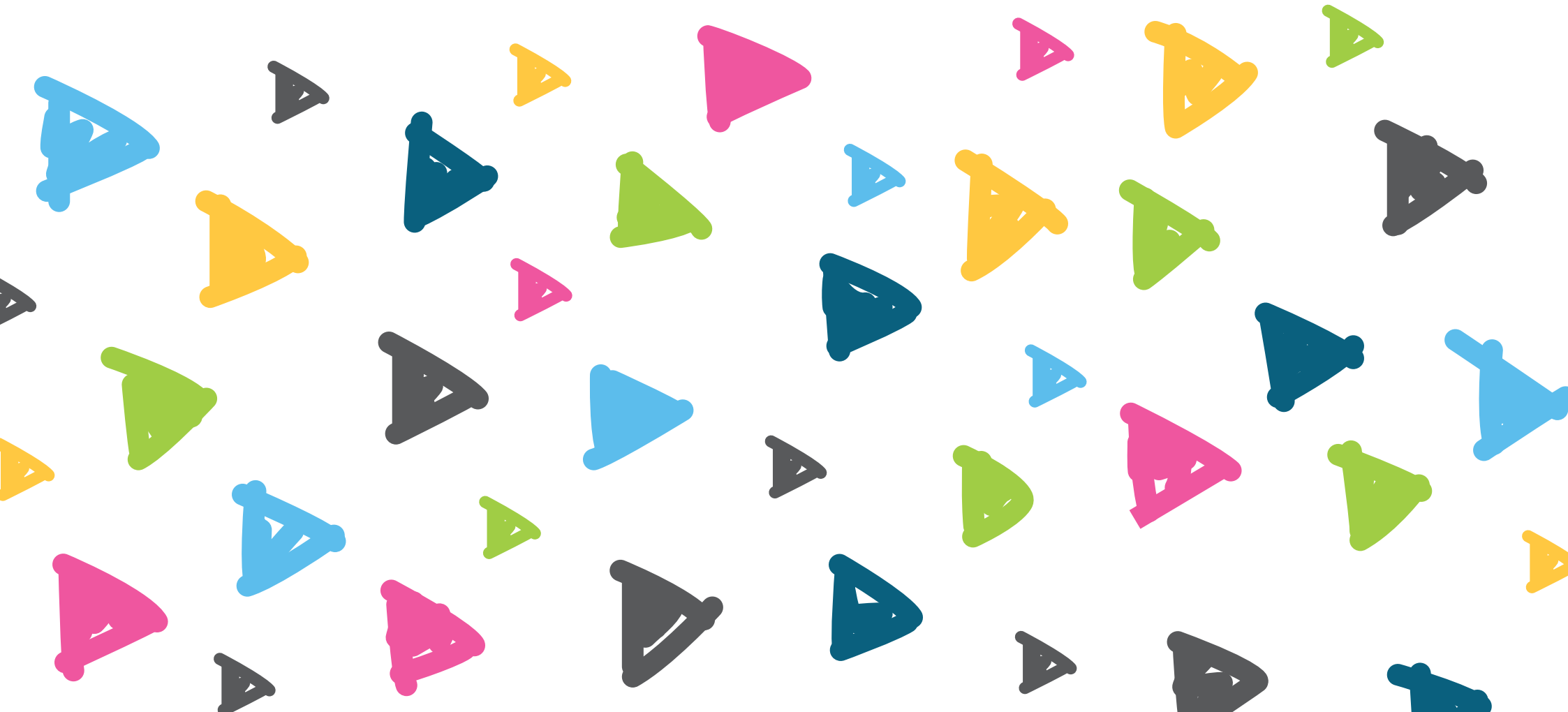




Comisiynydd Plant Cymru
Children's Commissioner for Wales

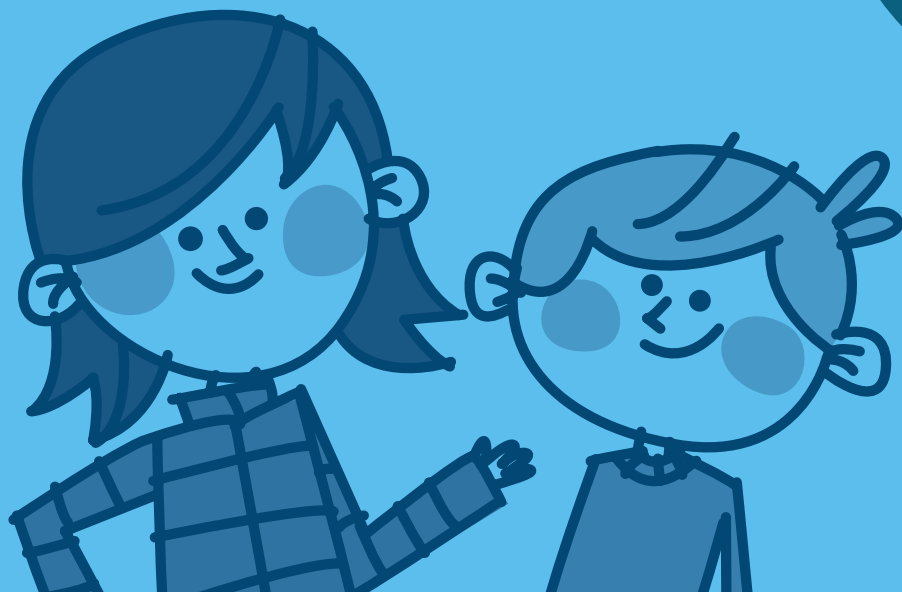
Beth Nesa? What Next?

Y Canfyddiadau / The findings



Cyfres o hawliau sydd gan bob plentyn a pherson ifanc yw CCUHP (Confensiwn y Cenhedloedd Unedig ar Hawliau'r Plentyn). Mae'n cynnwys popeth, o gael enw a chenedl, i ddŵr yfed glân. Yn syml iawn, dyna'r pethau sydd eu hangen arnoch chi i fod yn hapus, yn iach ac yn ddiogel.

The UNCRC (United Nations Convention on the Rights of the Child) is a set of rights that all children and young people have. It covers everything from having a name and nationality to clean drinking water. Simply, these are the things you need to be happy, healthy and safe.



Sally Holland

Comisiynydd Plant Cymru
Children's Commissioner for Wales



Fy swydd i yw sefyll i fyny
dros blant a phobl ifanc
My job is to stand up for
children and young people

Fy ngwaith i yw

- Gofalu eich bod chi'n gwybod am eich hawliau
- Gwrando, i gael gwybod beth sy'n bwysig i chi
- Eich helpu chi, a'r rhai sy'n gofalu amdanoch chi, os bydd gennych chi unrhyw broblemau ac angen cyngor
- Gweithio i wneud yn siŵr bod Llywodraethau a sefydliadau eraill pwysig yn gwneud beth sydd orau i bob plentyn a pherson ifanc
- Codi llais am faterion plant a phobl ifanc – bod yn bencampwr i blant Cymru!

It's my job to

- Make sure you know about your rights
- Listen, to find out what's important to you
- Help you, and those who care for you, if you have any problems and need advice
- Work to make sure Governments and other important organisations do what's best for all children and young people
- Speak up about children and young people's issues – being the children's champion in Wales!

What Next | Beth Nesa?

Pan ddechreuais i ar fy ngwaith fel Comisiynydd ym mis Ebrill 2015, y peth cynta roeddwn i eisiau gwneud oedd darganfod pa bethau roeddech chi, plant a phobl ifanc Cymru, yn meddwl dylwn i ganolbwyntio arnyn nhw.

Fe wnes i gychwyn prosiect o'r enw 'Beth Nesa | What Next?' (neu Beth Nesa yn fyr), oedd yn golygu mod i'n siarad â chynifer ohonoch chi â phosib am eich profiadau o fywyd pob dydd; y gwasanaethau rydych chi'n eu defnyddio, yr ysgolion rydych chi'n mynd iddyn nhw, a'r cymunedau lle rydych chi'n byw.

Yr holiaduron

Fe wnaethon ni baratoi holiaduron fyddai'n fy helpu i ddeall y materion sy'n bwysig i chi. Roedd un holiadur i blant 3-7 oed, un i blant 7-11 oed, un i bobl ifanc 11-18, ac un i weithwyr proffesiynol / oedolion.

Fe wnaeth dros 6000 ohonoch chi (3-18 oed) gymryd rhan yn yr arolwg, a bron 1000 o oedolion.

Mae hynny'n dipyn o beth, ac yn dangos eich bod chi, plant a phobl ifanc Cymru, eisiau rhoi eich barn. Yn yr adroddiad yma i Blant a Phobl Ifanc, byddwch chi'n gweld rhai o brif ganfyddiadau'r arolygon.

Mae'r adroddiad llawn ar gael yn www.complantcymru.org.uk/cy/cyhoeddiadau

What Next | Beth Nesa?

When I started my job as Commissioner in April 2015, the first thing I wanted to do was find out what you, the children and young people of Wales, thought I should focus on.

I started a project called 'Beth Nesa | What Next?' (or just Beth Nesa for short), which was all about talking to as many of you as possible about your experiences of day-to-day life; the services you use, the schools you go to and the communities you live in.

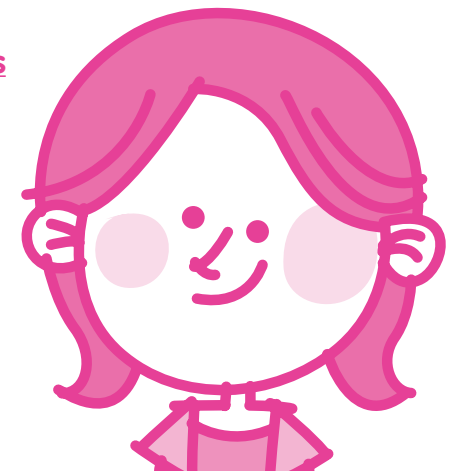
The surveys

We designed surveys to help me understand the issues that are important to you. We had one survey for children aged 3-7, one for children aged 7-11, one for young people aged 11-18, and one for professionals/adults.

Over 6000 of you (aged 3-18) completed our surveys, along with almost 1000 adults.

This is a great achievement, and one that proves that you, the children and young people of Wales, want to have your say. In this Children and Young People's report, you'll see some of the main findings from our surveys.

The full report is available at www.childcomwales.org.uk/en/publications



Roedd dros hanner ohonoch chi (7 oed a throsodd) yn gwybod am hawliau plant. Roedd rhyw draean ohonoch chi'n gwybod am CCUHP.

More than half of you (aged 7 and over) knew about children's rights. Around a third of you knew about the UNCRC.

38%



Dywedodd dros draean (38%) ohonoch chi y byddech chi'n cadw problemau personol i chi'ch hunan, yn lle siarad â rhywun. More than a third (38%) of you said you'd keep personal problems to yourselves, instead of talking to someone.

Beth ddwedsoch chi wrthyn ni am...

Ddarpariaeth – y gwasanaethau rydych chi'n eu defnyddio

3-7

Dywedodd 61% ohonoch chi mai pyllau nofio oedd eich hoff fannau i chwarae.

7-11

Dywedodd 67% ohonoch chi fod llawer o bethau difyr i'w gwneud lle rydych chi'n byw.

Roedd 78% ohonoch chi'n hoffi mynd i'r ysgol.

11-18

Dim ond 28% ohonoch chi ddwedodd fod llawer o bethau difyr i'w gwneud lle rydych chi'n byw.

Roedd 66% ohonoch chi'n hoffi mynd i'r ysgol. Roedd 73% ohonoch chi'n teimlo'n hapus yn aml, neu bron bob amser. Ond roedd 29% ohonoch chi'n aml, neu bron yn aml, yn teimlo'n bryderus.

Dywedodd dros draean (38%) ohonoch chi y byddech chi'n cadw problemau personol i chi'ch hunan, yn lle siarad â rhywun.

Dim ond 27% ohonoch chi oedd yn bendant yn gwybod am fannau i gael cefnogaeth yn eich ardal os oeddech chi'n teimlo'n drist neu'n bryderus.

Beth oedd barn yr oedolion/ y gweithwyr proffesiynol?

Roedd yr oedolion yn bennaf yn pryderu pa wasanaethau oedd ar gael i bobl ifanc i'w helpu nhw gyda iechyd meddwl a hapusrwydd cyffredinol, a dywedodd 67% fod hynny'n bryder mawr.

What you told us about...

Provision – The services you use

3-7

61% of you said swimming pools were your favourite places to play.

7-11

67% of you said there were lots of fun things to do where you live.

78% of you liked going to school.

11-18

Only 28% of you said there were lots of fun things to do where you live.

66% of you liked going to school. 73% of you felt happy often, or almost always.

However, 29% of you often, or almost always, felt worried.

More than a third (38%) of you said you'd keep personal problems to yourselves, instead of talking to someone.

Only 27% of you definitely knew of places to get support in your area if you felt sad or worried.

What did adults/professionals think?

Adults were mostly worried about what services were available to young people to help with their mental health and general happiness, with 67% saying it was a major concern.

Roedd gan y rhan fwyaf ohonoch chi ddiddordeb mewn dysgu mwy am eich hawliau!

Most of you were interested in learning more about your rights!

Diogelwch – Teimlo'n ddiogel

7-11

Dyweddodd tua hanner ohonoch chi fod plant eraill wedi eich bwrw chi (50%), wedi'ch gadael chi allan (51%), neu wedi galw enwau cas arnoch chi (49%) yn yr ysgol yn ystod y mis diwethaf. Dywedodd llawer ohonoch chi eich bod chi'n cael eich bwlio yn y gr p oed yma. Roedd 84% ohonoch chi'n teimlo'n ddiogel yn yr ysgol. Roedd 61% ohonoch chi'n teimlo'n ddiogel yn eich ardal leol.

11-18

Roedd 76% ohonoch chi'n teimlo'n ddiogel yn yr ysgol. Roedd 57% ohonoch chi'n teimlo'n ddiogel yn eich ardal leol.

Dyweddodd rhai ohonoch chi eich bod chi'n teimlo'n llai diogel os oeddech chi'n byw mewn ardal fwy tlawd. Fe ddwedsoch chi wrthyn ni eich bod chi'n llai tebygol o gael eich bwrw, eich gadael allan, neu gael eich galw'n enwau cas na phlant 7-11 oed.

Beth oedd barn yr oedolion/ y gweithwyr proffesiynol?

Roedd 29% o'r gweithwyr proffesiynol yn meddwl bod diogelwch plant a phobl ifanc gartref yn rhywbeth i bryderu yn ei gylch. Roedden nhw hefyd yn pryderu am blant a phobl ifanc yn cael eu bwlio.

50%

Dyweddodd tua hanner ohonoch chi fod plant eraill wedi eich bwrw chi
Around half of you said you had been hit by other children



Protection – Feeling safe

7-11

Around half of you said you had been hit by other children (50%), left out (51%) or called nasty names (49%) in school in the last month. Lots of you said you were experiencing bullying in this age group. 84% of you felt safe at school. 61% of you felt safe in your local area

11-18

76% of you felt safe in school. 57% of you felt safe in your local area.

Some of you said you felt less safe if you lived in a poorer area. You told us you were less likely to be hit, left out, or called nasty names than children aged 7-11.

What did adults/professionals think?

29% of professionals thought that children and young people's safety at home was something to be concerned about. They were also concerned about children and young people being bullied.

Roedd 21% o weithwyr proffesiynol yn meddwl bod gwybodaeth plant am hawliau yn bryder mawr

21% of professionals thought children's knowledge of rights was a major concern

25%

Roedd 25% ohonoch chi'n meddwl bod eich barn yn cael gwrandawriad yn yr ysgol
25% of you thought your views were listened to in school



Dweud eich Dweud – Cael gwrandawriad

3-7

Dyweddodd 78% ohonoch chi fod oedolion yn gwrandawro arnoch chi yn yr ysgol neu'r feithrinfa.

7-11

Roedd 30% ohonoch chi'n meddwl bod eich barn yn cael gwrandawriad yn yr ysgol, a dim ond 28% ohonoch chi oedd yn meddwl bod eich barn yn gwneud gwahaniaeth mawr.

Dim ond 15% ohonoch chi oedd yn cael gofyn eich barn yn aml ar faterion yn eich ardal leol.

11-18

Roedd 25% ohonoch chi'n meddwl bod eich barn yn cael gwrandawriad yn yr ysgol, ac roedd 21% ohonoch chi'n meddwl bod eich barn yn gwneud gwahaniaeth mawr.

Dim ond 8% ohonoch chi oedd yn aml yn cael gofyn eich barn yn eich ardal leol.

Dyweddodd bron hanner (45%) ohonoch chi fod oedolion yn parchu eich hawliau. Roedd bron traean (31%) ohonoch chi'n meddwl bod eich barn yn gwneud gwahaniaeth i beth sy'n digwydd yng Nghymru.

Beth oedd barn yr oedolion/ y gweithwyr proffesiynol?

Roedd 21% o'r oedolion yn meddwl bod sut mae eich lleisiau'n cael eu clywed yn genedlaethol yn bryder mawr. Roedd 17% yn pryderu am eich llais yn eich ardal leol.

Participation – Being listened to

3-7

78% of you said adults listened to you in school or nursery.

7-11

30% of you thought your views were listened to in school, and only 28% of you thought your views made a big difference. Only 15% of you were often asked your views on issues in your local area.

11-18

25% of you thought your views were listened to in school, and 21% of you thought your views made a big difference.

Only 8% of you were often asked your views in your local area.

Almost half (45%) of you said that adults respected your rights. Almost a third (31%) of you thought your views make a difference to what happens in Wales.

What did adults/professionals think?

21% of adults thought the ways in which your voices are heard nationally are a major concern. 17% were concerned about your voice in your local area.



Ym mhob arolwg, fe wnaethon ni ofyn i bobl ddewis y materion roedden nhw'n meddwl dylwn i roi sylw iddyn nhw. Dyma beth ddwedsoch chi i gyd:

Y dewisiadau mwyaf poblogaidd gan 758 o blant 3-7 oed oedd:

- Mwy o lefydd i chwarae
- Mwy o arian i deuluoedd

Y dewisiadau mwyaf poblogaidd gan 2,909 o blant 7-11 oed oedd:

- Stopio plant rhag cael eu bwlio
- Helpu plant a theuluoedd sydd heb ddigon o arian
- Gwneud ardaloedd lleol yn fwy diogel i blant

Y dewisiadau mwyaf poblogaidd gan 2,294 o blant a phobl ifanc rhwng 11 ac 18 oed oedd:

- Stopio pobl ifanc rhag cael eu bwlio
- Amddiffyn plant rhag trais a cham-drin gartref
- Lleoedd gwell i bobl ifanc dreulio amser yn yr ardal leol

Y dewisiadau mwyaf poblogaidd gan 874 o oedolion oedd:

- Gwell cefnogaeth i blant sy'n bryderus neu'n teimlo'n isel
- Amddiffyn plant rhag trais a cham-drin yn y cartref
- Mwy o help i blant a theuluoedd sydd heb ddigon o arian

In every survey, we asked people to choose the issues that they think I should focus on. Here's what you all said:

The most popular choices from 758 children aged between 3 and 7 were:

- More places to play
- More money for families

The most popular choices from 2,909 children aged between 7 and 11 were:

- Stopping children being bullied
- Helping children and families who don't have enough money
- Making local areas safer for children

The most popular choices from 2,294 children and young people aged between 11 and 18 were:

- Stopping young people being bullied
- Protecting children from violence and abuse in the home
- Better places for young people to spend in the local area

The most popular choices from 874 adults were:

- Better support for children who are worried or feeling low
- Protecting children from violence and abuse in the home
- More help for children and families who don't have enough money

Beth bydda i'n ei wneud â'r holl wybodaeth yma

Bydd yr wybodaeth sydd wedi cael ei chasglu fel rhan o brosiect Beth Nesa yn cael effaith fawr ar sut bydda i'n gweithio yn ystod y blynedd nesaf.

Dyma restr o'r materion y bydda i'n canolbwyntio arny'n nhw yn ystod y 3 blynedd nesaf:

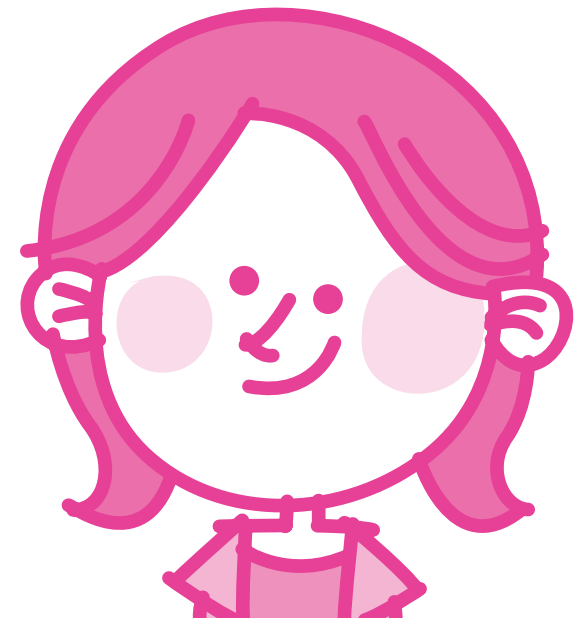
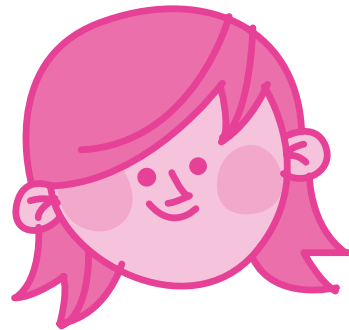
- Cefnogaeth i blant a phobl ifanc sy'n bryderus neu'n teimlo'n isel, a thaclo bwlio
- Mwy o help i blant mewn ardaloedd tlawd
- Lleoedd i chwarae a threulio amser yn y gymuned
- Diogelwch – yn y gymuned, yr ysgol a gartref.
- Rhoi gwybod i fwy o bobl am hawliau plant, a gwneud yn siŵr bod y Llywodraeth a sefydliadau eraill yn cymryd hawliau plant o ddifri
- Cefnogaeth i bobl ifanc fel ei bod hi'n hawdd iddyn nhw addasu i fywyd oedolyn.

Cofiwch, os byddwch chi eisiau darllen yr adroddiad llawn ar ganlyniadau arolygon Beth Nesa I What Next, gallwch chi fynd i

www.complantcymru.org.uk/cy/cyhoeddiadau



www.complantcymru.org.uk
www.childcomwales.org.uk



0808 801 1000 / 80800*

* neges test, gan ddechrau'r neges â Com / text message – start your message with Com

What I'll be doing with all this information

The information collected as part of the Beth Nesa project will have a big impact on how I work over the next few years.

Here is a list of issues I will be focusing on for the next 3 years:

- Tackling bullying and more support for children and young people who are worried or feeling low
- More help for children in poor areas
- Places to play and spend time in the community
- Safety – in the community, school and at home
- Letting more people know about children's rights, and making sure Government and other organisations take children's rights seriously
- Support for young people to make sure it's easy for them to adjust to adult life.

Remember, if you want to read the full report on the results of the Beth Nesa I What Next surveys, you can go to

www.childcomwales.org.uk/en/publications