






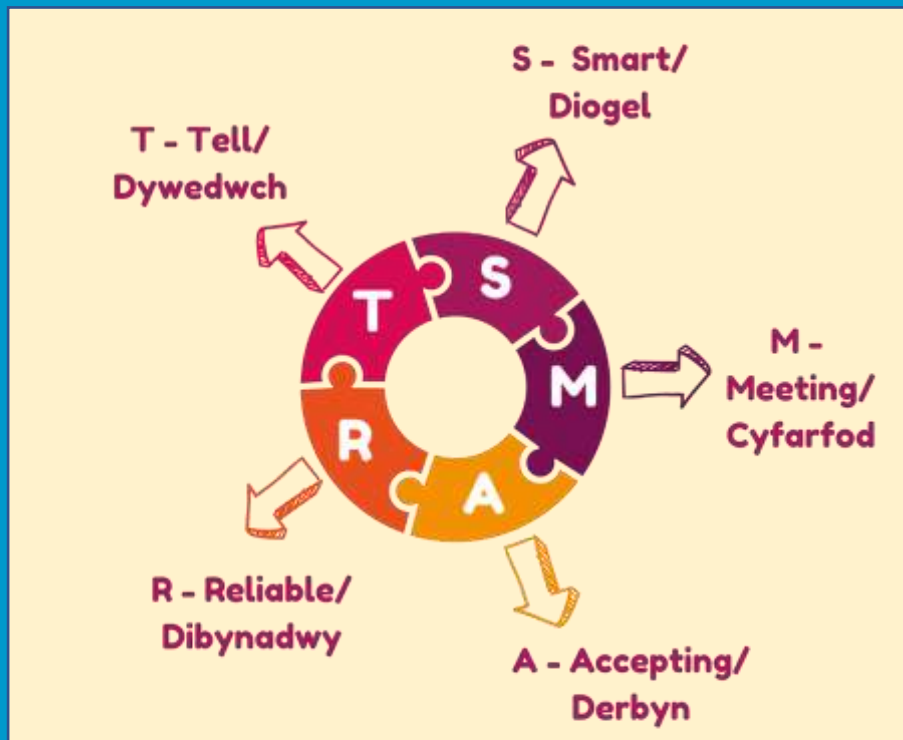


Ysgol Glanrafon

E-Ddiogelwch/
E-Safety



Apiau		Oed	Sgôr diogelwch	Dolenni i adolygiadau Net-aware
Tik tok		13+	Cyfartal	https://www.net-aware.org.uk/networks/tiktok/
Roblox		7+	Da	https://www.net-aware.org.uk/networks/roblox/
Snapchat		13+	Cyfartal	https://www.net-aware.org.uk/networks/snapchat/
Instagram		13+	Cyfartal	https://www.net-aware.org.uk/networks/instagram/
WhatsApp		16+	Cyfartal	https://www.net-aware.org.uk/networks/whatsapp/
Youtube		13+	Cyfartal	https://www.net-aware.org.uk/networks/youtube/
Facetime		4+	Da	https://www.net-aware.org.uk/networks/facetime/



S

Cadw'n ddiogel trwy beidio â rhoi gwybodaeth bersonol - fel eich enw llawn, cyfeiriad e-bost, rhif ffôn, cyfeiriad cartref, lluniau neu enw'r ysgol - i bobl rydych chi'n sgwrsio â nhw ar-lein. Mae hyn hefyd yn cynnwys trafod tagiau gamer neu fanylion eraill mewn fforymau ar-lein.

Keeping safe by not giving out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online. This also includes discussing gamer tags or other details in online forums.

M

Mae cwrdd â rhywun rydych chi ond wedi bod mewn cysylltiad ag ef ar-lein yn beryglus. Dim ond gyda chaniatâd rhieni y dylid gwneud hyn neu pan allant fod yn bresennol. Ar hyn o bryd, mae cynnal perthnasoedd â phobl yr ydym yn ymddiried ynddynt yn bwysig ar gyfer ein lles meddyliol. Meddylwch sut y gallwch chi gadw mewn cysylltiad â ffrindiau a theulu yn ddiogel trwy alwadau ffôn neu fideo. Mae cyfryngau cymdeithasol yn ffordd arall o wneud hyn, fodd bynnag, mae yna lawer o gyfyngiadau oedran ar yr apiau hyn, felly bydd angen eu gwirio yn gyntaf.

Meeting someone you have only been in touch with online is dangerous. This should only be done with parental permission or when they can be present. At present, maintaining relationships with people we trust is important for our mental wellbeing. Think about how you can stay in touch with friends and family safely via telephone or video calls. Social media is another way of doing this, however, there are lots of age restrictions on these apps, so will need to be checked first.

A

Gall derbyn e-byst, negeseuon IM, neu agor ffeiliau, lluniau neu destunau gan bobl nad ydych chi'n eu hadnabod neu'n ymddiried ynddynt arwain at broblemau - gallant gynnwys firysau neu negeseuon cas.

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages.

R

Efallai na fydd y wybodaeth a welwch ar y rhyngwrwyd yn wir, neu efallai bod rhywun ar-lein yn dweud celwydd am bwy ydyn nhw.

Information you find on the internet may not be true, or someone online may be lying about who they are.

T

Dywedwch wrth eich rhiant, gofalwr neu oedolyn dibynadwy os yw rhywun neu rywbeth yn gwneud ichi deimlo'n anghyfforddus neu'n poeni, neu os ydych chi neu rywun rydych chi'n ei adnabod yn cael ei fwlio ar-lein.

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

Dyma ddolenni i wefannau gyda gwybodaeth bellach ar gadw'n ddiogel ar-lein/

Here are links to websites with further information on keeping safe online.

Childline – www.childline.org.uk

UK Safer Internet Centre to report and remove harmful online content
www.reportharmfulcontent.com

CEOP (to make a report about online abuse) www.ceop.police.uk/safety-centre

Internet Matters (for support for parents and carers to keep their children safe online)
www.internetmatters.org

London Grid for Learning (for support for parents and carers to keep their children safe online)
www.lgfl.net/online-safety/

Net-aware (support for parents and carers from the NSPCC) www.net-aware.org.uk

Parent info (for support for parents and carers to keep their children safe online) www.parentinfo.org

Thinkuknow (advice from the National Crime Agency to stay safe online) www.thinkyouknow.co.uk

UK Safer Internet Centre (advice for parents and carers) - <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

