

COVID-19 – Cadw'n Ddiogel. Dal Ati i Ddysgu – Cadw'n ddiogel ar-lein

Mae'r Coronafeirws (COVID-19) wedi arwain at gynnydd yn y defnydd o dechnoleg ddigidol. Bellach, mae dysgwyr ac ysgolion yn defnyddio technoleg i barhau â'u dysgu, ac mae llawer ohonom yn dibynnu ar dechnoleg i weithio a chyfathrebu â'n ffrindiau a'n teulu. Mae'r cynnydd hwn yn y defnydd o dechnoleg wedi pwysleisio mor bwysig yw cadw plant a phobl ifanc yn ddiogel ar-lein.

Stay Safe.
Stay Learning.



Hwb®



Cyngor diogelwch ar-lein i ddysgwyr oed cynradd



Mae'r rhyngwyd yn lle gwych i'ch helpu i gadw mewn cysylltiad â'ch ffrindiau a'ch teulu, gwneud eich gwaith ysgol a gwylio fideos neu chwarae gemau. Serch hynny, mae hi'n bwysig iawn dilyn y cyngor yma i'ch helpu i gadw'n ddiogel. Os byddwch chi'n cael unrhyw broblem, neu os ydych chi'n poeni, siaradwch â rhiant neu ofalwr neu oedolyn cyfrifol.



Er mwyn bod yn ddiogel ar-lein, dylwn i:

- dim ond siarad ar-lein â ffrindiau a theulu dwi'n eu hadnabod yn y byd go iawn
- peidio byth â chlicio ar 'Derbyn' neu 'lawn' mewn gwahoddiad i sgwrsio, rhannu lluniau neu chwarae gemau gan unrhyw un dwi ddim yn eu hadnabod mewn bywyd go iawn
- peidio byth â rhoi gwybodaeth bersonol i neb fel rhif ffôn, cyfeiriad neu gyfeiriad e-bost, neu enw fy ysgol – mae rhai pobl yn esgus bod yn rhywun arall ar-lein
- rhoi rhywbeth dros fy ngwe-gamera pan na fydda i'n ei ddefnyddio
- gofyn i oedolyn cyfrifol helpu i newid y gosodiadau ar fy apiau, fy ffôn, fy nghyfrifiadur neu fy nyfais llechen i fy nghadw i'n ddiogel



- defnyddio gwefannau dwi wedi dysgu amdanyn nhw yn yr ysgol pan fydda i ar-lein
- cwstio'n yrru'r pethau bydda i'n eu gweld ar-lein cyn penderfynu eu credu – dydy popeth ar-lein ddim yn wir
- peidio byth â chlicio ar ddolenni mewn e-bost neu negeseuon sy'n gofyn i mi fewngofnodi a rhannu fy manylion – efallai ei fod yn sgam neu'n dric, felly mae hi bob tro'n well mynd i'r wefan neu'r ap yn uniongyrchol
- gofyn i ffrindiau a theulu os yw'n iawn i mi rannu unrhyw luniau ohonyn nhw cyn gwneud hynny
- bod yn garedig ar-lein bob tro a pheidio â dweud pethau a allai ypsetiio rhywun, hyd yn oed os ydw i'n meddwl ei fod yn jôc
- dysgu am yr holl help sydd ar gael os bydda i angen hynny, fel Meic a Childline
- peidio byth â bod ofn siarad â rhywun cyfrifol am unrhyw beth sy'n fy mhoeni i neu gamgymeriad dwi wedi'i wneud – mae yna bob amser rywun sy'n gallu fy helpu
- dweud wrth rywun cyfrifol os byddaf yn poeni neu'n ypsat am unrhyw beth dwi'n ei weld neu ei glywed ar-lein neu os bydd rhywun dieithr yn gofyn am gael bod yn ffrind i mi

Help os bydd angen



Meic



Meic yw'r llinell gymorth i blant a phobl ifanc hyd at 25 oed yng Nghymru. Rhadffôn: 0808 80 23456
Neges SMS: 84001
IM/Sgwrs ar-lein: www.meic.cymru

Childline

Mae Childline yn wasanaeth preifat a chyfrinachol am ddim lle gallwch siarad am unrhyw beth. Ffôn: 0800 1111
Ar-lein: www.childline.org.uk

Evch i hwb.llyw.cymru am lawer mwy o wybodaeth am gadw'n ddiogel ar-lein.

Mae yna ganllawiau penodol i bob cynulleidfa:

Dysgwyr cynradd

Dysgwyr uwchradd

Rhieni a gofalwyr

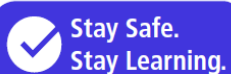
Ymarferwyr addysg

Llywodraethwyr

<https://hwb.gov.wales/parthau/diogelwch-ar-lein/gwybodaeth-allweddol/>

COVID-19 - Stay Safe. Stay Learning – Keeping safe online

The Coronavirus (COVID-19) outbreak has led to the increased use of digital technology. Learners and schools are now using technology to continue their learning and many of us are relying on technology for work and communicating with friends and family. This increase in the use of technology has emphasised the importance of keeping children and young people safe online.



Online safety top tips for primary aged learners



The internet is a great place to help you stay in touch with your friends and family, to do your school work and to watch videos or play games. However, it's very important to follow these tips to help keep you safe. If you have any problems, or you are worried remember you can always talk to a parent or carer, or a grown up you trust.



To stay safe online I should:

- keep all my usernames and passwords safe and not share with my friends
- only talk online to friends and family that I know in real life
- never click on 'Accept' or 'Yes' to invitations to chat, share pictures or play games from anyone I don't know in real life
- never give anyone my personal information like my telephone number, home or email address, or the school I go to – not everyone is who they say they are online
- keep my webcam covered when I'm not using it
- ask a grown up I trust for help to change the settings on my apps, phone, computer or tablet to keep me safe
- stick to websites that I have learned about in school when I'm online



- check out things I see online before deciding to believe them – not everything online is true
- never click on links in emails or messages that then ask me to login and share my details – it could be a scam or a trick, so it's always best to go to the website or app directly
- always ask my friends and family if it's okay before I share any pictures that they are in
- always be kind online and don't say things that may upset someone, even if I think it's a joke
- learn about all the help that I can get if I need it, like Meic and Childline
- never be scared to talk to someone I trust about anything that is worrying me or a mistake that I've made – there is always someone who can help me
- tell someone I trust if I get worried or upset about anything I see or hear online or if someone I don't know asks to be my friend

Help if you need it



Meic

Meic is the helpline service for children and young people up to the age of 25 in Wales.

Freephone: 0808 80 23456

SMS Text: 84001

Online chat: www.meic.cymru



Childline

Childline is a free, private and confidential service where you can talk about anything.

Call: 0800 1111

Online: www.childline.org.uk

Visit hwb.gov.wales for lots more information about keeping safe online.

There is also guidance specific to each audience:

Primary learners

Secondary learners

Parents and carers

Education practitioners

Governors

<https://hwb.gov.wales/zones/online-safety/key-information/>