

Cynllun Gweithredu LHDTC+ Cymru

Wedi'i gyhoeddi yn 2023, mae Llywodraeth Cymru eisiau sicrhau mai Cymru fydd y wlad fwyaf cyfeillgar i bobl LHDTC+ yn Ewrop. Mae'n nod uchelgeisiol, ond maen nhw'n credu y gallan nhw gefnogi pob person LHDTC+ yng Nghymru i fyw eu bywyd llawnaf: bod yn iach, bod yn hapus, a theimlo'n ddiogel.

Mae eu cynllun gweithredu yn ymwneud â chynhwysiant LHDTC+ yn y gweithle, bywyd yng Nghymru, addysg, cymuned, preifat a bywyd teuluol ymhlith eraill, ac mae'n cynnwys fersiynau 'hawdd eu darllen' ac i 'bobl ifanc'.

[Cynllun Gweithredu LHDTC+ i Gymru | GOV. CYMRU](#)

LHDTC + Dolenni / gwybodaeth ddefnyddiol
Nod y wybodaeth hon [Cyrchwyd Mai 2024] yw cefnogi'r darlennydd, boed yn blentyn, yn rhieni/gofalwyr neu'n Weithwyr Chwarae, i ddeall, cydnabod a dathlu'r amrywiaeth yng nghymunedau Cymru.

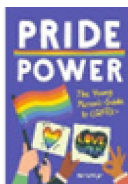
- [NCPCC - Diogelu plant a phobl ifanc LHDTC+](#)
- [Young Minds: Hunaniaeth ryweddol](#)
- [Mae FFLAG yn sefydliad gwirfoddol cenedlaethol ac elusen gofrestredig, sy'n ymroddedig i gefnogi teuluoedd ac anwyliad.](#)
- [FFLAG: Sut ydych chi'n dweud wrth fy rhieni fy mod i'n hoyw/lesbiaidd/deurywiol, llyfryn rhieni.](#)
- [fflag: Llyfryn 'Sut ydych chi'n dweud wrth fy Rhieni fy mod i'n Trawsryweddol'](#)
- [Mae bod yn hoyw yn iawn yn darparu cyngor a gwybodaeth i bobl o dan 25 oed LHDTC+. \(Mae Sonicwall yn blocio'r wefan hon ond mae'n gyfreithlon ac yn llawn gwybodaeth ddefnyddiol <https://bgiok.org.uk/>\)](#)
- [Crëwyd Cylch i Bawb: Croesawu pob teulu gyda'n pecyn LHDTC+](#) gan Mudiad Meithrin ac mae'n rhoi'r offer i ymarferwyr wella eu gwybodaeth o weithio gyda theuluoedd LHDTC+ a sicrhau bod eu lleoliad yn groesawgar, cynhwysol a pharchus at bawb.



Llyfrau

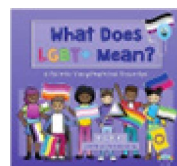
Darllenwch am restr BookTrust o lyfrau LHDTC+ i blant 8-12 oed [yma](#)

Yn ychwanegol:



Pride Power! Mae'n ddathliad o'r gymuned LHDTC+ a bydd yn eich helpu i lywio rhagenwau a themau allweddol, dysgu am hanes diddorol Pride a diwylliant queer modern.

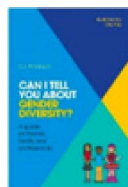
Mae'r canllaw hwn ar gyfer pobl ifanc 11+ oed i'w cyflwyno i bŵer Pride a'r gymuned LHDTC+.



Mae'r llyfr hwn yn archwilio hunaniaeth, ailbennu-rhywedd, rhywedd, cariad, rhywioldeb, gwahaniaethu, braint, cynghreiriaeth, balchder a mwy. Gellir gwyllo rhai

o'r penodau eisoes fel fideos animeiddiedig yn youtube.com/popnolly

Wedi'i anelu at CH&YP uchaf rhwng 5 a 14 oed.



Mae Kit, bachgen 12 oed sy'n uniaethu fel bachgen, yn esbonio popeth am amrywiad rhywedd, y profiad o bontio meddygol a sut y gall ei deulu, ei ffrindiau a'i ysgol ei gefnogi. Bydd y cyflwyniad

darluniadol hwn i amrywiaeth rhywedd yn ganllaw a dechreuwr trafodaeth cefnogol.

Addas ar gyfer plant 11+, yn ogystal â darlennwyr hŷn.

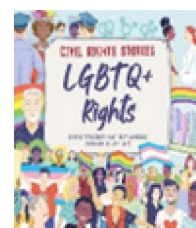


Cyfres Heartstopper Cyfrol 1-5

Mae'r bachgen yn cwrd â bachgen. Mae'r bechgyn yn dod yn ffrindiau. Mae bechgyn yn syrthio mewn cariad. Nofel graffig LHDTC

+ sy'n gwerthu orau am fywyd, cariad a phopeth sy'n digwydd yn y canol.

Ar gyfer plant a phobl ifanc 12 oed +



Mae'r llyfr hwn yn egluro hawliau sifil, a'r rhesymau pam mae pobl LHDTC+ wedi gorfod ymladd dros hawliau cyfartal, mewn ffordd hygyrch i ddarlennwyr iau.

Ar gyfer plant rhwng 6 a 10 oed.

Gwefannau cymorth

- [Bwlio ac Aflonyddu | Metra](#)
- [Childline | Childline](#)
- [Cysylltu â ni | Samariaid](#)

Clybiau i Bobl Ifanc

Grŵp Ieuentid LHDTC+ GoodVibes, Abertawe

Mae YMCA Abertawe yn gweithio mewn partneriaeth â Llinell Gymorth a Gwasanaeth Cynghori LHDTC+ Cymru. Mae GoodVibes yn lle diogel a chyfeillgar i bobl ifanc a chynghreiriaid LHDTC+, rhwng 11 a 25 oed, i gymdeithasu a gwneud ffrindiau newydd, mewn amgylchedd cyfrinachol, i fod i ffwrdd o ragfarn.

Pryd a ble: Mae'r Grŵp Ieuentid LHDTC+ yn rhedeg bob dydd Mawrth 5.30-7.30pm, YMCA, Abertawe.
E-bost: sam@lgbtcymru.org.uk

Grŵp Ieuentid LHDTC+, Caerdydd

Amgylchedd cyfeillgar a diogel sy'n eich galluogi i ddod yn ffrindiau gyda phobl o'r un anion, wrth gymdeithasu, chwarae chwaraeon, gwneud celf a chrefft, cymryd rhan mewn gweithdai ac weithiau teithiau allan a phreswyl. Mae'r grŵp hwn wedi'i anelu'n bennaf at bobl ifanc 13-21 oed, <https://cathays.org.uk/youth/impact/>

Pryd a ble: Dydd Mawrth 5yh - 7 yh yn y Neuadd Bingo, 36-38 Cathays Terrace, Caerdydd, Cathays, CF24 4HX. Cost: £1 y sesiwn

Cymorth Ieuentid LHDTC+ yng Ngwynedd: Mannau Diogel, Cysylltiad a Grymuso, Caernarfon

Mae Prosiect Ieuentid LHDTC+ yn ymroddedig i ddarparu cefnogaeth i bobl ifanc sy'n nodi eu bod yn LHDTC+. Trwy ddarparu lle diogel ar gyfer hunanfyneiant a chysylltiad, mae'r prosiect yn grymuso pobl ifanc rhwng 14-25 oed i gofleidio eu hunaniaeth yn hyderus.

Pryd a ble: Caernarfon: Bob dydd Mawrth 6yh-8yh; Blaenau Ffestiniog: Bob dydd Mercher 5:30yh-7:30yh; Pwllheli: Bob dydd Iau 5:30yh-7:30yh
<https://www.gisda.org/en/projects/lgbt-youth-club>

Mai 2024

Clybiau Plant Cymru Kids' Clubs

[Cysylltiadau Cymdeithasol Clybiau Plant Cymru Kids' Clubs](#)



The LGBTQ+ Action Plan for Wales

Published in 2023, the Welsh Government wants to make Wales the most LGBTQ+ friendly nation in Europe. It is an ambitious goal, but they believe they can support all LGBTQ+ people in Wales to live their fullest life: to be healthy, to be happy, and to feel safe.

Their action plan relates to LGBTQ+ inclusion in the workplace, Welsh life, education, community, private and family life amongst other and includes 'easy read' and 'young people' versions.

[LGBTQ+ Action Plan for Wales | GOV.WALES](#)

LGBTQ+ Useful links/information

This information [Accessed May 2024] is aimed at supporting the reader, whether that be a child, parents/careers or Playworkers, to understand, recognise and celebrate the diversity in Welsh communities.

- [NCPCC - Safeguarding LGBTQ+ children and young people](#)
- [Young Minds: Gender identity](#)
- FFLAG a national voluntary organisation and registered charity, dedicated to supporting families and loved ones.
- [FFLAG: How Do I Tell My Parents I'm Gay/ Lesbian/Bisexual, Parents Booklet](#)
- [fflag: How Do I Tell My Parents I'm Transgender Booklet](#)
- [Being Gay is OK](#), Provides advice and information for LGBTQ+ people under 25. (sonicwall blocks this website but it is legitimate and full of useful information <https://bgiok.org.uk/>)
- [Cylch i Bawb: Welcoming all families with our LGBTQ+ pack](#) was created by Mudiad Meithrin and provides practitioners with the tools to enhance their knowledge of working with LGBTQ+ families and ensure that their setting is welcoming, inclusive, and respectful to all.

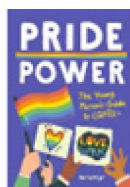
Support websites

- [Bullying & Harassment | Meta](#)
- [Childline | Childline](#)
- [Contact Us | Samaritans](#)



Books

Read about BookTrust's list of LGBTQ+ books for children AGED 8-12 [here](#)
In addition:



Pride Power! is a celebration of the LGBTQIA+ community and will help you to navigate pronouns and key terms, learn about the fascinating history of Pride and modern queer culture.

This guide is for young people aged 11+ to introduce them to the power of Pride and the LGBTQIA+ community.



This book explores identity, assigned sex, gender, love, sexuality, discrimination, privilege, allyship, pride and more. Some of the chapters can already be watched as animated videos at youtube.com/popnolly

Aimed at upper CH&YP aged between 5-14 years.



Kit, a 12 year old who identifies as a boy, explains all about gender variance, the experience of medical transition and how his family, friends and school can

support him. This illustrated introduction to gender diversity will be a helpful guide and discussion starter.

Aimed at children 11+, as well as for older readers.

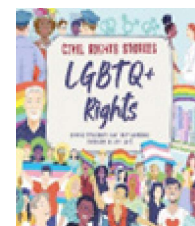


Heartstopper series Volume 1-5

Boy meets boy. Boys become friends. Boys fall in love. A bestselling LGBTQ+ graphic novel about life, love, and everything that

happens in between.

Aimed at children and young people 12 years +



This book explains civil rights, and the reasons why LGBTQ+ people have had to fight for equal rights, in an accessible way for younger readers.

Aimed at children 6 to 10 years.

Clubs for Young People

GoodVibes LGBTQ+ Youth Group, Swansea

YMCA Swansea works in partnership with LGBTQ+ Cymru Helpline & Counselling Service. GoodVibes is a safe and friendly place for LGBTQ+ young people and allies, from the ages of 11 – 25, to hang out and make new friends, in a confidential environment, to be away from prejudice.

When and where: The LGBTQ+ Youth Group runs every Tuesday 5.30–7.30pm, YMCA, Swansea.

Email: sam@lgbtqcymru.org.uk

LGBTQ+ youth group, Cardiff

A friendly and safe environment which allows you to become friends with like-minded people, while socialising, playing sports, doing arts & crafts, taking part in workshops and sometimes trips out and residential. This group is mainly aimed towards 13–21 year olds, <https://cathays.org.uk/youth/impact/>

When and where: Tuesday 5pm – 7 pm in the Bingo Hall, 36–38 Cathays Terrace, Cardiff, Cathays, CF24 4HX. Cost: £1 per session

LGBTQ+ Youth Support in Gwynedd: Safe Spaces, Connection & Empowerment, Caernarfon

LGBTQ+ Youth Project is dedicated to providing support to young people identifying as LGBTQ+. By providing a safe space for self-expression and connection, the project empowers young people between the age of 14–25 to embrace their identities with confidence.

When and Where: Caernarfon: Every Tuesday 6pm–8pm; Blaenau Ffestiniog: Every Wednesday 5:30pm–7:30pm; Pwllheli: Every Thursday 5:30pm–7:30pm
<https://www.gisda.org/en/projects/lgbt-youth-club>

May 2024

Clybiau Plant Cymru Kids' Clubs

[Clybiau Plant Cymru Kids' Clubs' Socials Links](#)

