

Rhaglen wrthderfysgaeth Prevent a mesurau diogelu ehangach yn ystod yr Argyfwng COVID

Gyda'r posibilrwydd y bydd ysgolion ar draws Cymru yn parhau i fod ar gau am gyfnod sylweddol o amser, bydd yn fwy tebygol y bydd plant yn treulio cryn dipyn o amser yn ymchwilio, chwarae gemau neu gyfathrebu ar-lein. Y flaenoriaeth i bob rhiant ac athro yw cadw plant yn ddiogel ar-lein, atal niwed a diogelu ar bob adeg. Mae'n bosibl y bydd rhywrai yn ceisio manteisio ar y rhai mwyaf bregus yn ein cymunedau gan wybod y bydd plant ar-lein fwy nag arfer yn ystod y cyfnod heriol hwn. Ystyriwch y canlynol pan fyddwch chi neu'ch plentyn ar-lein:

Dylai plant wneud y canlynol:

- Gwybod gyda phwy maen nhw'n siarad
- Cadarnhau os oes ganddynt hawl i agor deunyddiau neu chwarae gemau penodol
- Diogelu eu henw da ar-lein
- Agor negeseuon o ffynonellau y maent yn ymddiried ynddynt yn unig
- Peidio rhannu gwybodaeth bersonol
- Peidio rhannu lluniau na fideos amhriodol
- Siarad â rhywun os ydynt yn teimlo'n anghysurus
- Deall nad yw popeth sydd ar-lein yn wir
- Blocio ac adrodd am bobl sy'n trolïo
- Peidio rhoi mewn i bwysau
- Meddwl cyn cyhoeddi rhywbeth ar-lein
- Cadw'n ddiogel ar-lein

Dylai rhieni wneud y canlynol:

- Monitro pwy sy'n cyfathrebu â'u plant ar-lein
- Monitro'r cynnwys a'r deunyddiau sy'n cael eu gweld neu eu lawrlwytho
- Cadarnhau bod y cynnwys yn briodol
- Gosod ffiniau a defnyddio'r mesurau rheoli sydd ar gael i rieni
- Trafod beth mae'r plant yn ei wneud ar-lein
- Rheoli / cadarnhau gosodiadau preifatrwydd
- Gwybod ble i ddod o hyd i gymorth

Adrodd am bryderon

<https://www.gov.uk/report-terrorism>

<https://www.gwent.police.uk/cy/cyngor/cyngor/t-z-terfysgaeth-tystion-trosedd/terfysgaeth/prevent/>

<https://www.dyfed-powys.police.uk/cy/cyngor-a-chefnogaeth/rwyn-poeni-am-weithgarwch-terfysgaeth-radicalaiddio/rwyn-poeni-bod-rhywun-yn-cael-ei-radicalaiddio/ffurflen-atgyfeirio-prevent/>

<https://www.north-wales.police.uk/advice-and-support/stay-safe/combating-extremism?lang=cy-gb>

<https://www.south-wales.police.uk/cy/cysylltu-a-ni/gwnewch-e-ar-lein/>

Adnoddau defnyddiol eraill

www.cyberaware.gov.uk/

www.getsafeonline.org

www.saferinternet.org.uk/

www.childnet.com

Prevent & wider safeguarding during COVID Crisis

With the prospect of schools across Wales remaining closed for a significant period of time, the likelihood of children spending a considerable amount of time researching, gaming or communicating online will increase. The priority for all parents and teachers is to keep children safe online, prevent harm and safeguard at all times. People may choose to exploit the most vulnerable within our communities because they understand during these challenging times children will be online more than usual. Please consider the following when you or your child is online;

Children should;

- Know who they are talking to
- Check if they can access material, play games
- Protect their online reputation
- Only open messages from sources they trust
- Do not give out personal information
- Do not share images, video of inappropriate material
- Speak to someone if they feel uncomfortable
- Understand not everything online is true
- Block and report people who are trolling
- Do not give into pressure
- Think before they post
- Keep safe online

Parents should;

- Monitor who their child is communicating with online
- Monitor the content and material accessed or downloaded
- Check content is appropriate
- Set boundaries and parental controls
- Discuss their online activity
- Manage / check privacy settings
- Know where to find help

Report concerns

<https://www.gov.uk/report-terrorism>

<https://www.gwent.police.uk/en/advice/advice/t-z-terrorism-witness-of-crime/terrorism/prevent/>

<https://www.dyfed-powys.police.uk/en/advice-support/i-am-worried-about-terrorism-activity-radicalisation/i-am-worried-about-someone-being-radicalised/prevent-referral-form/>

<https://www.north-wales.police.uk/advice-and-support/stay-safe/combating-extremism>

<https://www.south-wales.police.uk/en/contact-us/do-it-online/>

Other useful resources

www.cyberaware.gov.uk/

www.getsafeonline.org

www.saferinternet.org.uk/

www.childnet.com