

Cefnogi Ein Rhieni hefo Diogelwch Ar-lein

Supporting Our Parents with Online Safety





Cynghori
Rhieni



Diogelu Ar-lein

Beth da ni yn ei wneud yn yr Ysgol?

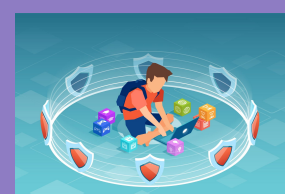
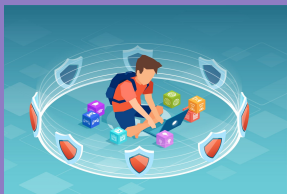
Sesiynau
Diogelu/Seibr
Fwlio gan yr
Heddlu -
Rhaglen
Schoolbeat

Dewiniaid
Digidol yn
yr Ysgol

Dathlu Diwrnod
Diogelwch ar y
We drwy gwblhau
gweithgareddau

Trafod mewn
Gwasanaethau
Ysgol

Sesiynau
Diogelwch
ar-lein fel rhan
o'n Cwricwlwm





Offer
advice for
parents



North Wales
Police
Schoolbeat
sessions

On-line Safety in School

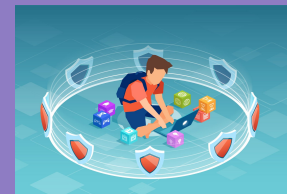
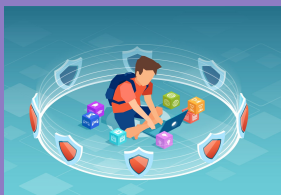
What do we do as a School?

Digital
Wizards in
School

Celebrate Safer
Internet Week by
having a day of
activities

School
Assemblies

On-line Safety
sessions as
part of our
Curriculum



Beth allwch chi wneud fel rhieni?

Siaradwch

Mae'n hanfodol bwysig i siarad gyda'ch plentyn yn gyson am sut i gadw'n ddiogelwch ar-lein. Ddim yn siwr iawn ble i gychwyn? Fe all rhain helpu;

■ Gofynwch i'ch plentyn beth mae nhw yn hoffi ei wneud ar-lein a pa safleoedd yr hoffent ei ddefnyddio. Pa gemau mae nhw a'i ffrindiau yn hoff o chwarae? Dangosa imi dy hoff wefan. Gad i ni chwarae dy hoff gêm ar lein gyda'n gilydd.

▲ Gofynwch i'ch plentyn sut maent yn cadw'n ddiogel ar-lein. Beth sydd yn iawn i rannu ac ddim yn iawn i rannu. Pa awgrymiadau sydd ganddynt i rannu gyda chi.

● Gofynwch iddynt os ydynt yn gwybod ble i fynd am help. Lle awn nhw am gyngor, gwybodaeth am osodiadau diogelwch a sut i atal neu rhoi 'block' ar rhywun.

◆ Meddyliwch sut mae'r teulu yn defnyddio'r we. Allwch ddefnyddio'r we fwy gyda'ch gilydd? Oes na weithgareddau ar-lein allwch fwynhau fel teulu?

What can you do as parents?

Have a conversation

It is really important to chat with your children on an ongoing basis about staying safe online.

Not sure where to begin? These conversation starter suggestions can help.

■ Ask your children to tell you about the sites they like to visit and what they enjoy doing online.

What games do you and your friends like to play online? Can you show me the websites you visit the most? Shall we play your favourite game online together?

▲ Ask them about how they stay safe online.

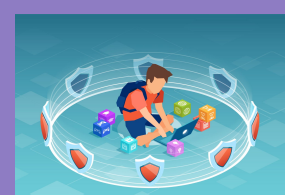
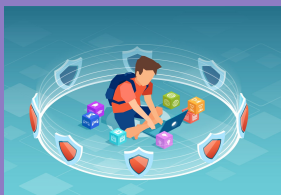
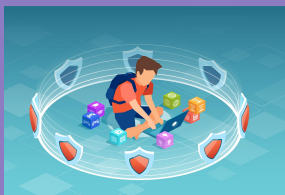
What tips do they have for you, and where did they learn them? What is OK and not OK to share?

● Ask them if they know where to go for help.

Where can they go to find the safety advice, privacy settings and how to report or block on the services they use?

◆ Think about how you each use the internet.

What more could you do to use the internet together? Are there activities that you could enjoy as a family?



Gwefanau Defnyddiol/Useful Websites

 **UK Safer Internet Centre**
[Safer Internet Org](#)

[Internet Matters](#)



[NSPCC Online Safety](#)



[Gov.uk](#)

