

## Stepping out - (Welsh on Page 4 / Cymraeg ar dudalen 4)

Choose characters in advance from the list on the next page – make sure you have a mix of adults and young people. **Scroll down character list for ones to use online by birthday.**

### The activity

Explain to the group that for this activity they need to make stereotypical judgements about the character profile they have (e.g. white male head teacher aged 55).

1. **If in the room together** - Give each participants a character and ask them to keep it private. Ask them to stand against a wall/in a line.  
**If online** - tell them to look at the chat. There will be a list of characters and months of the year. Tell the group to choose a character based on the month of their birthday. Ask them **not** to share who their character is yet.
2. Explain you will read out some statements/questions and if their character can answer yes to the question they should take a step forward if in same room/ hold up a finger on screen if online (make sure you have asked people to turn camera on!)
3. Choose 6- 8 questions (from the list below) and run the activity.
4. Ask a few people to share who they were based on how many steps they took/ how many fingers they held up.
5. Ask the group what the main difference is between the characters? The answer is age – the characters who have taken more steps/ holding up lots of fingers are usually adults.
6. Explain that adults often make decisions about young people's lives and hold more power. This is why we have children's rights and a Children's Commissioner to help and support children and young people.
7. You could ask - what can those who have most power do to help those who have least power over their lives?

### Extension

8. You can go on to outline some rights that children have and ask the participants to step forward/ Hold up a finger if they get these e.g. Right to play, Right to education, right to live with both parents if this is what is best for you.
9. Explain that the UNCRC and the role of CCfW is to narrow this gap and support children and young people to access their rights

## Questions –

1. Can you choose what you wear?
2. Can you choose what you eat?
3. Can you openly practice your religion?
4. Do you think it will be easy for you to get a job?
5. Can you get to see and talk to your family when you want to?
6. Can you drive a car?
7. You've decided to move house, can you sign a tenancy agreement?
8. Can you vote in the next election?
9. Can you stand to be a councillor?
10. Can you choose where you would like to live?
11. Do you know how to get legal help if you get into trouble?
12. Can you meet with friends when you want to?
13. Are you consulted in issues that affect your life?
14. Have you or are you likely to go to university
15. Can people easily understand your thoughts and feelings?
16. Can you easily complain about services you receive?
17. Do the media portray you in a positive light?
18. Can you access your rights?

## Character profiles

### Young people

- A BOY ON A SCHOOL COUNCIL AGED 15
- A GIRL AGED 12 WITH ANXIETY
- A 7 YEAR OLD WITH SEVERE ALLERGIES
- A 10 YEAR OLD YOUNG CARER
- A YOUNG PERSON DETAINED IN A YOUTH PRISON AGED 17
- A SINGLE MUM AGED 17
- A 15 YEAR OLD BOY WHO IS GAY
- A REFUGEE AGED 11
- A 16 YEAR OLD LIVING IN A HOSTEL FOR HOMELESS PEOPLE
- A TRANS YOUNG PERSON AGED 16
- A MUSLIM GIRL AGED 14
- A BOY WHO USES A WHEELCHAIR AGED 15
- A LOOKED AFTER CHILD IN FOSTER CARE AGE 8
- A BABY AGED 18 MONTHS
- A 5 YEAR OLD WHO IS ACUTELY SHY

### Adults

- A SUCCESSFUL BUSINESS WOMAN AGED 35
- A HEADTEACHER AGED 55
- A HEALTH VISITOR AGED 45
- A SOCIAL WORK STUDENT AGED 24

- THE CHILDREN'S COMMISSIONER FOR WALES
- A MALE JUDGE AGED 63
- A POLICE OFFICER AGED 33
- A TEACHING ASSISTANT AGED 28
- A YOUTH WORKER AGED 35
- A MEMBER OF THE SENEDD AGED 58
- A FEMALE TEACHER AGED 37
- A LOCAL COUNCILLOR AGED 45
- A LAWYER AGED 33
- A GRANDPARENT AGED 72

**Months for use online – you can adapt any of these to suit audience e.g. if in health add health visitor, if working in social care add social worker or child on CAMHS unit.**

January - 5 YEAR OLD WHO IS ACUTELY SHY

February - A 10 YEAR OLD YOUNG CARER

March - A YOUNG PERSON DETAINED IN A YOUTH PRISON AGED 17

April - REFUGEE AGED 11

May - A LOOKED AFTER CHILD IN FOSTER CARE AGE 8

June - A BABY AGED 18 MONTHS

July - THE CHILDREN'S COMMISSIONER FOR WALES

August - A SUCCESSFUL BUSINESS WOMAN AGED 35

September - A HEADTEACHER AGED 55

October - A HEALTH VISITOR AGED 45

November A MALE JUDGE AGED 63

December - A POLICE OFFICER AGED 33

## Camu ymlaen

Dewiswch 12 cymeriad o flaen llaw o'r rhestr ar y tudalen nesaf – gwnewch yn siŵr i gael cymysg o oedolion a phobl ifanc. **Sgroliwch lawr y rhestr o gymeriadau a defnyddiwch y cymeriad sy'n gysylltiedig â mis eich penblwydd.**

### Y gweithgaredd

Esboniwch i'r grŵp bydd angen iddyn nhw wneud penderfyniadau ystrydebol (stereotypical) am eu cymeriadau ar gyfer y gweithgaredd (e.e. pennaeth ysgol gwyn oed 55).

1. **Os ydych chi mewn ystafell gyda'ch gilydd** - Rhewch gymeriad i bob cyfranogwr a gofynnwch iddynt i gadw'r cymeriad yn breifat. Gofynnwch iddyn nhw sefyll yn erbyn wal/mewn llinell.  
**Os ar-lein** - dywedwch wrthyn nhw i edrych ar y sgwrs. Bydd rhestr o gymeriadau a misoedd y flwyddyn. Dywedwch wrth y grŵp i ddewis cymeriad yn seiliedig ar fis eu pen-blwydd. Gofynnwch iddyn nhw **beidio** â rhannu pwy yw eu cymeriad eto.
2. Esboniwch byddwch chi'n darllen datganiadau/cwestiynau ac os gallai eu cymeriadau ateb 'ie' i'r cwestiwn, dylent gymryd cam ymlaen os ydynt yn yr un ystafell / dal ei bys i fyny ar y sgrin os ydych ar-lein (gwnewch yn siŵr eich bod wedi gofyn i bobl droi eu camerau ymlaen)
3. Dewiswch 6-8 cwestiwn (o'r rhestr isod) a rhedeg y gweithgaredd.
4. Gofynnwch i rai pobl rannu pwy oedden nhw ar sail y nifer o gamau a gymerwyd ganddyn nhw / faint o fysedd oedd ganddyn nhw.
5. Gofynnwch i'r grŵp beth yw'r prif wahaniaeth rhwng y cymeriadau? Yr ateb yw oedran - mae'r cymeriadau sydd wedi cymryd mwy o gamau / sydd yn dal llawer o fysedd i fyny fel arfer yn oedolion.
6. Eglurwch fod oedolion yn aml yn gwneud penderfyniadau am fywydau pobl ifanc ac yn meddu ar fwy o bŵer. Dyna pam mae gennym ni hawliau plant a Chomisiynydd Plant i helpu a chefnogi plant a phobl ifanc.
7. Gallwch ofyn –beth allai'r rheini gyda mwy o bŵer gwneud i helpu'r cymeriadau gyda llai o bŵer?

## Estyniad

8. Gallwch fynd ymlaen i amlinellu rhai hawliau sydd gan blant a gofyn i'r rhai sy'n cymryd rhan gamu ymlaen/dal bys i fyny os ydyn nhw'n cael rhain e.e. hawl i chwarae, hawl i addysg, hawl i fyw gyda'r ddau riant os mai dyma sydd orau i chi.
9. Eglurwch taw rôl Comisiynydd Plant Cymru a'r CCHUP yw i gau'r bwloch hwn a chefnogi plant a phobl ifanc i gael mynediad at eu hawliau.

## Cwestiynau

1. Ydych chi'n gallu dewis beth i wisgo?
2. Ydych chi'n gallu dewis beth i fwyta?
3. Ydych chi'n gallu ymarfer eich crefydd?
4. Ydych chi'n credu bydd e'n hawdd i chi gael swydd?
5. Ydych chi'n gallu gweld a siarad â'ch teulu pryd bynnag chi'n eisiau?
6. Ydych chi'n gallu dreifio car?
7. Rydych chi wedi penderfynu symud tŷ, ydych chi'n gallu arwyddo cytundeb tenantiaeth?
8. Ydych chi'n gallu pleidleisio yn yr etholiad nesaf?
9. Ydych chi'n gallu sefyll i fod yn gynghorydd
10. Ydych chi wedi bod, neu'n debygol, o fynd i'r brifysgol?
11. Ydy pobl yn gallu deall eich teimladau a'ch meddyliau yn hawdd?
12. Ydych chi'n gallu cwyno am wasanaethau chi'n derbyn yn hawdd?
13. Ydy'r cyfryngau yn portreadu chi mewn ffordd bositif?
14. Ydych chi'n gallu cael mynediad i'ch hawliau?

## Cymeriadau

### Pobl ifanc

- BACHGEN AR Y CYNGOR YSGOL 15 OED
- MERCH GYDAG ANHWYLDER GORBRYDER (ANXIETY) 12 OED
- PLENTYN GYDAG ALERGEDD DIFRIFOL 7 OED
- GOFALWR IFANC 10 OED
- PERSON IFANC A GADWIR MEWN CARCHAR IEUENCTID 17 OED
- MAM SENGL 17 OED
- BACHGEN 15 OED SY'N HOYW
- FFOADUR (REFUGEE) 11 OED
- PERSON IFANC 16 OED SY'N BYW MEWN HOSTEL AR GYFER POBL DI-GARTREF
- MERCH FWSLIMAIDD 14 OED
- BACHGEN MEWN CADAIR OLWYN 15 OED

- PLENTYN MEWN GOFAL 8 OED
- BABI 18 MIS
- PLENTYN SWIL IAWN 5 OED

#### Oedolion

- MENYW BUSNES LLWYDDIANNUS 35 OED
- PENNAETH YSGOL 55 OED
- YMWELYDD IECHYD 45 OED
- MYFYRIWR GWAITH CYMDEITHASOL 24 OED
- COMISIYNYDD PLANT CYMRU
- BARNWR 63 OED
- SWYDDOG HEDDLU 33 OED
- CYNORTHWYDD DOSBARTH 28 OED
- GWEITHIWR IEUENCTID 35 OED
- AELOD O'R SENEDD 58 OED
- ATHRAWES YSGOL 37 OED
- CYNGHORYDD LLEOL 45 OED
- CYFREITHIWR 33 OED
- MAMGU/TADCU 72 OED

**Misoedd i'w defnyddio ar-lein – gallwch addasu unrhywun o rhain i weddu eich cynulleidfa e.e. os ydych chi gweithio mewn maes iechyd, ychwanegwch ymwelydd iechyd, os ydych chi'n gweithio mewn maes gofal cymdeithasol, ychwanegwch weithiwr cymdeithasol neu blentyn ar uned CAMHS.**

Ionawr – PLENTYN SWIL IAWN 5 OED

Chwefror – GOFALWR IFANC 10 OED

Mawrth – PERSON IFANC A GADWIR MEWN CARCHAR IEUENCTID 17 OED

Ebrill – FFOADUR (REFUGEE) 11 OED

Mai – PLENTYN MEWN GOFAL 8 OED

Mehfin – BABI 18 MIS

Gorffennaf – COMISIYNYDD PLANT CYMRU

Awst – MENYW BUSNES LLWYDDIANNUS 35 OED

Medi – PENNAETH YSGOL 55 OED

Hydref – YMWELYDD IECHYD 45 OED

Tachwedd – BARNWR 63 OED

Rhagfyr – SWYDDOG HEDDLU 33 OED