

# Lleisiau Bach Yn Galw Allan

## Little Voices Shouting Out



Adroddiad Plant o Gymru i'r Pwyllgor  
ar Hawliau'r Plentyn  
Gorffennaf 1af 2015 Cymru

Children's Report from Wales to the  
Committee on The Rights of the Child  
1st July 2015 Wales

Trefnwyd a chasglwyd gan - Compiled by

Helen Dale & Arwyn Roberts



Lleisiau Bach  
Yn Galw Allan

Little Voices  
Shouting Out

# Cynnwys Contents



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Rhagair  
Foreword

Demograffeg  
Demographics

Chwarae  
Play

Lle dwi'n byw  
Where we live

Gwybodaeth  
Information

Addysg  
Education

Yr Amgylchedd  
The Environment

CCUHP  
UNCRC

Iechyd  
Health

Prosiectau Ymchwil Cyfranogi Lleol  
Local Action Participatory Research Projects

Argymhelliadau  
Recommendations

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# Rhagair Foreword



Mae Arsyllfa Cymru ar Hawliau Dynol Plant a Phobl Ifanc ("Yr Arsyllfa") yn falch i gyflwyno'r adroddiad hwn ar hawliau plant yng Nghymru i Bwyllgor y Cenhedloedd Unedig ar Hawliau Plant ("Y pwyllgor")

Cyflwynwn yr adroddiad i'r Pwyllgor yn ei archwiliad o'r 5ed Adroddiad Cyfnodol o'r Deyrnas Unedig o Brydain Fawr a Gogledd Iwerddon o dan y Confensiwn ar Hawliau'r Plentyn.

Yn ein hadroddiad cyflwynwn y canfyddiadau ac argymelliadau o blant sydd wedi bod yn rhan o'r prosiect Lleisiau Bach yn Galw Allan. Caiff y prosiect ei reoli gan yr Arsyllfa. Caiff ei gefnogi gan grant o Gronfa'r Loteri Fawr. Mae'n cefnogi plant i amlygu materion sy'n deillio o'r Confensiwn hoffai'r plant ymchwilio, i ddewis dulliau ymchwil, ymchwilio, dadansoddi canlyniadau ac i eirioli dros y newidiadau hoffon nhw weld.

Datblygwyd y dulliau yma gan Draig Ffyni, Cynulliad Plant a Phobl Ifanc Cymru yn ystod prosiectau blaenorol yn y cyfnod adrodd yn ôl: Plant fel Ymchwilwyr a Lleisiau Bach, Dewisiadau Mawr. Pan ddaeth cyllid gan Lywodraeth Cymru i ben i Draig Ffyni yn 2014, symudodd y tîm Lleisiau Bach a'r prosiect Lleisiau Bach yn Galw Allan draw i'r Arsyllfa.

Hoffai'r Arsyllfa a thîm Lleisiau Bach ddiolch i Gronfa'r Loteri Fawr a'r mil o blant a gymrodd ran hyd yn hyn mewn 24 ysgol o amgylch Cymru. Edrychwn ymlaen at ddwy flynedd arall o'r prosiect, hefo 48 ysgol arall a miloedd mwy o blant yng Nghymru. Ar wahân i'r prosiect yma, mae'r Arsyllfa yn ymrwmo i gefnogi'r dulliau yma sydd wedi eu harwain gan y plentyn fel rhan o'n gweithgareddau ymchwil ac addysgiadol, mewn cefnogaeth o weithredu'r Confensiwn yn ymarferol yng Nghymru.

Jane Williams, Cyd Gyfarwyddwr, Arsyllfa Cymru.  
Gorffennaf 1af 2015

The Wales Observatory on Human Rights of Children and Young People ('the Observatory') is honoured to present to the United Nations Committee on the Rights of the Child ('the Committee') this report on children's rights in Wales.

We commend the report to the Committee in its examination of the Fifth Periodic Report of the United Kingdom of Great Britain and Northern Ireland under the Convention on the Rights of the Child.

In our report we present the findings and recommendations of children aged 7 – 11 in Wales who have been involved in the Little Voices Shouting Out project. The project is managed by the Observatory and supported by a grant made by the Big Lottery Fund. It supports children to identify Convention-related issues they wish to investigate, to select research methods, carry out research, analyse results, make recommendations and to advocate for the changes that they wish to see.

The methods used in this project were developed by Funky Dragon, the Children and Young People's Assembly for Wales in two earlier projects during the reporting period: Children as Researchers and Little Voices Big Choices. When Welsh Government funding for Funky Dragon came to an end in 2014, the Little Voices team and the Little Voices Shouting Out project transferred to the Observatory.

The Observatory and the Little Voices Team would like to thank the Big Lottery Fund and the thousand children who took part in the project so far in 24 different schools throughout Wales. We look forward to continuing the current project for a further two years, with 48 more schools and thousands more children in Wales. Beyond the current project, the Observatory is committed to promoting these child-led methods as an integral part of our research and educational activities, in support of practical implementation of the Convention in Wales.

Jane Williams, Co Director, Wales Observatory  
1st July 2015



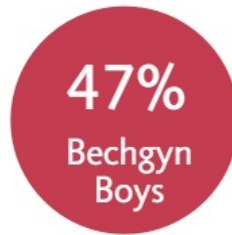
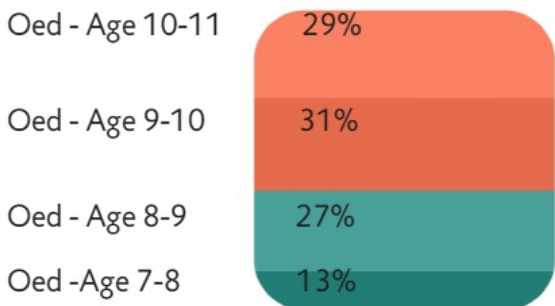
# Y demograffeg The demographics



1200 llyfryn  
booklets



724 Ymateb  
Responses



## Yr Ysgolion Llywodraethol Governing Body Schools

Dysgodd y plant am yr UNCRC a'r broses o adrodd yn ol.

Pupils were taught about the UNCRC and the reporting process. Hyfforddwyd yr ysgolion Llywodraethol mewn sgiliau ymchwil wnaeth alluogi i'r ysgolion redeg prosiect ymchwil o'u dewis eu hunain ar faterion o fewn y Confensiwn

Little Voices trained Governing body schools in research skills which enabled the schools to run a research project of their choice based on convention related issues.

Dysgodd y plant y sgiliau, arbenigedd, gwybodaeth a dealltwriaeth oedd angen i ddylunio cwestiynau i ymchwil cenedlaethol sy'n asgwrn cefn i'r adroddiad yma i Bwyllgory Cenhedloedd Unedig

Children gained the skills, expertise, knowledge and understanding necessary to design questions for national research which formed the basis of this report to the UN Committee.

## Ysgolion Ymchwil Research Participant Schools

Dysgodd y plant am yr UNCRC a'r broses o adrodd yn ol.

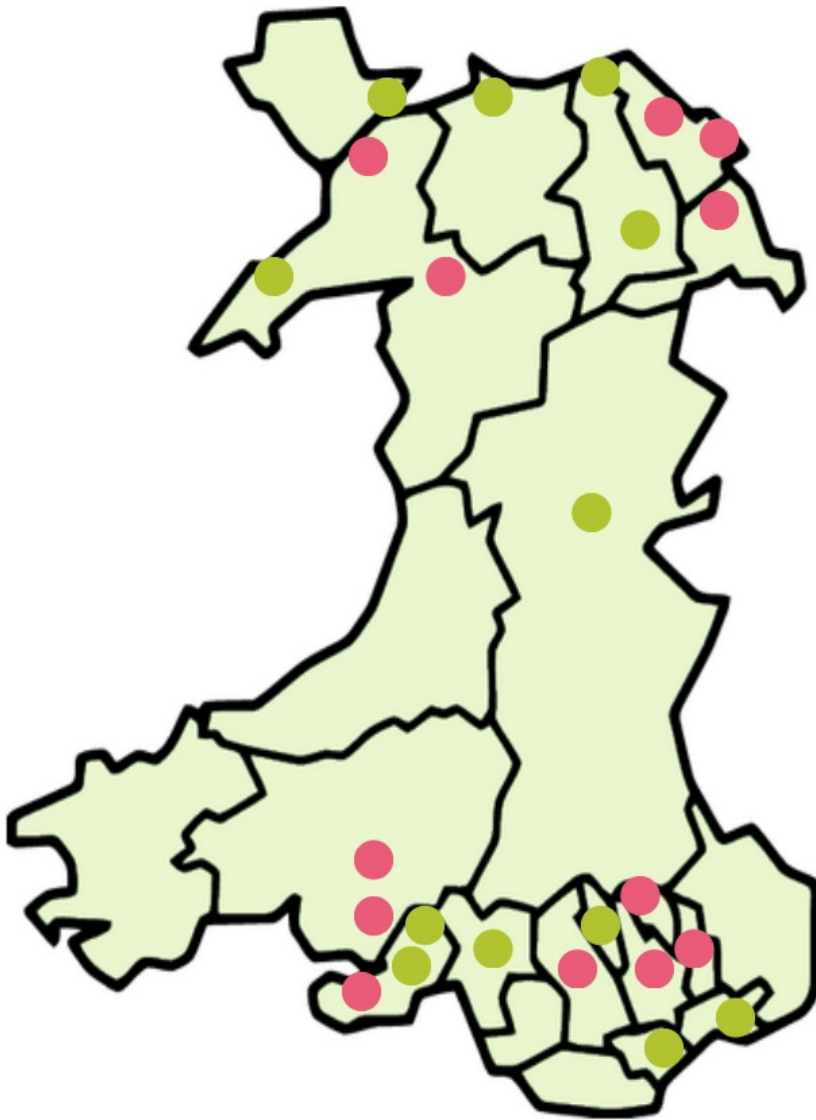
Pupils were taught about the UNCRC and the reporting process. Hyfforddwyd yr ysgolion ymchwil mewn sgiliau ymchwil wnaeth alluogi i'r ysgolion i redeg yr holiadur ymchwil cenedlaethol hefo'i cyfoedion ar ran yr ysgolion Llywodraethol.

Little Voices trained research participant schools in research skills which enabled the schools to run the national research questionnaire with their peers on behalf of the Governing Body schools.

Dysgodd y plant y sgiliau, arbenigedd, gwybodaeth a dealltwriaeth oedd angen i redeg prosiect ymchwil o ddewis eu hunain ar bynciau o'r confensiwn

Children gained the skills, expertise, knowledge and understanding necessary to design a research project of their choice based on convention related issues.

## Yr Ysgolion - The Schools



### Yr Ysgolion Llywodraethol Governing Body Schools

St Thomas, Abertawe - Swansea  
Millbrook, Casnewydd - Newport  
Millbank, Caerdydd - Cardiff  
Bedlinog CP, Merthyr Tydfil  
St Joseph's RC, Nedd / Neath Port Talbot  
Morrison, Abertawe - Swansea  
Morfa Rhianedd, Conwy  
Hiraddug, Sir Ddinbych - Denbighshire  
Tudweiliog, Gwynedd  
Caer Drewyn, Sir Ddinbych - Denbighshire  
Pontrobert, Powys  
Biwmares, Ynys Mon - Anglesey

### Ysgolion Ymchwil Research Participant Schools

St Josephs RC, Blaenau Gwent  
Whitestone, Abertawe - Swansea  
Greenmeadow, Torfaen  
Llanharran, Rhondda Cynon Taf/Taff  
Nant Y Parc, Caerffili - Caerphilly  
Ysgol Y Bedol, Sir Gaerfyrddin -  
Carmarthenshire  
Llangadog, Sir Gaerfyrddin - Carmarthenshire  
Ysgol Tregarth, Gwynedd  
Ysgol Plas Coch, Wrexham - Wrexham  
Penarlag CP, Sir y Fflint - Flintshire  
Ysgol Ffridd y Llyn, Gwynedd  
Southdown CP, Sir Y Fflint - Flintshire

Mae'r swigod adrodd yn  
cynnwys sylwadau plant o'r  
ysgolion Llywodraethol

.....  
The speech bubbles contain  
the comments of the  
Governing Body schools

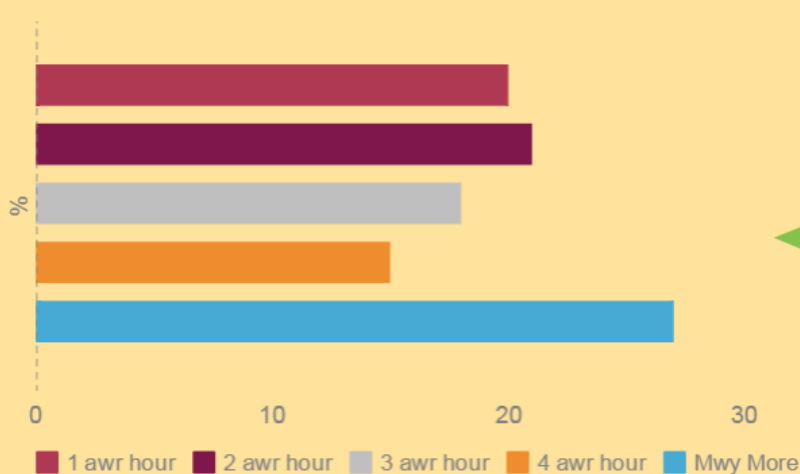




# PLAY - CHWARAE

Faint o amser wyt ti'n ei dreulio tu allan pob dydd (Pan fydd hi ddim yn bwrw?)

How much time do you spend outside on a normal day? (When it's not raining!)



Gall dyfeisiau electroneg fod yn stopio plant rhag eisiau bod tu allan

Wyt ti'n meddwl fod oedolion yn stopio plant rhag chwarae ac ymlacio?

Do you think that adults are stopping children from playing and relaxing?

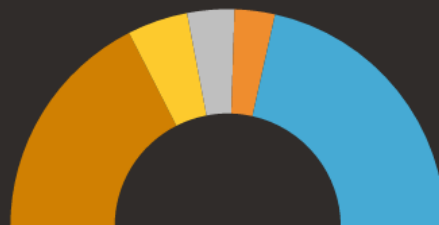


Ydyn Yes (23%) Nacydyn No (77%)

Mae'n dda fod plant ddim yn meddwl fod oedolion yn stopio nhw... Roeddem yn disgwyl canlyniad agosach.  
It's good that children don't think adults stop them... We thought the result would have been closer

Sut gall oedolion annog plant i chwarae mwy?

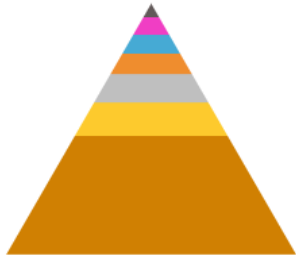
How could adults encourage children to play more?



Chwarae Play (35%) Clybiau Clubs (9%) Parc Park (7%)  
Gemau Games (6%) Eraill Other \* (43%)

\* Roedd eraill yn cynnwys prynu offer a theganau a mynd a nhw i weithgareddau. Hefyd roedd rhai yn dweud fod angen banio teclynnau fel Ipad a Xbox ynghyd a rhoi llai o waith ty iddynt.  
\* Others included buying equipment, toys and taking them to activities. It also included banning electronics like Ipad and Xbox as well as giving them less chores!

Beth ydi dy hoff offer yn y parc?  
What is your favourite equipment in the park?



- Siglen-Swing (47%)
- Llinell Zip - Zipwire (13%)
- Bariau Mwnci-Monkey bars (11%)
- Ffram ddringo- Climbing frame (8%)
- Sleid - Slide (7%)
- Pel droed - Football (7%)
- Trogyloch-Roundabout (5%)

Oedden ni'n meddwl mair zipwire fuasai y gorau a swing yn ail  
We thought the zipwire would be the best and swing second



Ble wyt ti'n hoffi chwarae?  
Where do you like to play?



- Parc - Park (29%)
- Cae Ysgol - School Field (20%)
- Gardd - Garden (9%)
- Ty - House (8%)
- Stryd - Street (5%)
- Chwaraeon - Sports (12%)
- Tu allan - Outside (4%)
- Cae - Field (10%)
- Other (3%)

The most popular place to play is the park. It's a good result because children get to be outside, play with their friends and get fresh air

Y lle mwyaf poblogaidd i chwarae yd'r parc. Mae'n ganlyniad da gan fod plant yn cael bod tu allan, chwarae hefo ffrindiau a cael awyr iach.



Roedd 61% yn dweud fod yn well ganddyn nhw chwarae hefo teclynnau electroneg pan yn ateb "Beth wyt ti'n hoffi chwarae adref?"

61% said they preferred to play with electronics when asked "What do you like to play at home?"

Beth wyt ti'n hoffir chwarae yn yr ysgol:  
What do you like to play with in school:

**23%**  
Ffrindiau  
Friends

Pel droed  
Football  
**22%**

**13%**  
Pel  
Ball

Rhaff sgipio  
Skipping rope  
**23%**

# Lle dwi'n byw - Where we live

Wyt ti'n hoffi lle ti'n byw?  
Do you like where you live?



■ Ydw - Yes (92%) ■ Nacydw - No (8%)

Fuasai'n well gen ti fyw rhywle arall?  
Do you wish you lived somewhere else?



■ Buasai - Yes (22%) ■ Na fuasai - No (78%)

"Mae'n beth da eu bod yn teimlo'n hapus am lle mae nhw'n byw"  
It's good because they feel happy about where they live"

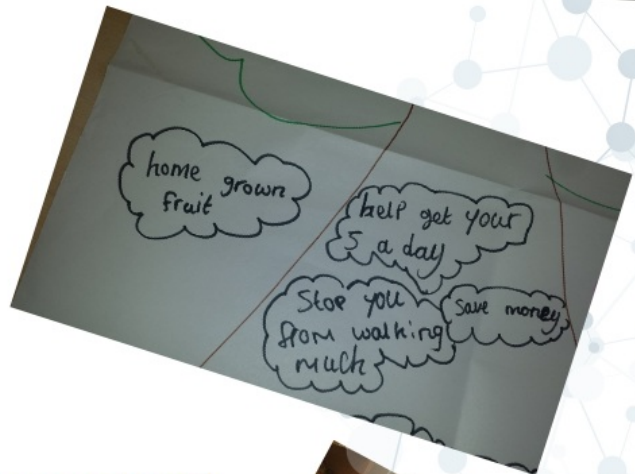
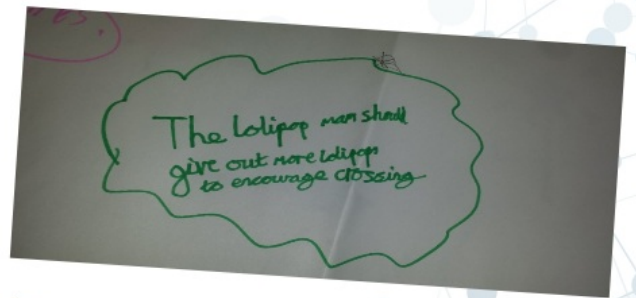
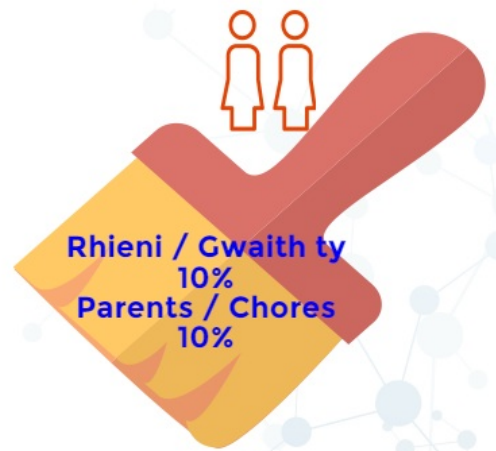
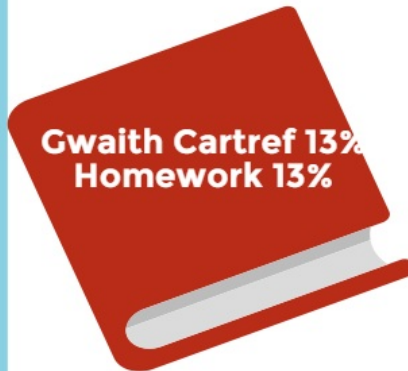
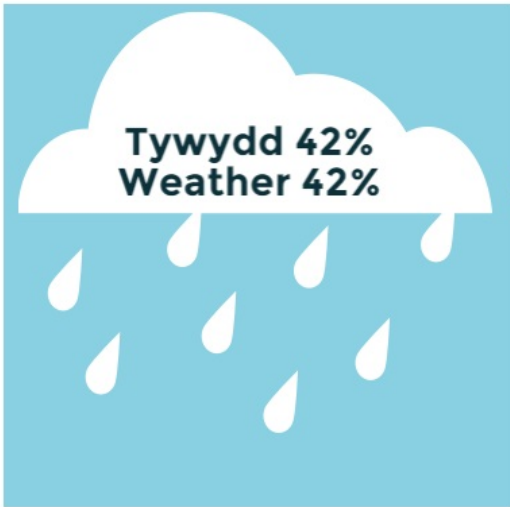
Rhesymau dros beidio symud oedd ffrindiau, ei ty, teimlo'n saff a bod yn agos i deulu.  
Rhesymau i symud oedd "dim ffrindiau'n agos, eisiau byw ar fferm ac eisiau ty mwy.

Reasons why yes included their friends, house, feeling safe and being close to family.  
Reasons no were "no friends near", wanting to live on a farm and their house being too small





# What stops you from playing? Beth sy'n dy atal rhag chwarae?



# Gwybodaeth Information



Roedd gan 54% o blant ffon glyfar. Cododd y nifer i 62% ar gyfer bl 5 a 6.

54% of Children said they had a Smartphone. The number rose to 62% for years 5 & 6

Mae nhw'n handi i gysylltu a phobl. mae gemau am ddim. It's handy to contact people. Games are free!



Ond 32% oedd yn berchen ar gyfrifiadur desg. Roedd plant yn meddwl ei fod yn hen dechnoleg.

Only 32% had a desktop computer.

Children thought it was old technology  
Roedd gan 57% liniadur, byddai rhain ar gyfer gwaith cartref.

57% had a laptop. Most thought that these would be used for homework

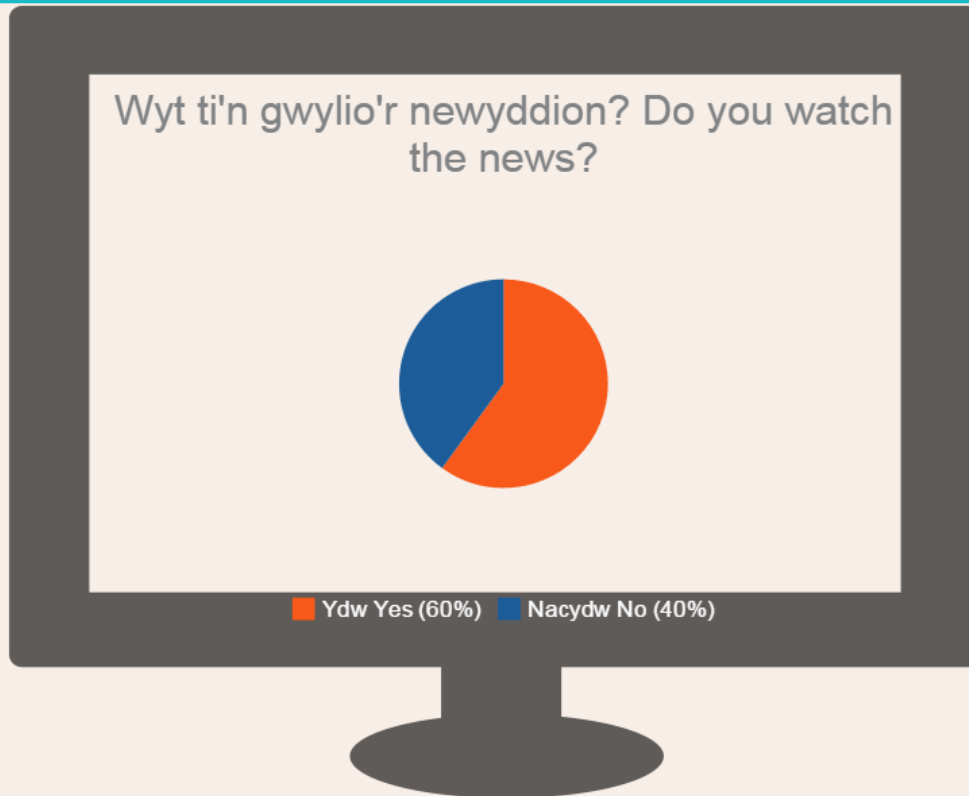


Roedd gan 87% tabled - nifer fawr!  
A huge 87% had a tablet!

Dyma'r technoleg diweddaraf, mae nhw'n gret i gasglu gwybodaeth. It's the latest technology and that they are great to collect information.



# Pwy sy'n gwyllo'r newyddion? Who's watching the news?



Dyweddodd 60% o blant eu bod ddim yn gwyllo'r newyddion, fodd bynnag doedd 40% ddim yn ei wyllo. Dywedodd yr ysgolion ymchwil ei fod yn bwysig gwyllo'r newyddion os ydyw'n addas ar gyfer eu oed

60% of Children said they watch the news, however 40% said they do not watch the news. Research group schools said that it's important for children to watch the news as long as it's appropriate for their age

Os fuasem yn cael cyfle arall i holi'r cwestiwn yma fyasai'n dda holi os newyddion oedolion neu Ffeil / Newsround mae'r plant yn wyllo

If we asked this question again we would have asked do they watch (adult) news or Ffeil / Newsround'





# Addysg Education

Wyt ti'n colli sylw yn yr ysgol byth?  
Do you ever get distracted in school?



■ Ydw Yes (78%) ■ Nacydw No (22%)

Doedden ni ddim wedi holi beth oedd yn tynnu sylw plant

We didn't ask what was distracting children

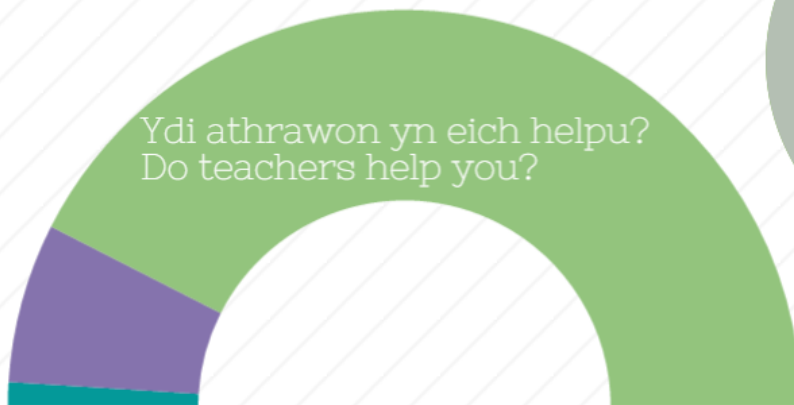


Mae'n ganran uchel. Ni ddylai plant fod yn cael tynnu eu sylw yn y dosbarth.

It's a high percentage. Children shouldn't be getting distracted in class.

Athrawon sy'n helpu  
Helpful teachers

Ydi athrawon yn eich helpu?  
Do teachers help you?



■ Ddim Not (2%) ■ lawn Ok (13%) ■ Ydyn Yes (85%)

Rydym yn meddwl fod hyn yn dda iawn gan fod 98% o fyfyrwyr Cymru yn meddwl fod eu hathrawon yn eu helpu.

We think it's really good because 98% of students in Wales think their teachers are helpful.





Pa mor iach ydi dy ysgol di?  
How healthy is your school?

62% Iach iawn - Very Healthy

38% Iawn - OK



Os ydi pobl eisiau gwneud yr ysgol yn iachach gallen nhw redeg siop ffrwythau  
If people want to make it healthier they can run a fruit store

Plant hapus?  
Happy children?

Dydyn ni ddim yn hapus hefo'r canlyniadau... gobeithiwn fod pob plentyn yng Nghymru yn hollol hapus yn yr ysgola'u cymunedau.  
We are not happy with these results... we hope the children in Wales would be completely happy in school and in their community

68% Hapus iawn - V. happy

30% Iawn - OK

2% Ddim - Not



Pa mor iach ydi'r bwyd?  
How healthy is the food?

70% Iach iawn - V. healthy

29% Iawn - OK

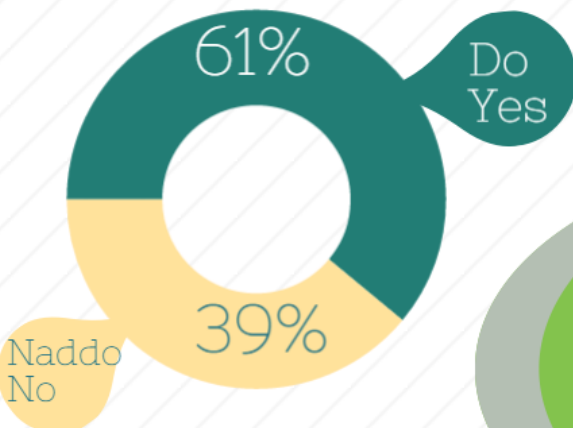
1% Ddim - Not



"Rydyn ni'n hapus hefo'r canlyniad yma."  
"Mae'n beth da"

"We're happy with this result"  
"Good thing"

Wyt ti erioed wedi cael dy fwlio?  
Have you ever been bullied?



O'r rhain dywedodd 69% eu bod wedi cael help  
Of these 69% said that they had got help.

"Mae'n ganran uchel - Canlyniad DRWG!"  
"It's a high percentage. BAD result"  
"Canlyniad da fod mwy yn cael help na pheidio"  
"Good result that more people are getting help than not"





# AMGYLCHEDD ENVIRONMENT



WYT TI'NGWELD Y PETHAU YMA YNDY AMGYLCHEDD?  
DO YOU SEE THESE THINGS IN YOUR ENVIRONMENT?

## BAW CI-DOG MESS

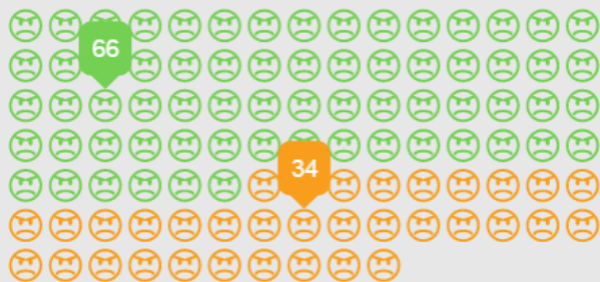


Do Yes (79%) Naddo No (21%)



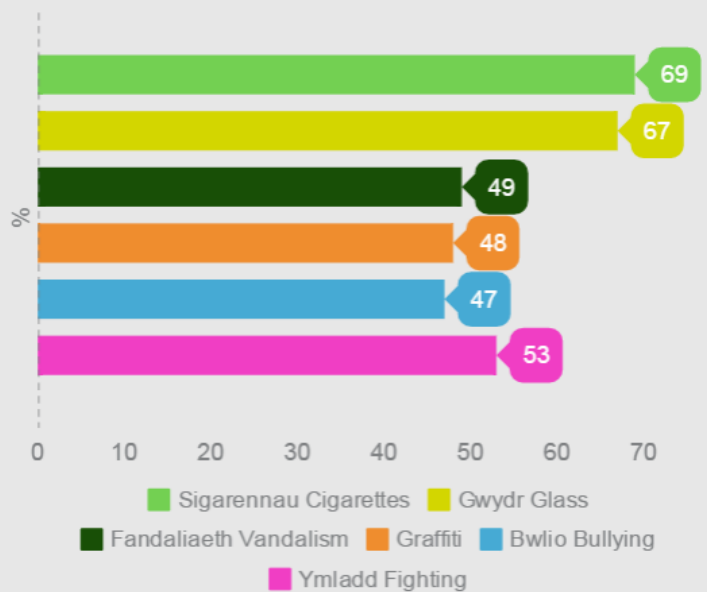
Do Yes (81%) Naddo No (19%)

## YSBWRIEL-LITTER



Do Yes (66%) Naddo No (34%)

## Y GWEDDILL-THE REST



## RHEGI-SWEARING

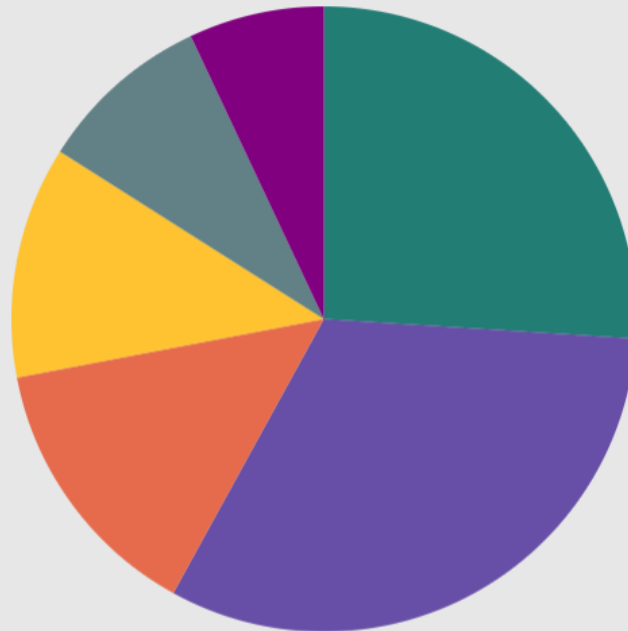


## OEDD YN TEIMLO'N SAFF LLE MAENHW'NBYW FEEL SAFE WHERE THEY LIVE

Mae'n ganlyniad da fod canran uchel o'r plant yn teimlo'n saff lle mae nhw'n byw  
It's a good result that a high percentage of children feel safe where they live



## BETHGALL POBL WNEUDI WELLA'R AMGYLCHEDD? WHAT CAN PEOPLE DO TO MAKE THE ENVIRONMENT CLEANER?



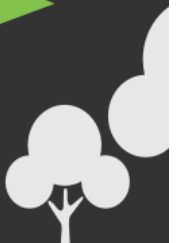
- Mwy o finiau - More Bins (26%)
- Dim Ysbwriel - Don't Litter (32%)
- Codi Ysbwriel - Pick up Rubbish (14%)
- Cadw'n lan - Keep it clean (12%)
- Ailgylchu - Recycle (9%)
- Eraill - Other (7%)

Gwnewch yn siwr fod amgylchedd plant yn cael ei gadw yn lan a saff.

Make sure children's environment is kept clean and safe

Rydyn ni'n meddwl fod plant yn gweld gormod o bethau afiach. Mae hyn angen ei wella.

We think children are seeing too many unpleasant things. This needs to be improved



# Gwybodaeth am Knowledge of UNCRC

**84%**

Mae 84% o blant yn gwybod o leiaf ychydig am Hawliau Plant. Mae 26% yn gwybod lot.

84% of Children know at least a little about Children's Rights. 26% Know a lot.



**69%**

Roedd 69% yn gwybod dim am yr UNCRC.

69% Know nothing about the UNCRC

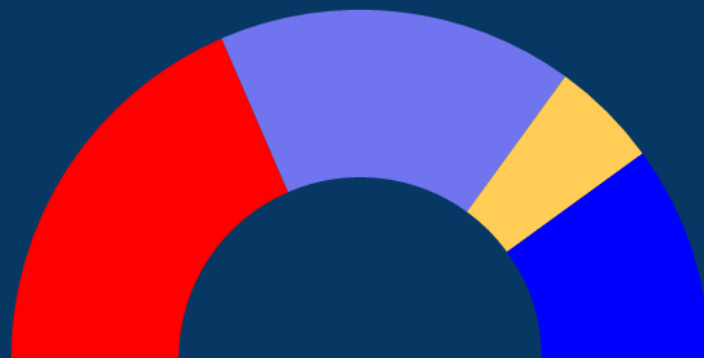
## Dysgu am hawliau Learning about rights

**91%**

### Pwy dylai addysgu am hawliau Plant? Who should teach about children's rights?

Yn meddwl dylai plant ddysgu am hawliau yn yr ysgol

Think that rights should be taught in school



Athrawon Teachers (37%) Rhieni/teulu Parents/Family (33%)  
Ath a rhieni Teach & Parents (10%) Eraill Others (20%)

'We believe that Parents, teachers and family don't know enough about the UNCRC and Children's Rights to teach us'

Rydym yn credu fod rhieni, athrawon a theulu ddim yn gwybod digon am yr UNCRC a Hawliau Plant i'n addysgu

## Sut fuasen nhw'n hoffi dysgu? How do they want to learn?

25/12



**Gwefan  
Website**

**Dyddiau arbennig  
Special days**



**Ymwelwyr  
Visitors**

**Cyflwyniadau  
Presentations**



**Gwersi  
Lessons**

**Llyfryn  
Booklet**



Future parents should be taught about rights (in Ante natal class etc)

Dylai rhieni beichiog ddysgu am hawliau (Mewn gwersi cynnedigol agyb)

## Barn yr ysgolion llywodraethol What the governing schools think

I think near enough everybody should know what it means

Dwi'n meddwl dylai bron pawb wybod beth mae'n ei feddwl.

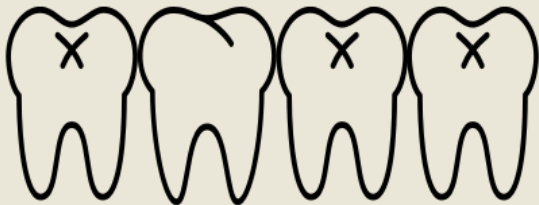
When teachers get trained they should be taught about the UNCRC and Children's Rights

Pan fod athrawon yn cael eu hyfforddi dylen nhw ddysgu am yr UNCRC a Hawliau Plant

# Iechyd - Health

26%

**Ydi'r canran o blant oedd yn ofn y deintydd  
Of children were afraid of the dentist.**



"Rydyn ni'n meddwl fod y canlyniadau yma'n dda gan eu bod ond yn ceisio helpu"  
Gallwn wella hyn drwy gael teganau (i bob oed) yn yr ystafell aros"

22%

"We think the results are good because they are only trying to help"  
It could be improved by putting toys (for all ages) in the waiting room

**Oedd yn ofn y doctor  
Of children were afraid of the doctor.**



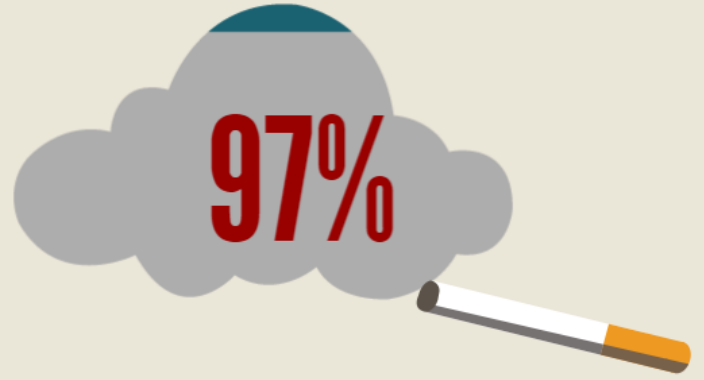


# 5

## Dylai ysmegu gael ei wahardd mewn parciau? Should smoking be banned in parks?

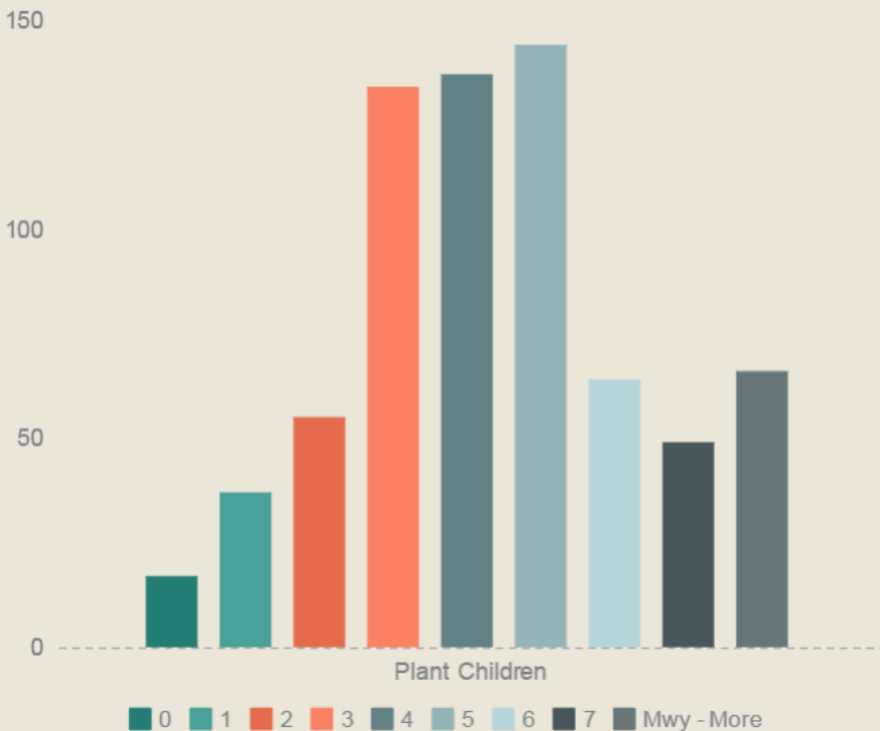
Dyweddodd 97% o'r plant y dylai ysmegu gael ei wahardd mewn parciau. Dyma rai o'r rhesymau:

97% said that smoking should be banned in parks. Reasons why included:



- Plant yn chwarae - Children play there
- Mwg ail law - Second hand smoke
- Gwneud ti'n sal - Makes you ill
- Drwg i ti - Bad for you
- Peryglus - Dangerous
- Niweidiol - Harmful
- Effeithio dy ysgyfaint - Effects your lungs
- Afiach - Unhealthy
- Drewi - Smells

## Faint o ffrwythau a llysiau wyt ti'n bwyta pob dydd? How many fruit and veg do you eat every day?



Gall hyn gael ei wella drwy hysbysu a gwobrau. It could be improved by advertising and rewards



Dylai oedolion roi mwy o opsiynau iach mewn pecynnau bwyd plant. Adults should make more healthy options for children's packed lunches



# Prosiectau Ymchwil Cyfranogol Lleol Lleisiau Bach yn Galw Allan

## Little Voices Shouting Out Local Participatory Research projects



Rhedwyd 24 prosiect ymchwil cyfranogol lleol gan yr ysgolion a gymrodd ran yn y prosiect Lleisiau Bach yn ystod 2014-15.

Seilwyd y prosiectau ar faterion o bynciau o fewn y confensiwn.

Mae'r canfyddiadau a'r argymhelliadau o'r 24 adroddiad yn cefnogi nifer o'r canfyddiadau o'r Ymchwil Cenedlaethol.

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24 individual local participatory action research projects were carried out by the schools who participated in the Little Voices project 2014-2015.

The research projects were based on issues derived from convention related topics.

The results and recommendations from the 24 reports support many of the findings from the National Research.

## Materion pwysig o Brosiectau Ymchwil Cyfranogol Lleol

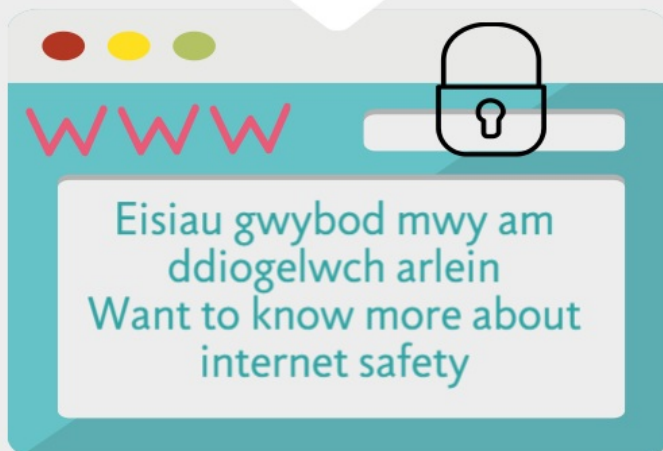
### Important issues from local participatory action research projects

#### Diogelwch ar y we

#### Internet Safety

85%  
Plant  
Children

86%  
Oedolion  
Adults



Cadw plant yn saff arlein  
Keeping children safe online



#### Mwy o Chwrae/Ymarfer Corff

#### More Play/PE in school

1

More use of the school play equipment

Mwy o ddefnydd o offer chwarae yr ysgol

4

Schools to be more creative with play and PE by playing games and adults to help with structured games

Ysgolion i fod mwy creadigol hefo YC a chwarae drwy gynnal gemau, ac oedlion i helpu hefo gemau strwythredig

Mwy o gyfleon ar gyfer Ymarfer Corff a Chwarae  
More opportunities for PE and Play in school



Cyflwynodd Draig Ffyfnci, Cynulliad Plant a Phobl Ifanc Cymru adroddiad yn y cyfnod diwethaf o adrodd yn ôl ar yr CCUHP yn amlinellu barn a chanfyddiadau plant 7 - 18 oed ar sut oeddynt yn canfod eu hawliau yng Nghymru.

Bu'r gwaith hefo plant 7-11 oed yn ystod yr adrodd yn ôl yn sbardun i ddatblygiad 'Plant Fel Ymchwilyr' a'r prosiectau Loteri Fawr 'Lleisiau Bach'

Funky Dragon the Children and Young People's Assembly for Wales submitted a report in the last round of the UNCRC reporting outlining the views and opinions from children 7-18 years old on how they access their rights in Wales.

The involvement of children 7-11 in the reporting process initiated further development of 'Children as Researchers' and the 'Little Voices' Big Lottery funded projects.

Pam fod oed pobl yn mynd fyny ddim lawr? 2008  
Why do people's ages go up not down? 2008

Lleisiau Bach yn Galw Allan 2015  
Little Voices, Shouting Out 2015

Dywedodd 39% mai'r peth gwaethaf am le maen nhw'n byw oedd nifer yr ysbwriel

39% of children said the worst thing about where they live is their environment with the majority disliking the amount of litter

Mae 81% o blant yn gweld ysbwriel yn eu hamgylchedd

81% of children see litter in their environment

Roedd yn well gan 71% chwarae tu allan

71% said they would prefer to play outside

Roedd yn well gan 61% chwarae hefo dyfeisiau electroneg

61% saying they prefer to play with electronics

Dywedodd 25% mai'r parc oedd eu hoff le i chwarae

25% of children said the park was their favourite place to play

Mae'r parc dal i fod yr hoff le i chwarae (28%)

The park remains children's favourite place to play (29%)

Maent yn mwynhau bod tu allan ac yn weithgar ond fod diffyg cyfleoedd a rhyddid ynghyd a llefydd saff a glan i wneud hyn.

They enjoy being outdoors and being active but lack opportunities and freedom of clean and safe space to do this

Mae'r diffyg gweithgareddau tu allan i'r oed yma yn parhau'r un fath. Yn argymhell y dylai fod mwy o gyfleon i chwarae tu allan a gweithgareddau i blant 7-11 oed yn eu cymuned

A lack of outdoor activities for children of this age group remains the same. Recommend for there to be more opportunities to play outdoors & activities for children 7-11 in their community

Roedd dros hanner y plant yn PFOPMFDL eisiau mwy o weithgareddau chwaraeon yn yr ysgol.

Over half of the children in WDPAGUND wanted more sporting activities in school

Cefnogir hyn gan beth oedd y plant eisiau yn y prosiectau lleol

What children want from local participatory action projects supports this

Dywedodd 44% o blant fod yr ystafelloedd aros mewn meddygfeydd angen eu newid

44% of children said the waiting room in doctors needed changing

Mae 22% yn ofn meddygon, dylai fod mwy o deganau mewn ystafelloedd aros

22% of children are afraid of the doctors, more toys should be put in waiting rooms

Mwy o bwyslais ar hyrwyddo a chymryd rhan mewn gwneud penderfyniadau yn y cartref, yr ysgol a'r gymuned

More emphasis on promoting and contributing in decision making at home, community and in school

Mae 69% yn dweud eu bod yn gwybod dim am yr UNCRC

69% of children know nothing about the UNCRC

Roedd gan 77% ffon eu hunain

77% claimed to have their own phone

Mae 87% yn honi fod ganddynt dabled

87% of children claim to own a tablet





# Argymhelliadau Recommendations

## Chwarae Play



Dylai plant gael y cyfle i chwarae mwy.  
Dylai Cyngorau Sir, rhieni, ysgolion, y gymuned, clybiau ac athrawon greu mwy o cyfleoedd i chwarae tu allan ac ymuno mewn gweithgareddau ar gyfer plant ein hoed ni.  
Dylai parciau fod yn llefydd croesawgar i blant ymweld.  
Gwnewch yn siŵr fod offer mewn parciau yn saff a ddim yn rhydlyd.  
Dylai oedolion roi terfyn penodol ar chwarae consolau gem.

Children should have the opportunity to play more  
Councils, parents, schools, community, clubs and teachers should make more opportunities to play outdoors and join in activities for children our age  
Parks should be welcoming and attractive for children to visit  
Make sure equipment in parks are safe and not rusty  
Adults should limit time spent playing on games consoles

Dylai ysmegu gael ei wahardd ymhob parc chwarae  
Dylai fod ymgyrch ynglŷn â pheryglon effaith mwg ail law ar blant  
Dylai ystafelloedd aros Meddygon, Deintyddion ac ysbytai gael teganau sy'n addas i bob oed.  
Dylai meddygon a deintyddion esbonio unrhyw driniaethau ac offer mewn ffordd mae plant yn deall, ynghyd a chael sticeri gwell  
Byddai'n syniad i oedolion gael hyfforddiant i beth sy'n iach i wneud mwy o opsiynau iach mewn bocsys bwyd.  
Mwy o hysbysebu bwyd iach  
Gweithgareddau blasu bwyd mewn ysgolion.

Smoking should be banned in all parks  
Campaign about how second hand smoking affects children  
Doctors, Dentists and Hospitals should have toys in waiting rooms suitable for all ages  
Doctors and dentists should explain to children in a way they understand about their treatments, equipment and have better stickers  
Adults should be taught more about being healthy and should make more healthy options for children's packed lunch  
More advertising on healthy eating  
Food tasting activities in schools

## Iechyd Health





## CCUHP UNCRC



Mae angen ymgyrch cenedlaethol ynglŷn â Hawliau Plant.  
Dylai Hawliau Plant ar CCUHP gael eu dysgu i bob oedran yn yr ysgol

Dylai athrawon gael dysgu am Hawliau Plant ar CCUHP wrth gael eu hyfforddi i fod yn athrawon.

Dylai rhieni gael addysg am hawliau plant wrth ddod yn rhieni.

Dylai'r Llywodraeth wneud hysbyseb deledu ynglŷn â hawliau plant ar CCUHP.

Dylai'r llywodraeth greu llyfr am hawliau plant i'r plant weithio drwyddo eu hunain ac mewn gwersi. Dylai plant gael eu cynnwys wrth ysgrifennu'r llyfr.

Dylai arbenigwyr ymweld ag ysgolion i sôn wrth blant ac athrawon am hawliau plant ar CCUHP gan NSPCC, Yr Heddlu, Childline, Parafeddygon a'r Llywodraeth.

Dylai Comisiynydd Plant Cymru ymweld â phob ysgol yng Nghymru a dangos cyflwyniad ar hawliau.

Dylai fod digwyddiadau i gynghorau ysgol yng Nghymru iddynt gael cyfarfod a thrafod hawliau plant.

Have a national campaign for children's rights

Children rights and the UNCRC should be taught to all ages in school  
Teachers should learn about children's rights and the UNCRC when they are trained to be teachers

Parents should be taught about children's rights when they become parents

The government should make a TV advert on children's rights and the UNCRC

The government should make a book about children's rights that children work through on their own and in lessons with teachers in school. Children should be part of writing some of the book.

Experts should visit schools and teach children and teachers about children's rights and the UNCRC from NSPCC, Child line, Police, Paramedics and the Government

The children's commissioner should visit every school in Wales and do a presentation about rights

There should be events for school councils in Wales to meet and talk about children's rights

Dylai plant gael byw mewn amgylchedd glan, saff ac iach.  
Codi ymwybyddiaeth o sut all amgylcheddau gwael effeithio ar blant  
Mwy o finiau ysbwriel a biniau baw ci. Dylai bagiau baw ci fod mewn parciau a lle mae pobl yn mynd a nhw am dro.  
Dylai plant wybod sut i gadw'n saff yn eu hamgylchedd - dylai heddlu, athrawon a rhieni ddysgu ffyrdd iddynt i gadw'n saff.

Children should live in a clean, safe healthy environment  
Raise awareness of how a bad environment affects children  
More rubbish bins, more dog mess bins, dog mess bags should be in parks and on walks  
Children should know how to be safe in their environment-police, teachers and parents should teach children ways to keep safe

## Amgylchedd Environment





# Argymhelliadau Recommendations

## Gwybodaeth Information



Dylai newyddion sy'n cael ei ddangos i blant fod yn addas i'w oedran. Os bydd oedolion yn gwyllo'r newyddion dylent fod yn ofalus am sut gall effeithio ar blant. Dylai rhieni wyllo Newsround / Ffeil hefo plant a'r prif newyddion am 10 pan aiff y plant i'r gwely. Athrawon i weithio hefo plant i archwilio'r newyddion yn fanwl. Ymweld â gwefannau cyfeillgar i blant iddynt gael y stori gyfan, nid ond y penawdau mawr. Cadw plant yn saff o niwed wrth ddefnyddio'r we - dylai plant wybod sut i gadw'n saff. Dylai fod cyfraith i stopio oedolion rhag cysylltu â phlant ar y we.

News shown to children should be age appropriate. Parents watching the news should be cautious of how it affects children. Parents should watch Newsround / Ffeil with children and the main news when children are in bed at 10 o'clock. Teachers to work with children in class to explore the news in more detail. Visit child friendly websites so they are reading about the stories not hearing the big headlines. Keep children safe from harm when using the internet-children should know how to keep safe. There should be a law made to say that adults are not allowed to contact children.

Dylai ysgolion edrych am ffyrdd o wneud eu hysgolion yn iachach fel bod yn eco ysgol, ysgol parchu hawliau, llysgenhadon gwych neu ysgol iach.

Dylai athrawon wneud gwersi yn hwyl.

Dylai posterï gwrth fwlio gael eu gosod mewn parciau, ysgolion, siopau, llyfrgelloedd a swyddfeydd.

Dylai athrawon wybod beth i wneud os gaiff plentyn ei fwlio.

Dylai ysgolion gael llysgenhadon gwrth fwlio, sy'n cynnal cyfarfodydd gwrth fwlio hefo help yr athrawon. Gall y rhain gynnal sesiynau amser cinio a chasglu syniadau o flwch poeni'r ysgol.

## Addysg Education

Schools should look for ways to make their school healthier like becoming an eco-school, or rights respecting school, super ambassador school, and healthy school.

Teachers should make the lessons fun.

Anti-bullying posters should be in parks, schools, shops, libraries, work offices.

Teachers should train children to know what to do if they were being bullied. [be use here too](#)

Every school should have anti-bullying ambassadors who should run anti-bullying meetings with the help from teachers. Have check in's during lunchtime and collect worry box ideas from children



## Lle dwi'n byw Where we Live

Dylai'r Llywodraeth sicrhau fod pob plentyn yn teimlo'n saff a hapus lle maen nhw'n byw  
Mwy o cyfleoedd i blant chwarae yn saff lle maen nhw'n byw

Dylai ysmegu gael ei wahardd mewn parciau.  
Codi mwy o ymwybyddiaeth o sut mae ysmegu hawl plant i amgylchedd glan, iechyd da a chwarae.

Cynghorau sir i gadw llygad ar ddiogelwch mewn parciau  
Rhoi mwy o lais i blant 7-11 yn eu cymunedau.

The Government should make sure all children feel safe and happy where they live.

More opportunities for children to be able to play safely where they live.

Smoking should be banned in parks

Raise more awareness of how smoking affects children's right to a clean environment, good health and play

Councils to check parks more often for safety

Involve children 7-11 more in their communities

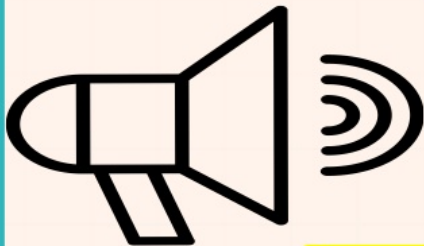


## Ein prif ddyheadau Top of our wishlist

Mae Chwarae wedi amlygu ei hun fel pwnch mawr i blant, boed hyn o fewn ysgol neu yn eu amser eu hunain. Mae plant eisiau cymysgedd o chwarae strwythredig ac amser i ymlacio

Play has shown itself to be a big topic for children, whether it's in school or in their own time.

Children want a mix of structured play and time to relax



Mae'r adroddiad yma wedi amlygu diffyg gwybodaeth o'r CCUHP a hawliau plant. Mae hyn angen newid er mwyn i bawb adnabod eu hawliau

This report has highlighted the lack of knowledge of the UNCRC and children's rights. This needs to change for everyone to know their rights





Hoffai Lleisiau Bach a'r Arsyllfa ddiolch y  
canlynol am eu cefnogaeth

Little Voices and the Observatory would like to  
thank the following for their help

Y plant a gymrodd rhan o: The Children that took part from:

Bedlinog CP, Merthyr Tydfil  
Ysgol Y Bedol, Sir Gaerfyrddin - Carmarthenshire  
Biwmares, Ynys Mon - Anglesey  
Caer Drewyn, Sir Ddinbych- Denbighshire  
Ysgol Ffridd y Llyn, Gwynedd  
Greenmeadow, Torfaen  
Hiraddug, Sir Ddinbych -Denbighshire  
Llangadog , Sir Gaerfyrddin - Carmarthenshire  
Llanharran, Rhondda Cynon Taf/Taff  
Millbank , Caerdydd - Cardiff  
Millbrook, Casnewydd - Newport  
Morrison, Abertawe - Swansea  
Morfa Rhianedd, Conwy  
Nant Y Parc, Caerffili- Caerphilly  
Penarlag CP, Sir y Fflint -Flintshire  
Pontrobert, Powys  
Ysgol Plas Coch, Wrecsam - Wrexham  
Southdown CP, Sir Y Fflint - Flintshire  
St Josephs RC, Blaenau Gwent  
St Joseph's RC, Nedd / Neath Port Talbot  
St Thomas, Abertawe - Swansea  
Ysgol Tregarth, Gwynedd  
Tudweiliog, Gwynedd  
Whitestone, Abertawe - Swansea

Cyn Staff ac Aelodau Draig Ffyni am eu cefnogaeth dros sawl prosiect -  
Funky Dragon's former staff and members for their help over several projects

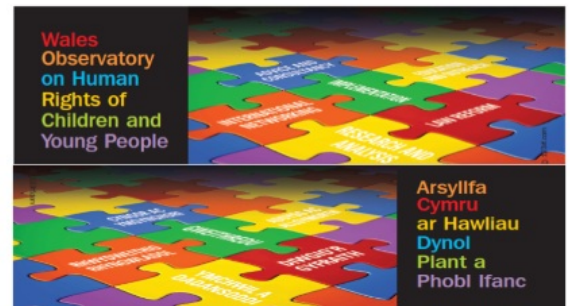
Ysgol y Gyfraith a Throseddeg Prifysgol Abertawe -  
College of Law and Criminology Swansea University

Ysgol y Gyfraith, Prifysgol Bangor -College of Law, Bangor University

Premier Graphics, Caergybi - Holyhead

Cronfa Pobl a Llefydd, Loteri Fawr - People and Places Fund, Big Lottery

Pob cynorthwydd o'r prifysgolion - Every intern that helped  
Cronfa Pobl a Llefydd, Loteri fawr - Big Lottery People and Places Fund



**ARIENNIR GAN Y LOTERI  
LOTTERY FUNDED**

Lleisiau Bach yn Galw Allan

Little Voices Shouting Out