

## E Ddiogelwch

Mae technoleg yn chwarae rhan bwysig ym mywyd pob un ohonom. Mae technoleg megis cyfrifiaduron a thabledi, yn ogystal â'r we, wedi newid sut mae pobl yn cyfathrebu ac yn gweithio gyda'i gilydd. Mae technoleg gyfrifiadurol hefyd wedi newid y ffordd rydym yn dysgu yn yr ysgol.

Er bod nifer o fanteision dros ddefnyddio technoleg gyfrifiadurol, mae sawl anfantais hefyd, os ydynt yn cael eu camddefnyddio. Mae'n allweddol felly ein bod fel pwyllgor yn sicrhau bod pawb yn gwybod sut i ddefnyddio'r dechnoleg gyfrifiadurol yn ddiogel.

## Gwefannau Defnyddiol

Dyma restr o wefannau defnyddiol ar gyfer rhieni a phlant sy'n dymuno dysgu mwy am sut i gadw eu hunain yn ddiogel ar y we.

### SchoolBeat - Bwlio Seibr

<https://www.schoolbeat.org/cy/rhieni/gwybod-beth-allai-cael-effaith-ar-fy-mhlentyn/bwlio-seibr/>

### SchoolBeat - Ffonau Symudol

<https://www.schoolbeat.org/cy/rhieni/gwybod-beth-allai-cael-effaith-ar-fy-mhlentyn/ffonau-symudol/>

### SchoolBeat - Diogelwch ar y we

<https://www.schoolbeat.org/cy/rhieni/gwybod-beth-allai-cael-effaith-ar-fy-mhlentyn/diogelwch-ar-y-rhynggrwyd/>

**THINK YOU KNOW** - <https://www.thinkuknow.co.uk/>

**NSPCC** - <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware>

**Child.net** - <http://www.childnet.com/parents-and-carers>

## **Internet Safety**

Technology plays an important part in the life of each one of us. Technology such as computers and tablets, as well as the Internet, has changed how people communicate and work together. Computer technology has also changed the way we learn in school.

Although there are a number of advantages over using computer technology, there are many disadvantages also, if they are misused. It is crucial therefore that we as a school ensure that everyone knows how to use the computer technology safely.

### **Useful Websites**

Here is a list of useful websites for parents and children who wish to learn more about how to keep themselves safe on the Web.

#### **SchoolBeat - Cyber bullying**

<https://www.schoolbeat.org/cy/rhieni/gwybod-beth-allai-cael-effaith-ar-fy-mhlentyn/bwllo-seiber/>

#### **SchoolBeat - Mobile phones**

<https://www.schoolbeat.org/cy/rhieni/gwybod-beth-allai-cael-effaith-ar-fy-mhlentyn/ffonau-symudol/>

#### **SchoolBeat - Internet safety**

<https://www.schoolbeat.org/cy/rhieni/gwybod-beth-allai-cael-effaith-ar-fy-mhlentyn/diogelwch-ar-y-rhyngwrwyd/>

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