwys yn seiliedig ar adolygiadau gan bobl ifanc, rhieni a gofalwyr.

Mae'n darparu'r wybodaeth y mae ei hangen ar rieni a gofalwyr i ddeall byd ar-lein eu plant a'u helpu i gadw'n ddiogel.

Mae Llywodraeth Cymru wedi cefnogi creu 10 o restrï chwareae ar gyfer Hwb sy'n cynnwys meysydd megis fel preifatrwydd, cofrestru a chategorïau oedran.

Gallwch gael mynediad at adnoddau'r rhestrau chwareae hyn drwy'r dolenni isod.

- [Snapchat](#)
- [Robolux](#)
- [Soundcloud](#)
- [Twitter](#)
- [YouTube](#)
- [Whatsapp](#)
- [Instagram](#)
- [Minecraft: Pocket Edition](#)
- [Twitch](#)
- [Facebook a Messenger](#)

Mae modd llwytho ap Net Aware i lawr yn rhad ac am ddim o [Apple Store](#) neu [Google Play](#).

**Dolenni dwyieithog/Bilingual links**

Net Aware is an essential guide, created by the NSPCC and O2, for parents to the 40 most popular sites, apps and games that young people use.

The content is based on reviews from young people and parents and carers.

It provides parents and carers with the information they need to understand their child's online world and help keep them safe.

The Welsh Government have supported the creation of 10 playlists on Hwb which cover areas such as privacy, signing up and age ratings.

You can access these playlist resources via the links below:

- [Snapchat](#)
- [Robolux](#)
- [Soundcloud](#)
- [Twitter](#)
- [YouTube](#)
- [Whatsapp](#)
- [Instagram](#)
- [Minecraft: Pocket Edition](#)
- [Twitch](#)
- [Facebook and Messenger](#)

The Net Aware app can be downloaded for free from the [Apple Store](#) or [Google Play](#).

Child Exploitation and Online Protection command



**Amrywiaeth o wybodaeth am gadw eich hun neu blentyn rydych chi'n ei adnabod yn ddiogel rhag camfanteisio'n rhywiol ar blant.**

A range of information about keeping yourself or a child you know safe from child sexual exploitation.

Saesneg/English

<https://www.ceop.police.uk/Safety-Centre/>

Think You Know – Jessie and Friends



**Cyfes o dri animeiddiad yw *Jessie & Friends* sy'n dilyn anturiaethau Jessie, Tia a Mo wrth iddyn nhw ddechrau dod o hyd i'w ffordd o amgylch y byd ar-lein, gwyllo fideos, rhannu lluniau a chwarae gemau. Mae'r animeiddiadau a'r gweithgareddau ychwanegol yn yr ystafell ddsbarth yn rhoi cyfleoedd gwyh i blant ddysgu am ymddiriedaeth, bod yn garedig ar-lein, caniatâd, ac ymddygiad iach ac afiach ar y rhynggrwyd.**

Saesneg/English

<https://www.thinkuknow.co.uk/parents/jessie-and-friends/>

*Jessie & Friends* is a series of three animations that follow the adventures of Jessie, Tia and Mo as they begin to navigate the online world, watching videos, sharing pictures and playing games. The animations and additional classroom activities give children great opportunities to learn about trust, being kind online, consent, and healthy and unhealthy behaviour on the internet.

Childnet



**Adnoddau diogelwch ar-lein ymarferol gan gynnwys cynlluniau gwersi, taflenni a chynnwys fideo ar gyfer pob cynulleidfa.**

Practical online safety resources including lesson plans, leaflets and video content for all audiences.

Saesneg/English

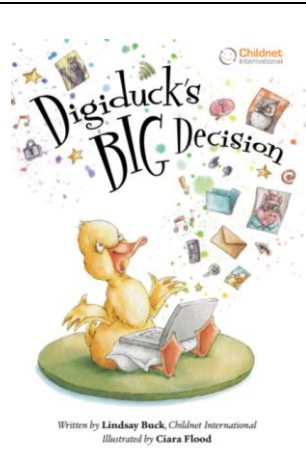
<https://www.childnet.com/resources>

Childnet



Dwyeithog/Bilingual

<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/f3a83c9d-9ab7-46e8-ab2c-73a4141440d6>



Crëwyd casgliad Digiduck® i helpu rhieni ac athrawon i addysgu plant 3 - 7 oed am ddiogelwch ar-lein. Mae'r casgliad yn cynnwys e-lyfrau, PDFs, poster ac ap rhyngweithiol. Dilynwch Digiduck® a'i ffrindiau yn y storïau hyn am gyfeillgarwch, cyfrifoldeb a meddwl yn feirniadol ar-lein. The Digiduck® collection has been created to help parents and teachers educate children aged 3 - 7 about online safety. The collection includes a ebooks, PDFs, a poster and an interactive app. Follow Digiduck® and his pals in these stories of friendship, responsibility and critical thinking online.

<https://www.childnet.com/resources/digiduck-stories>

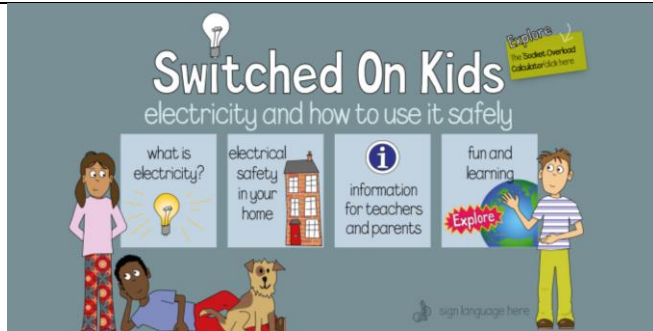
<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/f3a83c9d-9ab7-46e8-ab2c-73a4141440d6>

### Diogelwch Trydan/Electric Safety

Saesneg/English

<https://www.switchedonkids.org.uk/>





**Animeiddiad rhyngweithiol yn canolbwyntio ar ddiogelwch trydanol 'Beth yw trydan?' yn y cartref a hwyl a gemau. Ceir adran hefyd ar gyfer athrawon sydd â chynlluniau gwersi ac adnoddau ar gael i'w lawrlwytho.**

Interactive animation focusing on 'What is electricity?' electrical safety in the home and fun and games. There is also a section for teachers with lesson plans and resources available to download.