



YSGOL Y LLYS

Dyma ganllawiau aelodau Cyngor Ysgol y Llys ar gyfer disgyblion yr ysgol i ddelio efo achosion o fwlio ar lein)

(Gweithgaredd yn gysylltiedig ag Wythnos Gwrth-fwlio- Tachwedd 14-18, 2016)

Cyngor er mwyn osgoi Bwlio arlein (Cyber bullying)

1. Gofynnwch bob tro cyn gyrru llun neu wybodaeth gall gael ei rannu efo pobl eraill.
2. Cofiwch, ni wyddoch be ddigwyddith i unrhyw lun neu wybodaeth ar ôl i chwi ei yrru.
3. Be all fod yn 'jôc' i chwi, gall fod yn boenus iawn i eraill.
4. Meddylwch cyn gyrru neges arlein am eich hun neu am eraill. Nid yw'n cymryd llawer o amser iddo gael ei basio ymlaen i eraill. (I'ch ffrind gorau, i'ch Nain neu hyd yn oed i'ch gelyn gwaethaf!)
5. Peidiwch byth a rhannu gwybodaeth bersonol- gall gael ei rannu gydag eraill. Efallai eich bod yn ymddiried yn eich ffrindiau, ond efallai nad ydych yn adnabod ffrindiau'r person arall.
6. Cofiwch fod eich cyfrinair personol fel eich brwsh dannedd- peidiwch â gadael i neb arall ei ddefnyddio!
7. Os rydych yn derbyn negeseuon cas, sylwadau hyll ac ati, mae rhaid i chwi 'blocio'r' person sy'n anfon y neges. Mae'n bwysig i chwi gyfeirio hyn at sylw oedolyn. (unai rhiant neu aelod o staff yn yr ysgol.)
8. Peidiwch ag ymateb i unrhyw negeseuon cas- ond mae'n bwysig i chi gadw'r negeseuon- p'run ai os llun, neges ar lein.

Am ragor o wybodaeth gwelwch www.teachernet.gov.uk/publications
<<http://www.teachernet.gov.uk/publications>>.

(Diolch i lyfryn SEAL Theme 3- 'Say no to bullying' am yr arweiniad)





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Here is an information sheet the School Council at Ysgol y Llys have put together to share with classes at School regarding advice on how pupils should deal with Cyber Bullying.

(Anti Bullying Week School Council Activity- November 14-18th, 2016).

ADVICE ON HOW TO DEAL WITH CYBER BULLYING

1. *Always ask before you send a picture or information that could be shared with other people.*
2. *Remember that you don't know what will happen to any pictures or information you let people have.*
3. *What you think of as a joke might be really upsetting for the other person when the whole world sees it.*
4. *Think before you send a message about yourself or any other people involved. It doesn't take long for it to be shared with every single person you know. (From your best friend, your Nain, to your worst enemy!)*
5. *Never give out personal information when it can be shared with others. You may trust your friends, but you don't know his or her friends.*
6. *Treat your password like your toothbrush- don't let anyone use it!*
7. *If your receive nasty messages, texts, comments etc., block the person sending them and always report it to an adult (a parent or a staff member at school)*
8. *Don't reply to a bullying message, but do keep it- whether it is a picture or message.*

For more information see www.teachernet.gov.uk/publications.



(Also refer to SEAL Theme 3- Say No to Bullying booklet)

