

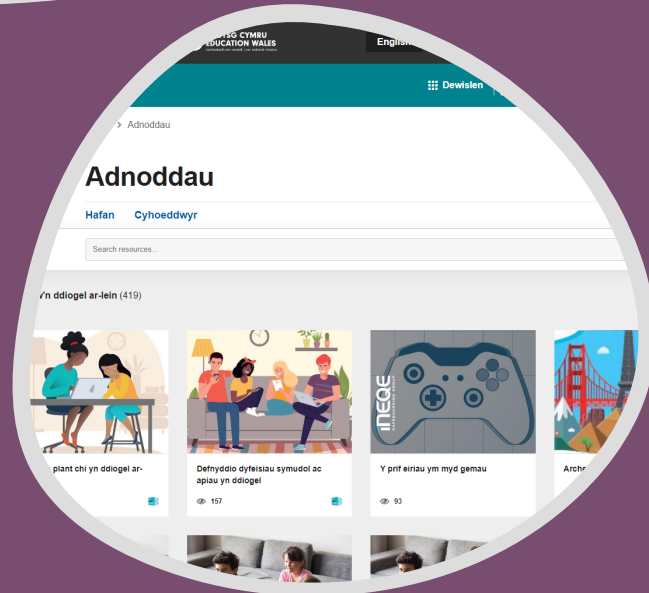
Canllaw i rieni a gofalwyr

Dewch o hyd i'r newyddion, y cyngor a'r wybodaeth ddiweddaraf ar amrywiaeth o faterion ar-lein i helpu eich teulu i aros yn ddiogel ac yn wybodus ar-lein.



Cyngor a gwybodaeth am ddiogelwch ar-lein

Porwch trwy ein hadnoddau sydd wedi'u hysgrifennu ar amrywiaeth o faterion diogelwch ar-lein ar eich cyfer chi.



Materion diogelwch ar-lein penodol

Trowch at gyngor a gwybodaeth am bwnc penodol os ydych chi'n gwybod am beth rydych chi'n chwilio amdano.

Canllawiau ar gyfryngau cymdeithasol, gemau cyfrifiadur ac apiau

Dewch o hyd i bopeth y mae angen i chi ei wybod am yr apiau mwyaf poblogaidd y mae plant a phobl ifanc yn eu defnyddio heddiw.



Barn yr arbenigwyr

Rhan o [Cadw'n ddiogel ar-lein](#)

Yn yr ardal hon, cewch erthyglau ar gamdarn digidol wedi'u hysgrifennu gan sefydliadau arbenigol blaenllaw. Mwy o erthyglau'n bwrw golwg ar bynciau amrywiol gan roi syniad i chi o'r meddytlynd diweddaraf a safbwyntiau'r arbenigwyr.

- Rheoli'ch ôl-troed digidol a'ch enw da**
Richard Wall ac Elaina Brutto, Gyrfa Cymru
Mae Gyrfa Cymru yn archwilio sut i reoli eich ôl troed digidol a'ch enw da yn effeithiol fel ei fod yn cael effaith gadarnhaol ar eich cyfogaeth yn y dyfodol.
- Problemau a phryderon ar-lein o safbwynt pobl ifanc**
Andrew Collins, ProMo-Cymru
Mae Andrew yn esbonio'r dull a ddefnyddwyd i ddatblygu cyngor pwrpasol yn bennaf gyfer plant a phobl ifanc i'w cefnogi gydag unrhyw broblemau neu bryderon ar-lein.
- Hawliau Plant yn y byd digidol**
Sally Holland, Comisiynydd Plant Cymru
Mae Sally yn trafod hawliau plant yn y byd digidol.

Barn yr arbenigwyr

Darllenwch erthyglau ar amrywiaeth o bynciau diogelwch ar-lein a ysgrifennwyd gan wahanol arbenigwyr yn y diwydiant.

Cyngor i blant a phobl ifanc

Gwybodaeth ynghylch beth i'w wneud a ble i gael cymorth os ydyn nhw'n poeni am rywbeth ar-lein.

Cyngor i blant a phobl ifanc: problemau a phryderon ar-lein

Mae llawer o bethau gwyb am y cyfryngau cymdeithasol, apiau a gemau. Tr'i'n hysgrifaru oheron ni, tydau bysod ddim yr un peth hebodyn nhw. Ond welltau mae pettau'n gadau mynd o chweth, a galech chi deimio eich bod mewn sefyllfa annogel neu annymund.

Rydyn ni i gyd yn awyddus i wneud yn siâr bod ein profiad ar-lein yn gadarnhaol, felly nod yr ardal hon yw eich helpu i wneud synnwyr o rai o'r pethau efallai y bydd angen i chi ddeilo â nhw. Mae'r tudalenau gwybodaeth hefyd yn cynnwys cyngor ar beth i'w wneud a ble i fynd am help os byddwch chi'n poeni am rywbeth sydd wedi digwyos ar-lein.

Cofiwch fod hawliau genysch chi, a bod yr hawliau hyn yn berthnasol i'r byd digidol hefyd!



cymdeithasol, gemau cyfrifiadur ac apiau

Cymerwch ran

- Diwrnod Defnyddio'r Rhyngwyd yn Fwy Diogel**
- CyberFirst**
- Digwyddiadau**

Cymorth a chefnogaeth

- Adrodd ar broblem ar-lein**
- Cyngor a chymorth cyfrinachol**
- Partneriaid a sefydliadau dibynadwy**

Cymorth a chefnogaeth

Dysgwch sut i roi gwybod am broblem a ble i gael cymorth a chefnogaeth gyfrinachol.



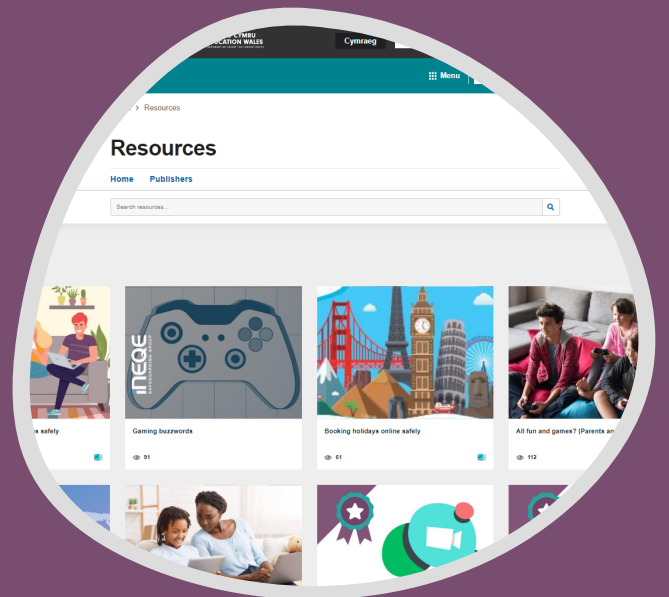


Guide for parents and carers

Find the latest news, advice and information on a range of online issues to help your family stay safe, secure and savvy online.

Online safety advice and information

Browse through our resources written for you on a range of online safety issues.



Specific online safety issues

Jump straight to advice and information on a specific topic if you know what you are looking for.

Social media, gaming and app guides

Find out everything you need to know about the most popular apps children and young people are using today.



Views from the experts

Part of [Keeping safe online](#)

In this area you will find a series of articles on digital resilience written by leading expert organisations. The articles explore a range of topics providing insight into the latest thinking and expert opinion. Keep checking back for the latest from the experts.

- Managing your digital footprint and reputation**
Richard Wall and Elaina Brutto, Careers Wales
Careers Wales explore how to effectively manage your digital footprint and reputation so that it has a positive impact on your future employment.
- Online issues and worries from the perspective of young people**
Andrew Collins, ProMo-Cymru
Andrew explains the approach that was taken in developing bespoke advice specifically for children and young people to support them with online issues or worries.
- Children's Rights in the digital world**
Sally Holland, Children's Commissioner for Wales
Sally discusses children's rights in the digital world and how young people can shape the digital spaces they use.

Views from the experts

Explore articles written by various industry experts on a range of online safety topics.

Advice for children and young people

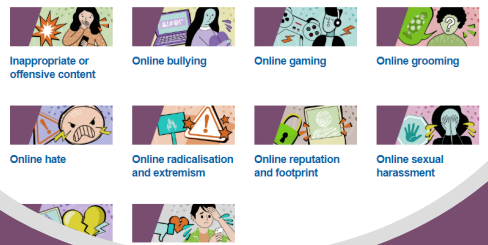
Information on what to do and where to turn for help if they are worried about something online.

Advice for children and young people: online issues and worries

There are lots of great things about social media, apps and games. Life wouldn't be the same without them for most of us. But sometimes things can go wrong and you might feel like you are in an unsafe or upsetting situation.

We all want to keep our online experience positive so this area has been created to help you make sense of some of the issues that you might have to deal with. The information pages also include advice on what to do and where to turn for help if you are worried about something online.

Always keep in mind that you have rights and these rights also apply in the digital world!



Help and support

Find out how to report an issue and where to go for confidential advice and support.

