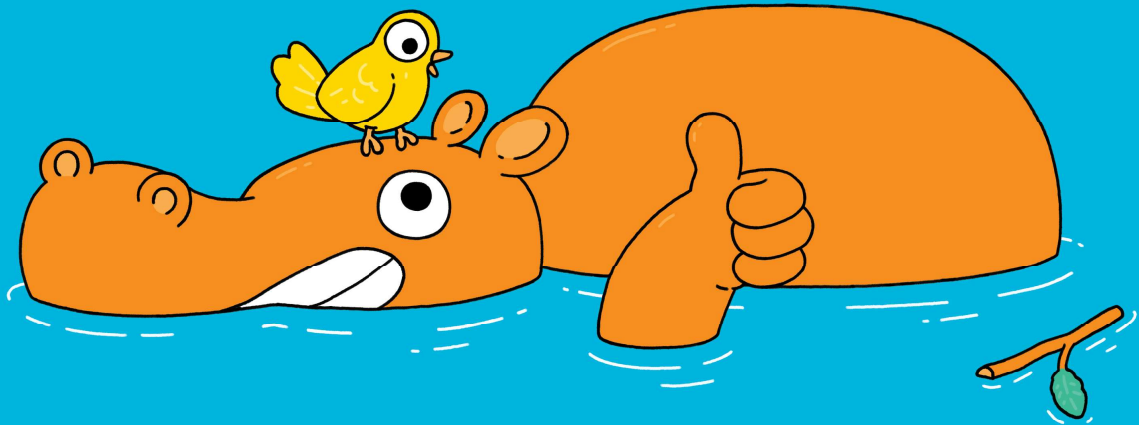


**POENI?
GALLI DI SIARAD
Â CHLDLINE AM
UNRHYW BETH,
UNRHYW BRYD.**

**WORRIED?
YOU CAN TALK
TO CHLDLINE
ABOUT ANYTHING,
ANYTIME.**



Beth bynnag sy'n dy boeni – rydyn ni yma i wrando. Mae'n rhad ac am ddim a does dim angen i ti roi dy enw i ni. A paid â phoeni, fydd neb yn gwybod dy fod wedi siarad â ni, oni bai dy fod di neu rywun arall mewn perygl.

Whatever it is – we're here to listen. It's free and you don't even need to tell us your name. And don't worry, no one will know that you have talked to us, unless you or someone else's safety is at risk.

childline

Ffonia Childline ar **0800 1111**
neu fynd i'n gwefan
Dan 12 oed? childline.org.uk/kids
Dros 12 oed? childline.org.uk
Call Childline on **0800 1111**,
or visit our website
Under 12? childline.org.uk/kids
Over 12? childline.org.uk

Gwasanaeth a ddarperir gan yr NSPCC yw Childline. ©National Society for the Prevention of Cruelty to Children (NSPCC) 2023. Elusen gofrestrddig yng Nghymru a Lloegr 216401. Yr Alban SC037717 a Jersey 384. Llun gan Damien Weighill. J20230045.

Scouts

Galli di hefyd siarad â thîm Diogelu'r Sgowtiaid, ffonio **020 8433 7164**, neu anfon e-bost at **safeguarding@scouts.org.uk**
You can also talk to the Scouts Safeguarding team, call **020 8433 7164**, or email **safeguarding@scouts.org.uk**

Mae'r Sgowtiaid yn elusen gofrestrddig yng Nghymru a Lloegr 306101 ac yn yr Alban SC038437. Scouts is a registered charity England and Wales 306101 and Scotland SC038437.