

Cam-drin yw rhywbeth y mae person arall yn ei wneud er mwyn dy frifo, neu sy'n gwneud i ti deimlo'n ofnus neu'n ypset.

Gall mathau gwahanol o gam-drin effeithio arnat ti. Er mwyn helpu pawb i wybod pa fath o gam-drin rydyn ni'n son amdan, rydym wedi rhoi enw gwahanol i bob math o gam-drin.

Mae pum math gwahanol o gam-drin:

Cam-drin corfforol – rhywun yn dy frifo neu'n dy anafu.

Cam-drin rhywiol – rhywun yn gofyn i ti wneud rhywbeth i dy gorff dy hun, neu gorff rhywun arall sy'n gwneud i ti deimlo'n wael. Pan nad wyt ti'n gallu cadw dy rannau preifat yn breifat. Gallai hyn ddigwydd ar-lein.

Cam-drin emosional – cael dy fychanu drwy'r amser, rhywun yn galw enwau arnat ti ac yn gwneud i ti deimlo'n wael amdanat ti eich hun.

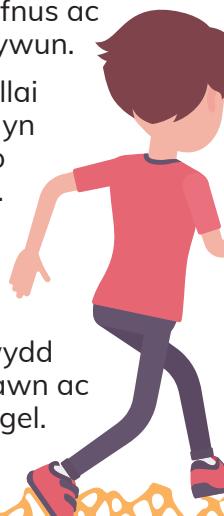
Esgeulustod – pan nad oes neb yn gofalu amdanat ti.

Cam-drin Ariannol – Rheoli faint o arian sydd gennych a sut rydych yn ei wario.

Mae'r rhan fwyaf o blant a phobl ifanc yng Nghymru yn hapus ac yn ddiogel yn eu cartrefi. Ond weithiau, nid oes gan rai plant rywle diogel i fyw. Efallai eu bod yn teimlo'n ofnus ac yn ypset, a'u bod am siarad â rhywun.

Os wyt ti'n cael dy gam-drin, efallai y byddi di'n teimlo'n flin ac am dy frifo dy hun neu redeg i ffwrdd.

Gall yr holl deimladau hyn ddigwydd am nad wyt ti'n cael dy drin yn iawn ac nad wyt ti'n cael dy gadw'n ddiogel.



A fydd pobl yn fy nghredu?

Mae dweud wrth rywun yn rhywbeth dewr iawn i'w wneud.

Mae'n bwysig dy fod yn gwybod nad yw unrhyw fath o gam-drin yn iawn. Efallai fod rhywun wedi dweud wrthot ti am gadw'r cam-drin yn gyfrinach, ac efallai dy fod wedi cael dy fygwth gan y person sy'n dy gam-drin.

Gall y person sy'n dy gam-drin fod yn unrhyw un. Gall fod yn rhiant, yn berthynas, yn ffrind neu'n rhywun rwyt ti wedi cyfarfod ag ef ar-lein.

Cofia bob amser, nid dy fai di yw hyn.

Bydd rhywun yn dy gredu pan fyddi di'n dweud wrtho. Mae pobl sydd wedi cael eu hyfforddi'n arbennig a fydd yn gwybod beth i'w wneud i dy helpu.

Wrth bwy alla i ddweud? Perthynas, athro neu athrawes, gweithiwr ieuenctid, swyddog heddlu'r ysgol neu oedolyn rwyt ti'n ymddiried ynny.

Galli di hefyd fynd ar-lein neu ffonio:



0800880 23456
meiccymru.org/



0800 1111

Beth fydd yn digwydd os bydda i'n dweud wrth rywun?

■ Yn gyntaf, bydd rhywun yn gwrando arnat ti ac yn dy gymryd o ddifrif. Bydd rhywun yn dweud wrthot ti dy fod wedi gwneud y peth iawn, ac nad dy fai di yw hyn.

■ Gall yr oedolyn ysgrifennu'r hyn rydych chi'n ei ddweud. Gallwch weld hyn os ydych am.

■ Os ydynt yn poeni am eich diogelwch, byddant yn egluro y byddant yn dweud neu'n eich cyfeirio at bobl a fydd yn helpu, fel Gwasanaethau Plant ac weithiau os bydd angen i'r Heddlu wneud hynny.

Hawliau Plant

Mae gen ti'r hawl i fyw a thyfu i fyny yn iach ac yn ddiogel. Ni ddylet ddioddef niwed a dylai rhywun fod yn gofalu amdanat ti ac yn dy ddiogelu rhag pethau a all dy frifo. Os wyt ti'n cael dy gam-drin, byddi di'n cael help arbennig.



What is abuse

It's not always easy to know what abuse is.

This leaflet will help you find out.

It will also tell you who to speak to and where you can get help if you think you might be being abused.



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Abuse is anything another person does that is meant to hurt, or leaves you feeling scared or upset.

There are different types of abuse that can affect you.

To help everyone know what kind of abuse we are talking about we have called each type of abuse a different name.

There are five different types of abuse:

Physical abuse – being hurt or injured by someone.

Sexual abuse – being asked to do something to your body, or someone else's that makes you feel bad. When you can't keep your privates private. This could happen online.

Emotional abuse – always being put down, called names and made to feel bad about yourself.

Neglect – when you are not being looked after.

Financial abuse – controlling how much money you have and how you spend it.

Most children and young people in Wales are happy and safe in their homes.

But, sometimes, some children do not have a safe place to live. They may be upset and scared and need someone to talk to.

If you are abused you might feel anxious and worried all the time, and feel you have no one who will listen to you.

Sometimes you may feel angry and want to hurt yourself or run away.

All these feelings can happen because you are not being treated properly and because you are not being kept safe.



Will people believe me?

Telling someone is a very brave thing to do. It's important that you know that any type of abuse is never okay. You might have been told to keep the abuse a secret, and you may even have been threatened by your abuser.

An abuser can be anyone. It can be your parent, a relative, friend, or someone you have met online.

Always remember, it is never your fault that you are being abused.

You will be believed when you tell. There are specially trained people who will know what to do to help you.

Who can I tell? A relative, a teacher, youth worker, a schools' police officer an adult you know you can trust.

You can also go online or call:



What happens if I tell someone?

- Firstly, you will be listened to and taken seriously. You will be told you have done the right thing, and that the abuse is not your fault.
- The adult may write down what you say. You can see this if you want to.
- If they are worried about your safety they will explain they will tell or refer you to people who will help, like children's services and sometimes, if it is necessary to the police.

Children's rights

You have the right to life and to grow up healthy and safe. You should not be harmed and should be looked after and protected from things that could harm you. If you are abused, you will get special help.



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Nid yw bob amser yn hawdd gwybod beth yw cam-drin.

Bydd y llyfrynn hwn yn dy helpu i ddeall.

Bydd hefyd yn dy helpu i wybod gyda phwy i siarad, a ble y galli di gael help os byddi di'n meddwl dy fod yn cael dy gam-drin.



Beth yw cam-drin!