



## Diogelu Plant

Diogelu yw atal camdriniaeth neu esgeulustod tuag at blant a phobl ifainc, a diogelu'r rheini sydd wedi dioddef camdriniaeth neu esgeulustra.

### Beth yw Camdriniaeth neu Esgeulustra?

**CAMDRINIAETH** yw pan fydd plentyn neu berson ifanc yn cael eu cam-drin neu eu niweidio.

Gall camdriniaeth ddigwydd mewn sawl ffordd:

**Camdriniaeth Gorfforol • Trais Domestig  
Camdriniaeth Emosiynol  
Camdriniaeth Rywiol • Camdriniaeth Ariannol**

**ESGEULUSTOD** methu â chwrdd ag anghenion sylfaenol plentyn, sy'n debygol o amharu ar eu lles.

### Beth ddylwn i ei wneud?

Os ydych chi'n amau bod plentyn neu berson ifanc mewn perygl uniongyrchol o niwed, ffoniwch **999** a siarad â'r Heddlu.

Os ydych chi wedi dioddef camdriniaeth (neu'n dal i ddioddef), neu os ydych chi'n tybio bod rhywun rydych chi'n eu hadnabod yn cael eu cam-drin, ffoniwch un o'r rhifau isod:

## Safeguarding Children

Safeguarding is about preventing the abuse or neglect of children and young people and protecting those who have been subject to abuse or neglect.

### What is Abuse and Neglect?

**ABUSE** is when a child or young person is mistreated or harmed.

Abuse can take many forms...

**Physical • Domestic Abuse  
Emotional Abuse  
Sexual Abuse • Financial**

**NEGLECT** is a failure to meet a child's basic needs, which is likely to result in an impairment of their wellbeing.

### What should I do?

If you suspect a child or young person is in immediate risk of harm call **999** and speak to the police.

If you are or have been subject to abuse, or know someone who has, please contact one of the following numbers:

Rhondda Cynon Taf  
**01443 425006**

Pen-y-bont | Bridgend  
**01656 642320**

Merthyr Tudful | Merthyr Tydfil  
**01685 725000**

Oriau agor | Opening Hours: **Dydd Llun | Monday - Dydd Gwener | Friday 8.30am - 5.00pm**

Carfan ar Ddyletswydd ar gyfer Argyfyngau y Tu Allan i Oriau Swyddfa:  
Out of Hours Emergency Duty Team: **01443 743665**

Mae diogelu **YN FATER I BAWB**  
Safeguarding is **EVERYONE'S BUSINESS**

Mae croeso i chi gyfathrebu â ni yn y Gymraeg  
You are welcome to communicate with us in Welsh

