



NA I FWLIO!

SPEAK OUT!

Ydych chi'n cael eich bwlio?
Are you being bullied?

Nac ydw / No

Ydw / Yes

Wyt ti wedi gweld rhywun arall yn cael ei fwlio?
Have you seen someone else being bullied?

Wyt ti wedi dweud wrth rywun?
Have you told anyone?

Naddo / No

Do / Yes

Naddo / No

Do / Yes

Beth allu di ei wneud?
What can you do?

Mynd at dy diwtor dosbarth i drafod
Go and discuss with your form tutor

Llenwi ffurflen Bwlio gan Mrs Allsup
Fill in a Bullying form from Mrs Allsup

Dweud wrth aelod o'r tim gwrth fwlio
Tell a member of the anti-bullying team.

Dweud wrth dy Bennaeth Cynnydd
Tell your Progress Leader

Peidiwch â dioddef yn dawel!
Siaradwch gyda rhywun!
Peidiwch â bod ofn dweud!



Don't suffer in silence!
Talk to someone!
Don't be afraid to speak out!