

Dydd Sadwrn



23:56

Saturday



Llywodraeth Cymru
Welsh Government

Mae Huw yn gobeithio byddant yn chwarae ei hoff gân

Huw is hoping they play his favourite song

Mae Aaliya yn gobeithio am encore

Aaliya is hoping for an encore

Mae Mair yn gobeithio na fydd ei chariad yn gas eto heno

Mair is hoping her boyfriend's not angry again tonight

Credu bod chi'n gwybod beth yw cam-drin domestig?

Does dim rhaid iddo fod yn dreisgar. Mae rheoli bywyd rhywun - eu bwyd, eu gwisg, â phwy mae nhw'n siarad, ble mae nhw'n mynd - yn gam-drin.

Mewn holiadur ar-lein i fyfyrwyr Cymru, dywedodd 72% o'r ymatebwyr benywaidd eu bod wedi profi rhyw ffurf o gam-drin.

Os ydych chi'n dioddef o gam-drin domestig, neu'n adnabod rhywun sy'n dioddef, ffoniwch y llinell gymorth gyfrinachol, 24 awr yn rhad ac am ddim:

0808 80 10 800 #BywHebOfn

llyw.cymru/bywhebofn

Think you know what domestic abuse looks like?

It doesn't have to be violent. Controlling someone's life - what they eat, what they wear, who they talk to, where they go - is abuse.

In an online survey aimed at students in Wales 72% of female respondents said they had experienced some form of abuse.

If you are a victim of domestic abuse, or think you know someone who is, call the free, confidential, 24 hour helpline for some impartial advice:

0808 80 10 800 #LiveFearFree

gov.wales/livefearfree