

Dydd Llun



Monday



Llywodraeth Cymru
Welsh Government

13:10

Mae Dan yn
chwilio am
ddillad newydd

Dan is searching
for new clothes

Mae Lois yn gorfod
gwisgo beth mae
ei chariad am iddi
wisgo

Lois has to wear
what her boyfriend
tells her to

Mae Kate yn archebu
gwisg nofio newydd

Kate is ordering
a new swimsuit

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