

Annwyl Riant/Ofalwr

Rhaglen Cofia Ddweud. Cadwa'n ddiogel yr NSPCC

Mae'n bleser gennyf roi gwybod i chi ein bod yn cymryd rhan yn **Rhaglen Cofia ddweud. Cadwa'n ddiogel. yr NSPCC** Rhaglen y tymor hwn. Mae Cofia ddweud. Cadwa'n ddiogel. yn rhaglen ar gyfer plant rhwng 5 ac 11 oed sy'n ceisio helpu plant i ddeall camdriniaeth yn ei holl ffurfiau a chydabod arwyddion cam-drin. Mae'r plant yn cael eu dysgu i ddweud wrth oedolyn diogel neu Childline os oes rhywbeth yn eu poeni.

Mae'r rhaglen hon sy'n addas i blant yn cyd-fynd â'r cwricwlwm ac mae'n cynnwys gwasanaethau ar-lein sy'n addas i'r oedran. Rydym hefyd wedi adolygu gweithgareddau ategol ar gyfer yr ystafell ddosbarth a'u cynnwys yn y rhaglen. Mae'r cynnwys yn cael ei gyflwyno mewn ffordd rhyngweithiol a llawn hwyl gyda chymorth masgot yr NSPCC, Buddy. Os hoffech chi gael mwy o wybodaeth am y rhaglen Cofia ddweud. Cadwa'n ddiogel. ewch i www.nspcc.org.uk/speakout.

Adnoddau ychwanegol i deuluoedd gan yr NSPCC er mwyn helpu i gadw plant yn ddiogel

Mae'r NSPCC wedi rhannu rhywfaint o wybodaeth bwysig isod am adnoddau a chefnogaeth ehangach yr NSPCC i helpu i gadw plant yn ddiogel.

Cefnogaeth Rhiant/Gofalwr

Cymerwch olwg ar wybodaeth, cefnogaeth, cyngor a gweithgareddau gan yr NSPCC ar gyfer rhieni a gofalwyr.

www.nspcc.org.uk/parenting

Gweithgareddau i ymestyn dysgu gartref

Cymryd rhan mewn gemau a gweithgareddau gartref i helpu plant i ddysgu am ddweud eu dweud a chadw'n ddiogel.

www.nspcc.org.uk/activities

Hwb Diogelwch Ar-lein

I gael gwybodaeth am amrywiaeth o bynciau diogelwch ar-lein gan gynnwys gemau, cyfryngau cymdeithasol, rhannu lluniau, rheolaethau rhieni a mwy.

www.nspcc.org.uk/onlinesafety

Gwefan O dan 12 Childline

Mae gan Childline wefan hygyrch sy'n cynnwys cyngor, cefnogaeth, gemau a gweithgareddau. Gall plant newid yr iaith, chwyddo'r testun a gwrando ar y cynnwys hefyd.

www.childline.org.uk/buddy (5-7)

www.childline.org.uk/kids (7-11)

Siarad PANTS gyda'ch plant

Sgwrs syml yw Siarad PANTS i helpu i gadw plant yn ddiogel rhag camdriniaeth rywiol.

Mae pob llythyren o PANTS, o P i S, yn darparu rheol syml ond gwerthfawr.

Lawrlwythwch yr adnoddau am ddim yn www.nspcc.org.uk/pants.

Gobeithio y bydd y wybodaeth hon am yr NSPCC a'r rhaglen *Cofia ddweud. Cadwa'n ddiogel.* yn ddefnyddiol.

Yn gywir,

Rh Griffiths

Dear Parent/Carer

NSPCC's *Speak out. Stay safe.* programme

I am pleased to inform you that we are participating in the **NSPCC's *Speak out. Stay safe.* Programme** this term. *Speak out. Stay safe.* is a programme for children aged 5-11 which aims to help children understand abuse in all its forms and to recognise the signs of abuse.

Children are taught to speak out if they are worried, either to a safe adult or Childline. This child friendly programme is aligned with the curriculum and consists of age appropriate virtual assemblies and supporting classroom based activities which we have reviewed. The content is delivered in an engaging and interactive way with the help of the NSPCC mascot Buddy. If you would like to know more about the *Speak out. Stay safe.* programme visit www.nspcc.org.uk/speakout.

Additional NSPCC resources for families to help keep children safe

The NSPCC have shared some important information below on wider NSPCC resources and support to help keep children safe.

Parent/Carer support

Take a look at information, support, advice and activities from NSPCC for parent and carers.

www.nspcc.org.uk/parents

Activities to extend learning at home

Take part in games and activities at home to help children learn about speaking out and staying safe.

www.nspcc.org.uk/activities

Online Safety Hub

For information on a range of different online safety topics including gaming, social media, sharing images, parental controls and more.

www.nspcc.org.uk/onlinesafety

Childline – under 12's

Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content.

www.childline.org.uk/buddy (5-7)

www.childline.org.uk/kids (7-11)

Talk PANTS with your children

Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides simple but important messages. Download the free resources at www.nspcc.org.uk/pants.

I hope you find this information about the NSPCC and the *Speak out. Stay safe.* programme helpful.

Yours sincerely,

Rh Griffiths