

Os wyt ti'n cael dy
fwlio...

If you are being
bullied...



Llywodraeth Cymru
Welsh Government

www.llyw.cymru
www.gov.wales

Siarada â dy rieni, athro neu ffrind. Neu ffonia
meic am ddim ar 080880 23456 neu tecstia 84001

Talk about it to your parents, a teacher or friend or call
meic free on 080880 23456 txt 84001

www.meiccymru.org

