Cymru Ifanc
Young Wales

Rhagfyr 2016

This briefing is bilingual, click here for the English version.

Croeso i gylchlythyr Cymru Ifanc

Gwaith cyfranogi yw Cymru Ifanc wedi'i gynnal gan Blant yng Nghymru a'n sefydliadau partner, a chaiff ei ariannu gan Lywodraeth Cymru.

Bydd Cymru Ifanc yn sicrhau bod lleisiau plant a phobl ifanc yn cael eu clywed am faterion sy'n bwysig iddynt hwy, a bod y materion hyn yn cael eu clywed gan Lywodraeth Cymru'n arbennig.

Fesul mis byddwn yn dod â'r newyddion diweddaraf i chi, yn cynnwys diweddariadau am y gwaith sy'n cael ei wneud gan fforymau a grwpiau eraill ledled Cymru.

Os hoffech gyfrannu unrhyw beth, e-bostiwch info@childreninwales.org.uk.

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Safonau Cyfranogi

#SafonauCyfranogi

Mae'r Safonau Cyfranogi, a ddatblygwyd yn wreiddiol gan yr Uned Gyfranogi, wedi eu hadnewyddu drwy bartneriaeth rhwng gweithwyr Fforwm Ieuenctid a Chymru Ifanc, wedi'u hysbysu gan ymgynghoriadau gyda phobl ifainc.

Gellir gweld y safonau yma: Safonau Cyfanogiad Cenedlaethol

Noda'r Safonau Cyfranogi y materion allweddol y dylai holl weithwyr fod yn ymwybodol ohonynt wrth weithio gyda phlant a phobl ifainc yng Nghymru. Adolygodd y gweithgor a ymgymerodd â'r gwaith bob un o'r saith safon. Sicrhaodd bod pob un yn adlewyrchu yr ethos seiliedig ar hawliau sy'n hanfodol i weithio â phlant a phobl ifainc.

Mae aelodau o'r Grwp Tasg a Gorffen Safonau Cyfranogi, ar ran Rhwydwaith Gweithwyr Cyfranogi Cymru Gyfan, yn falch o gyhoeddi lansiad y 7 Safon Cyfranogi Cenedlaethol ar eu newydd wedd.
"Dymunwn bwysleisio pwysigrwydd y safonau a'r cyswllt amlwg sydd ganddynt ag agenda Hawliau Plant yng Nghymru."

Dilynir lansiad y safonau ar eu newydd wedd gan ganllawiau diwygiedig ar y broses nodau barcut a'r offer hunan-asesiad, i'w defnyddio mewn Awdurdodau Lleol, sydd â thîm arolygu. Anogir sefydliadau sy'n gweithio gyda phlant a phobl ifainc i ymgymryd â'r broses hunan-asesu i ddangos eu bod yn cwrdd â'r Safonau Cyfranogi yn eu holl waith gyda phlant a phobl ifainc.

Datblygir Siarter newydd gan y gweithgor, yn seiliedig ar dair colofn danategol CCUHP gan ymdrin â Gwarchodaeth, Darpariaeth a Chyfranogi. Bydd yn agored i holl sefydliadu sy'n gweithio â phlant a phobl ifainc yng Nghymru.

Sir Gaerfyrddin Fforwm Ifanc

Addewid Hawliau Plant
Mae plant ledled Sir Gaerfyrddin yn cael addewid y bydd eu hawliau'n cael eu hanrhydeddu a'u hystyried wrth i benderfyniadau gael eu gwneud.

Fe wnaethom ni cwrdd â uwch gynghorwyr a swyddogion, er mwyn llofnodi adduned a fydd yn sicrhau bod y Cyngor yn cyrraedd safonau gofynnol wrth wneud penderfyniadau sy'n effeithio ar fywydau plant a phobl ifanc.

Fe wnaeth y Cyng. Emlyn Dole, yr Aelod o'r Bwrdd Gweithredol dros Addysg y Cyng. Gareth Jones, y Prif Weithredwr Mark James, y Cyfarwyddwr Addysg a Gwasanaethau Plant Rob Sully, a ein Cadeirydd, Brittany Alsop-Bingham oll lofnodi'r addewid cyn Diwrnod Hawliau Plant, 20 Tachwedd.

Mae hefyd yn golygu y bydd pobl ifanc hyfforddedig yn craffu ar benderfyniadau'n flynyddol.

Fe'i mabwysiadwyd gan y Cyngor Sir y llynedd ac mae wedi bod yn flaenoriaeth strategol ers hynny, gyda strategaeth a chynllun gweithredu tair blynedd yn cael eu datblygu.

Roedd yn cynnwys sefydlu tîm Cyfranogiad a Hawliau Plant newydd, Cyngor Ieuenctid Sir Gaerfyrddin sy'n tyfu a mwy o gyfleoedd i bobl ifanc fod yn rhan o brosesau penderfynu yn lleol ac yn genedlaethol.

Cynhadledd Ieuenctid
Mae pobl ifanc o Sir Gaerfyrddin gyfan wedi rhoi eu barn ar yr hyn sy'n bwysig iddynt er mwyn helpu i lunio dyfodol y sir.

Fe wnaeth ein Gynhadledd Ieuenctid eleni rhoi'r gyfle iddynt rannu eu barn am iechyd a lles, gan gyfrannu at gynllun llesiant Sir Gaerfyrddin a gynhyrchir gan y Bwrdd Gwasanaethau Cyhoeddus newydd.

Mae llesiant yn cwmpasu addysg, yr amgylchedd, diogelwch , iechyd, swyddi, yr economi a'r holl faterion sy'n cyfrannu at allu pobl ifanc i fod yn hapus, yn iach ac yn llwyddiannus.

Cynhaliwyd nifer o weithdai yn ystod y gynhadledd ac roedd aelodau o'r Bwrdd Gwasanaethau Cyhoeddus yn bresennol i roi cyngor ac i dderbyn adborth.

Dywedodd ein Cadeirydd, Brittany Bingham: "Gobeithio y bydd Deddf Cenedlaethau'r Dyfodol yn cael dylanwad, nid yn unig ar Gymru heddiw ond ar fywydau pob cenhedlaeth a ddaw ar ein holau yn Sir Gaerfyrddin.

Dywedodd y Cynghorydd Gareth Jones, yr Aelod o'r Bwrdd Gweithredol dros Wasanaethau Ieuenctid: "Bydd adborth o'r Gynhadledd Ieuenctid yn bwydo i'n cynllun llesiant; mae'n hanfodol bwysig fod safbwyntiau pobl ifanc yn cael eu hystyried wrth wneud penderfyniadau yn y dyfodol."

Y fyddin yn herio ymgyrchwyr hawliau plant ac yn dwysau nifer y plant 16 mlwydd oed a dderbynnir

Mae'r ffigyrau a ryddhawyd heddiw [24 Tachwedd] yn dangos bod Byddin Prydain wedi cynyddu'r nifer o bobl ifanc 16 mlwydd a ymunodd dros y deuddeg mis diwethaf.

Heriodd Byddin Prydain alwadau gan y Cenhedloedd Unedig, sefydliadau hawliau plant ac ymgyrchwyr eraill i beidio â recriwtio rhai ifanc gan gynyddu'r nifer sy'n 16 oed a dderbynnir. Rhwng mis Medi 2015 a mis Medi 2016 rhestrodd y Fyddin 1000 o bobl 16 oed, sef 13% o'r cyfanswm, o'i gymharu ag 870 o recriwtiaid 16 oed yn 2014 -15. Mae'r polisïau recriwtio a ddefnyddir gan y Fyddin yn datgan bod recriwtio rhai ifanc yn 'rhoi cyfle i liniaru diffygion Mynediad Safonol [oedolion], yn enwedig ar gyfer y Troedfilwyr'. Mae gan y Troedfilwyr y gyfradd farwolaeth ac anafiadau uchaf o unrhyw gangen fawr o'r lluoedd arfog. Mae'r Troedfilwyr yn Afghanistan saith gwaith yn fwy tebygol o gael eu lladd na phersonél sy'n gwasanaethu yng ngweddill lluoedd arfog Prydain.

Ym mis Mehefin 2016, condemniodd Pwyllgor y CU ar Hawliau'r Plant fesurau

diogelu Byddin Prydain ar sicrhau cydsyniad ar sail penderfyniad cytbwys recriwtiaid sy'n blant a'u rhieni fel annigonol, ac o ganlyniad galwodd ar y DU i godi oed ymrestru i 18 oed.

Ewch i wefan Child Soldiers International i gael gwybod rhagor.

Teithio Ymlaen pecyn cymorth hawliau plant

Mae Pobl Ifanc o brosiect Teithio Ymlaen wedi datblygu pecyn cymorth ynglyn â hawliau plant gyda Dynamix. Nod y pecyn cymorth yw helpu i godi ymwybyddiaeth o'r UNCRC a chael pobl ifanc i ddysgu am eu hawliau mewn ffordd hwyliog a pherthnasol.

Datblygwyd y gweithgareddau er mwyn i bobl ifanc fedru arwain eu hunain fel rhai sy'n lleddfu pryderon ac mewn sesiynau grwp, a gellir eu defnyddio gyda phobl ifanc neu oedolion a hyfforddir gan bobl ifanc. Anfonwch ymlaen at bobl ifanc a'r rhai sy'n gweithio â nhw a allai fod â diddordeb mewn defnyddio'r pecyn cymorth.

Gallwch lawrlwytho copi o'r Pecyn Cymorth Hawliau o wefan Teithio Ymlaen http://www.travellingahead.org.uk/rights-advice/your-rights/.

Cyfle Cymru

Beth ydy Cyfle Cymru?

Mae Cyfle Cymru yn wasanaeth sy'n helpu pobl â phroblemau camddefnyddio sylweddau a / neu gyflyrau iechyd meddwl sydd mewn adferiad neu sydd tuag at ddiwedd eu rhaglen driniaeth i mewn i waith, addysg neu hyfforddiant.

Mae'r prosiect wedi cael ei ariannu am 2 flynedd gychwynnol gan Gronfa Gymdeithasol Ewrop ac fe'i ddarperir gan aelodau DACW (Datblygu Cymru Gofalgar) yng Ngogledd Cymru, Gwent, Dyfed, y Bae Gorllewinol a Phowys.
Mae Cyfle Cymru yn darparu'r gefnogaeth sydd ei angen i ddod o hyd i'r swydd iawn, cyfleoedd hyfforddiant neu gymwysterau.

Mae'n cynnig:

- arweiniad un-i-un gan fentor cyfoedion sy'n gallu rhannu ar eu profiadau eu hunain o gamddefnyddio sylweddau, adfer a / neu gyflyrau iechyd meddwl.
- cymorth cyflogaeth arbenigol, gan gynnwys cyfleoedd i wirfoddoli, a help a chyngor ar sut i chwilio a gwneud cais am swyddi.

Canfyddwch ragor yma.

Wyt ti'n credu y dylai laith Arwyddion Prydain (BSL) gael ei haddysgu mewn ysgolion?

Beth ydy dy farn di am laith Arwyddion Prydain (BSL)? Wyt ti'n credu y dylai pob person ifanc gael y cyfle i ddysgu BSL? Wyt ti'n credu y dylai ysgolion addysgu BSL

fel TGAU (neu National 4 neu 5 yn yr Alban)?

Os wyt ti'n 8-25 oed, mae angen i Fwrdd Ymgynghorol Pobl Ifanc yng Nghymdeithas Genedlaethol Plant Byddar wybod beth ydy dy farn di! Cwblha eu harolwg a'i rannu â'th ffrindiau.

Mae'r arolwg ar gael mewn BSL a Saesneg a BSL a'r Gymraeg.
Os hoffet ti gael copi papur o'r arolwg, gallet ti ei lawrlwytho o wefan The Buzz.

Mae'r arolwg yn cau **ddydd Sul 15 Ionawr** a byddan nhw'n rhannu'r canlyniadau yn ystod Wythnos Iaith Arwyddion (Mawrth 13-19) 2017.

Gwefan cefnogaeth a chyngor newydd ar gyfer pobl ifanc yn byw gyda hunananafu

Mae pobl ifanc o Sir Fynwy a swyddogion iechyd wedi datblygu gwefan werthfawr yn cynnig cefnogaeth a chyngor i rai sy'n byw gyda hunananafu. Mae'r adnodd newydd - a alwyd yn Buddy - yn diwallu'r angen am safle ar-lein yn cynnig gwybodaeth, arweiniad, dulliau therapiwtig ac opsiynau sydd ar gael i bobl ifanc bob amser. Mae'n rhoi cefnogaeth a thechnegau cyfrinachol i helpu ymdopi gyda meddyliau a theimladau negyddol sy'n gysylltiedig gyda hunananafu ac yn rhoi sicrwydd i'r rhai sy'n cael cyfnod anodd nad ydynt ar ben eu hunain.

Lansiwyd gwefan Buddy yn Ysgol Brenin Harri VIII ddydd Gwener 18 Tachwedd mewn cysylltiad â Diwrnod Rhyngwladol y Dynion a gynhaliwyd y diwrnod dilynol. Thema'r digwyddiad rhyngwladol blynyddol eleni yw Atal Hunanladdiad Gwrywod a'i nod yw codi ymwybyddiaeth o faterion iechyd meddwl sy'n effeithio ar ddynion. Cyflwynodd staff o Wasanaeth Ieuenctid Sir Fynwy weithdai i ddisgyblion i ganolbwyntio ar bwysigrwydd siarad am eu teimladau ac effaith iechyd meddwl a hunanladdiad gwrywod.

Mae Buddy yn gobeithio chwalu rhwystrau sy'n gysylltiedig gyda mater sensitif hunananafu a helpu pobl i siarad yn agored, gan eu hysbysu am ffyrdd o ymdopi, yr opsiynau sydd ar gael a chael mynediad i gefnogaeth pan deimlant y gallant wneud hynny. Cynlluniwyd y wefan fel ymateb i gynnydd mewn ymddygiad hunananafu gan bobl ifanc a welwyd gan swyddogion proffesiynol mewn iechyd, addysg a chwnsela mewn blynyddoedd diweddar. Cefnogwyd y wefan gan sefydliad nid-er-elw Heads Above the Waves sy'n codi ymwybyddiaeth o iselder a hunananaf mewn pobl ifanc ac sydd wedi rhoi adroddiadau a straeon personol ar gyfer y safle. Mae mwy o wybodaeth a help gan Buddy ar gael ar buddyapp.monmouthshire.gov.uk/cy/.

Cliciwch yma i gael gwybod rhagor.

Arolwg #BwlioGwneudynewid

Diolch am edrych ar ein tudalen a chefnogi wythnos gwrthfwlio 2016!

Gallwch chi gymryd rhan mewn dau arolwg:

- Os ydych chi eisiau siarad am eich barn am fwlio/eich profiadau o fwlio yn yr ysgol/y coleg cliciwch yma i weld y Gymraeg / Saesneg

A/NEU

- Os ydych chi eisiau siarad am eich barn am fwlio/eich profiadau o fwlio mewn clwb rydych chi'n mynd iddo y tu allan i oriau ysgol, er enghraifft; clwb ieuenctid, clwb ar ôl ysgol, sgowtiaid, geidiau, chwaraeon, cliciwch yma i weld y Gymraeg / Saesneg

Mae'r cwestiynau yma wedi cael eu gosod gan bobl ifanc Rhwydwaith Gwrthfwlio Cymru Ifanc - cwestiynau maen nhw'n teimlo ei bod hi'n bwysig eu gofyn nhw'n uniongyrchol i bobl ifanc 11 oed a throsodd!

Rhannwch nhw gyda'ch ffrindiau yn yr ysgol, y coleg ac unrhyw glybiau rydych chi'n mynd iddyn nhw, er mwyn i ni fedru casglu barn cynifer o bobl â phosib.

Rydyn ni angen hefyd i ysgolion, colegau a chlybiau ein helpu ni gyda hyn trwy gynyddu ymwybyddiaeth o'r arolwg gyda'r bobl ifanc maen nhw'n gweithio gyda nhw - helpwch ni i sicrhau bod yr ymgyrch hon yn llwyddo!

Cymru Ifanc
Young Wales

December 2016

Welcome to the Young Wales newsletter

Young Wales is the participation work that is being run by Children in Wales and our partner organisations, and is funded by the Welsh Government.

Young Wales will ensure that children and young people are heard on issues that are important to them, and in particular that these issues are heard by the Welsh Government.

Each month we will bring you the latest news, including updates on the work that is being done by forums and other groups across Wales.

If you have anything you'd like to contribute, please email info@childreninwales.org.uk.

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Participation Standards

#ParticipationStandards

The Participation Standards, developed originally by the Participation Unit, have been refreshed by a partnership between Youth Forum workers and Young Wales, informed by consultations with young people.

The Participation Standards can be seen here: National Participation Standards

The Participation Standards identify the key issues that all workers should be aware of when working with children and young people in Wales. The working group that undertook the work, reviewed each of the seven standards and ensured that each one reflected the rights based ethos that is integral to working with children and young people.

Members of the Participation Standards Task and Finish Group, on behalf of the All Wales Participation Workers Network, are happy to announce the launch of the refreshed 7 National Participation Standards.

"We would like to stress of the importance of the standards and the explicit link that they now have to the Children's Rights agenda in Wales."

The launch of the refreshed standards will be followed up with revised guidance on the kite-marking process and the self-assessment tools, for use in Local Authorities, who have an inspection team. Organisations who work with children and young people will be encouraged to undertake the self assessment process to demonstrate they the meet the Participation Standards in all their work with children and young people.

A new Charter will also be developed by the working group, based on the three underpinning pillars of the UNCRC addressing Protection, Provision and Participation, and will be open to all organisations working with children and young

people in Wales.

Carmarthenshire Youth Forum

Children's Rights Promise
Children across Carmarthenshire are being promised that their rights will be honoured and considered in decision making.

We met with Senior councillors and officers to have this pledge signed, that will ensure the council meets minimum standards when making decisions that affect our lives as Children & Young People.

It also means that decisions will be considered by trained young people on an annual basis.

Brittany Alsop-Bingham, our chairperson, along with Leader Cllr Emlyn Dole, Education Executive Board Member Cllr Gareth Jones, Chief Executive Mark James, Director for Education and Children's Services Rob Sully all signed the promise in advance of Children's Rights Day, November 20.

It was adopted by the county council last year and has been a priority since, with a three-year strategy and action plan being developed.

It included establishing a new Participation and Children's Rights team, a growing Carmarthenshire Youth Council and more opportunities for young people to be involved in decision making processes both locally and nationally.

Youth Conference
Young people across Carmarthenshire gave their views on what was important to them to help shape the future of the county.

Our Youth Conference this year gave Young People the opportunity to share their views on health and well-being, which will be fed into Carmarthenshire's Wellbeing plan, being produced by the new Public Services Board.

Well-being covers topics such as education, the environment, safety, health, jobs, the economy and all matters young people need to be happy, healthy and successful.

A number of workshops took place at the conference and members of the Public Services Board (PSB) were in attendance to give advice and receive feedback.

Our Chairperson Brittany Bingham, 19, said: "I hope the Future Generations Act will have an impact on not just Wales today but on our future in Carmarthenshire, for every generation to come after us.

Executive board member for youth services Cllr Gareth Jones said: "Feedback from the Youth Conference will feed into our well-being plan, it is vitally important that the views of young people are included in any future decision-making."

Army defies child rights campaigners and intensifies intake of 16 year olds

Figures released today [24 November] show the British Army has increased its intake of 16 year olds over the past twelve months.

The British Army has defied calls from the United Nations, children's rights organisations and others campaigning for the end of the recruitment of minors and increased its intake of 16 year olds. Between September 2015 and September 2016 the Army enlisted 1000 16 year olds, accounting for 13% of the total intake, compared with 870 recruits aged 16 in 2014-15. The recruitment policies used by the Army state that the recruitment of minors is 'an opportunity to mitigate Standard Entry [adult] shortfalls, particularly for the Infantry'. The Infantry has the highest fatality and injury rate of any major branch of the armed forces. Infantrymen in Afghanistan are seven times more likely to be killed than personnel serving in the rest of the British armed forces.

In June 2016, the UN Committee on the Rights of the Child condemned the British Army's safeguards for ensuring informed consent of child recruits and their parents as insufficient and, as a result, called on the UK to raise the age of enlistment to 18 years.

Visit the Child Soldiers International website to find out more.

Travelling Ahead children's rights toolkit

Young People from the Travelling Ahead project have developed a toolkit about children's rights with Dynamix. The toolkit is designed to help raise awareness of the UNCRC and get young people learning about their rights in a fun and relevant way.

The activities have been developed so that young people can lead them themselves as icebreakers and in group sessions, and hey can be used with young people or with adults that young people are training. Please pass on to young people and those working with them who might like to use the tool kit.

You can download a copy of the Rights Tool Kit from the Travelling Ahead website.

Cyfle Cymru

What is Cyfle Cymru?

Cyfle Cymru is a service which helps people with substance misuse issues and/or mental health conditions who are in recovery or are towards the end of their treatment programme into work, education or training.

The project has been funded for an initial 2 years by the European Social Fund and is delivered by members of DACW (Developing a Caring Wales) in North Wales, Gwent, Dyfed, Western Bay and Powys.

Cyfle Cymru provides the support needed to find the right job, training opportunity or qualifications.

It offers:

- one-to-one guidance from a peer mentor who can draw on their own experience of substance misuse, recovery and/or mental health conditions.
- specialist employment support, including volunteering opportunities, and help and advice on how to search and apply for jobs

Find out more here.

Do you think British Sign Language (BSL) should be taught in schools?

What do you think about British Sign Language (BSL)? Do you think all young people should have the opportunity to learn BSL? Do you think schools should teach BSL as a GCSE (or National 4 or 5 in Scotland)?

If you're aged 8-25, the Young People's Advisory Board at the National Deaf Children's Society needs to know what you think! Please fill in their survey and share it with your friends.

The survey is available in BSL and English and BSL and Welsh.
If you would like a paper copy of the survey, you can download it from The Buzz website.

The survey closes on **Sunday 15 January** and they'll share the results in Sign Language Week (March 13-19) 2017.

Young people living with self-harm find a "Buddy" in new support and advice website

Young people from Monmouthshire and health professionals have developed a valuable website offering support and advice for those living with self-harm. Entitled Buddy, the new resource meets a need for an online outlet offering information, guidance, therapeutic tools and options that young people can access at all times. It provides confidential support and techniques to help deal with negative thoughts and feelings associated with self-harm and reassures those experiencing difficult times that they are not alone.

The Buddy website was launched at Abergavenny's King Henry VIII School on Friday 18th November in association with International Men's Day which took place the following day. The theme of this year's annual international event is Stop Male Suicide and its aim is to raise awareness of mental health issues affecting men. Staff from Monmouthshire's Youth Service delivered a workshop to pupils to focus on

the importance of talking about their feelings and the impact of mental health and male suicide.

Buddy hopes to break down barriers associated with the sensitive subject of self-harm and to help people talk openly, making them aware of ways of coping, available options and accessing support when they feel able to do so. The website has been designed as a response to an increase in self-harming behaviour by young people evidenced by health, education and counselling professionals in recent years. The website has been supported by not-for-profit organisation Heads Above the Waves which raises awareness of depression and self-harm in young people have provided personal accounts and stories for the site. To find out more and get help from Buddy - go to buddyapp.monmouthshire.gov.uk.

Click here to find out more.

#BullyingMakethechange Survey

Thank you for viewing our page and supporting anti bullying week 2016!

There are two surveys you can take part in:

- If you want to talk about your bullying views/experiences in school/college please click here for English / Welsh

AND/OR

- If you want to talk about your bullying views/experiences in a club you go to outside of school hours, for example; youth club, after school club, scouts, guides, sports please click here for English / Welsh

The questions have been set by young people of the Young Wales Anti Bullying Network -questions that they feel are important to ask directly to young people aged 11 years plus!

Please share with your friends in school, college and any clubs you attend so that we are able to collect as many views as possible.

We also need schools, colleges and clubs to help us with this by raising awareness of the survey with young people they work with - help us make this campaign a success!