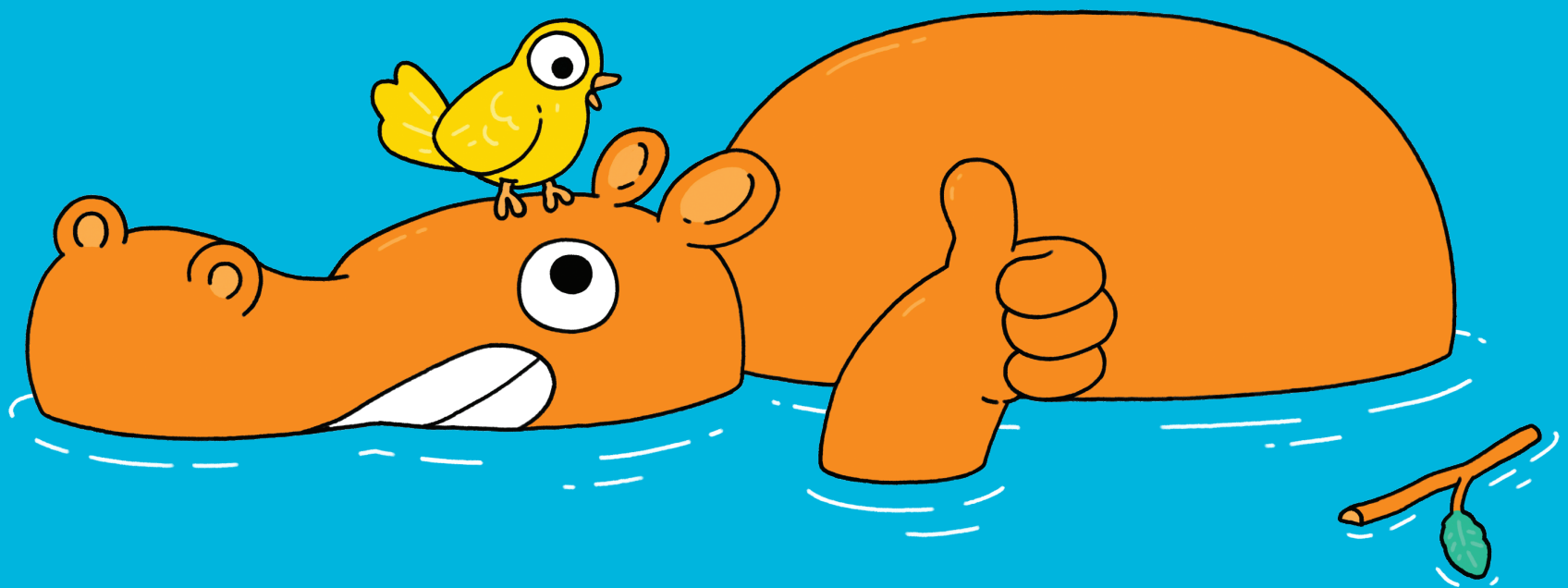


**POENI?
GALLWCH SIARAD
Â CHLDLINE AM
UNRHYW BETH,
UNRHYW BRYD.**

**WORRIED?
YOU CAN TALK
TO CHLDLINE
ABOUT ANYTHING,
ANYTIME.**



Beth bynnag ydyw - rydyn ni yma i wrando. Mae'n rhad ac am ddim ac nid oes angen i chi hyd yn oed roi eich enw i ni. A pheidiwch â phoeni, ni fydd neb yn gwybod eich bod wedi siarad â ni, oni bai bod eich diogelwch chi neu rywun arall mewn perygl.

Whatever it is – we're here to listen. It's free and you don't even need to tell us your name. And don't worry, no one will know that you have talked to us, unless you or someone else's safety is at risk.

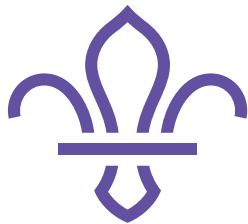
childline

Ffoniwch Childline ar **0800 1111**,
neu ewch i'n gwefan
Dan 12? childline.org.uk/kids
Dros 12? childline.org.uk

Call Childline on **0800 1111**,
or visit our website
Under 12? childline.org.uk/kids
Over 12? childline.org.uk

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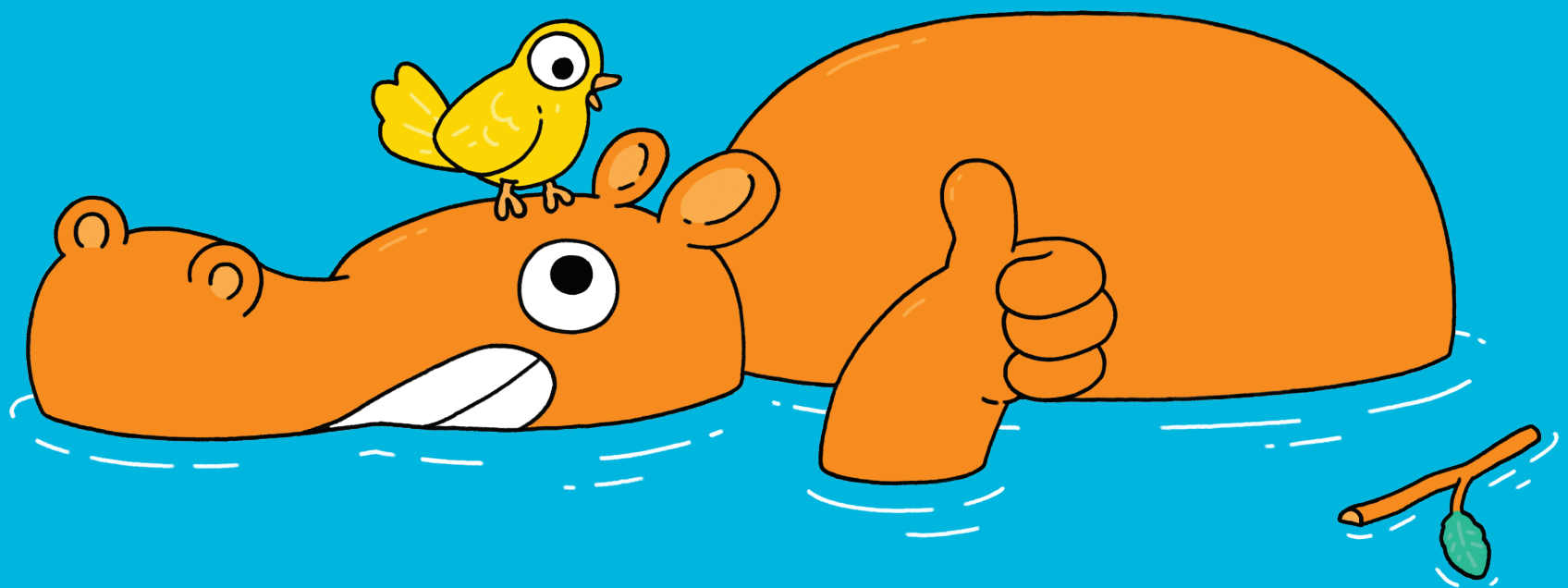
Scouts 

Gallwch chi hefyd siarad â'r
Sgowtiaid Tîm diogelu, ffoniwch
020 8433 7164, neu e-bostiwch
protectioning@scouts.org.uk

You can also talk to the
Scouts Safeguarding team,
call **020 8433 7164**, or email
safeguarding@scouts.org.uk

Mae Sgowtiaid yn elusen gofrestredig yng Nghymru a Lloegr 306101 a'r Alban SC038437.
Scouts is a registered charity England and Wales 306101 and Scotland SC038437.

WORRIED? YOU CAN TALK TO CHILDLINE ABOUT ANYTHING, ANYTIME.



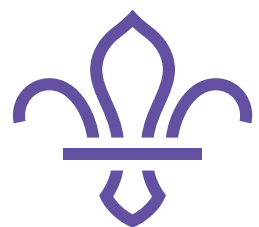
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