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| <p>Keeping children safe online Our children are spending more time online whether for school, gaming or to keep in touch with friends and family. There are so many benefits to being online but we know there can be some downsides too. It’s important that children and young people understand how to keep as safe as possible – and know where to go if something goes wrong.</p> <p>It's just as important for parents and carers to understand this too. That’s why we’ve worked with leading organisations and experts in online safety to create a whole range of relevant, straightforward information and advice on the Keeping Safe Online area of Hwb. There’s specific information for parents and carers including guides that cover what you need to know about the most popular social media and gaming apps children are using today. There are also links signposting where to go for confidential advice and support as well as information about how to report any issues.</p> | <p>Cadw plant yn ddiogel ar-lein Mae ein plant yn treulio mwy o amser ar-lein: ar gyfer yr ysgol, wrth chwarae gemau ar y cyfrifiadur neu i gadw mewn cysylltiad â ffrindiau a’r teulu. Er bod llawer o fanteision i gysylltu ar-lein, rydyn ni’n gwybod y gall fod rhai anfanteision hefyd. Mae'n bwysig bod plant a phobl ifanc yn deall sut i gadw mor ddiogel â phosibl - a gwybod sut i gael cymorth os bydd rhywbeth yn mynd o'i le.</p> <p>Mae'r un mor bwysig i rieni a gofalwyr ddeall hyn hefyd. Dyna pam rydyn ni wedi gweithio gyda sefydliadau ac arbenigwyr blaenllaw sy'n ymwneud â diogelwch ar-lein i gynnwys amrywiaeth o wybodaeth a chyngor syml a pherthnasol ar dudalennau Cadw'n Ddiogel Ar-lein gwefan Hwb. Mae gwybodaeth benodol i rieni a gofalwyr, gan gynnwys canllawiau sy'n ymdrin â'r hyn sydd angen i chi ei wybod am y cyfryngau cymdeithasol a'r apiau gemau mwyaf poblogaidd y mae plant yn eu defnyddio heddiw. Mae yna hefyd ddolenni sy'n cyfeirio at ble i fynd i gael cyngor a chymorth cyfrinachol, yn ogystal â gwybodaeth am sut i roi gwybod am unrhyw broblemau.</p> |
| <p>POSTS</p> | <p>POSTIADAU</p> |
| <p>Parents and carers – find out about the most popular social media and gaming apps your children are using: https://hwb.gov.wales/zones/keeping-safe-online/in-the-know/</p> | <p>Rhieni a gofalwyr – gallwch gael gwybod am y cyfryngau cymdeithasol a'r apiau gemau mwyaf poblogaidd y mae eich plant yn eu defnyddio: https://hwb.gov.wales/parthau/cadwn-ddiogel-ar-lein/bydd-wybodus/</p> |
| <p>It can be difficult to keep up with the latest apps your children are using. That’s why we’ve created a handy guide to help you stay in the know</p> | <p>Gall fod yn anodd cadw i fyny â'r apiau diweddaraf y mae eich plant yn eu defnyddio. Dyna pam rydyn ni wedi creu</p> |

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| <p>https://hwb.gov.wales/zones/keeping-safe-online/in-the-know/</p> | <p>canllawiau defnyddiol i'ch helpu i fod yn wybodus: https://hwb.gov.wales/parthau/cadwn-ddiogel-ar-lein/bydd-wybodus/</p> |
| <p>Make sure your child knows what to do and where to go if they are concerned about something online: https://hwb.gov.wales/zones/keeping-safe-online/advice-for-children-and-young-people-online-issues-and-worries/</p> | <p>Gwnewch yn siŵr fod eich plentyn yn gwybod beth i'w wneud a sut i gael help os yw'n poeni am rywbeth sy'n digwydd ar-lein: https://hwb.gov.wales/parthau/cadwn-ddiogel-ar-lein/cyngor-i-blant-a-phobl-ifanc-problemau-a-phryderon-ar-lein/</p> |
| <p>Do you know the difference between Instagram, TikTok and Snapchat? If not, check out our handy guide to the most popular apps to help keep children safe this summer https://hwb.gov.wales/zones/keeping-safe-online/advice-for-children-and-young-people-online-issues-and-worries/</p> | <p>A ydych chi'n gwybod y gwahaniaeth rhwng Instagram, TikTok a Snapchat? Os na, edrychwch ar ein canllawiau defnyddiol ar yr apiau mwyaf poblogaidd i helpu i gadw plant yn ddiogel yr haf hwn: https://hwb.gov.wales/parthau/cadwn-ddiogel-ar-lein/cyngor-i-blant-a-phobl-ifanc-problemau-a-phryderon-ar-lein/</p> |
| <p>Do you know how to keep your child safe when playing Roblox or Fortnite? Read our handy guide: https://hwb.gov.wales/zones/keeping-safe-online/advice-for-children-and-young-people-online-issues-and-worries/</p> | <p>A ydych chi'n gwybod sut i gadw eich plentyn yn ddiogel wrth chwarae Roblox neu Fortnite? Darllenwch ein canllawiau defnyddiol: https://hwb.gov.wales/parthau/cadwn-ddiogel-ar-lein/cyngor-i-blant-a-phobl-ifanc-problemau-a-phryderon-ar-lein/</p> |