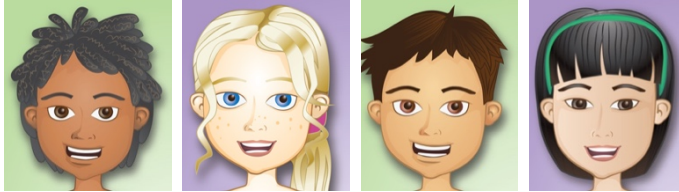


# Addysg Cydberthynas a Rhywioldeb

## GWYBODAETH AR GYFER RHIENI/GOFALWYR



Mae Addysg Cydberthynas a Rhywioldeb (ACRh) yn faes gorfodol o fewn y Cwricwlwm i Gymru 2022.

Mae ein rhaglen ACRh ysgol gyfan yn gynhwysol ac yn seiliedig ar hawliau a thegwch rhwng y rhywiau yn unol â gofynion Canllawiau a'r Cod Cenedlaethol 2021, Llywodraeth Cymru.

Mae'r ysgol yn cydnabod bod rhieni/gofalwyr yn hanfodol i lwyddiant ein rhaglen ACRh. Mae'r daflen hon yn amlinellu rhai o'r cynnwys gorfodol a gyflwynir fel rhan o raglen ACRh ysgol gyfan.

*Mae tystiolaeth yn pwysleisio pan fo plant a phobl ifanc yn derbyn ACRh effeithiol yn gynnar eu bod yn fwy tebygol o gadw eu hunain yn ddiogel a gwneud dewisiadau gwybodus a doeth ynglŷn â'u iechyd a'u lles.*

Delweddau o becyn adnoddau Teach Health 4 Kids



ar y cyd â



Teach Health 4 Kids 2022. Cedwir Pob Hawl

### Yn Cam cynnydd 1 (3 oed i fyny)

#### Bydd y plant yn:

- Deall amrywiaeth o ran teuluoedd a chydberthnasau a pham mae'r rhain yn bwysig.
- Defnyddio terminoleg gywir ar gyfer pob un o rannau'r corff.
- Ymwybodol o'r ffordd y mae cyrff dynol yn newid wrth iddynt dyfu.
- Ymwybodol o bwysigrwydd hunanofal a hylendid personol.
- Cydnabod bod corff pawb yn unigryw ac yn arbennig iddyn nhw.



- Ymwybodol o hawl pawb i breifatrwydd, ffiniau personol a pha rannau o'r corff sy'n breifat.
- Gallu cyfathrebu os oes rhywun yn cyffwrdd â nhw mewn ffordd sy'n gwneud iddynt deimlo'n anghyfforddus.
- Ymwybodol o sut i adnabod ymddygiadau cadarnhaol a niweidiol, gan gynnwys bwlio.

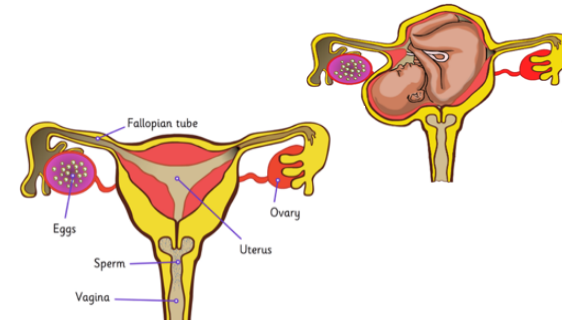
### Yn Cam cynnydd 2 (7 oed i fyny)

#### Bydd y plant yn:

- Adnabod nodweddion gwahanol deuluoedd a chyfeillgarwch ac amrywiaeth y cydberthnasau hyn.
- Deall pwysigrwydd cydraddoldeb o ran rhyw a rhywedd.
- Deall gwahanol fathau o ymddygiad niweidiol neu gamdriniol a'r rôl y gall technoleg ei chwarae.
- Datblygu sgiliau i adeiladu ymddygiadau a chydberthnasau cydsyniol a gwybod sut i ymateb yn ddiogel i ymddygiadau a chydberthnasau anghydsyniol all-lein ac ar-lein.
- Deall sut i gadw'n ddiogel ar-lein.

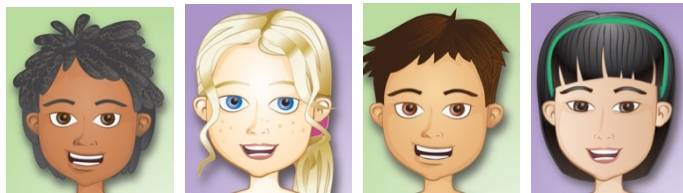


- Deall sut mae plant a phobl ifanc yn profi newidiadau yn ystod y glasoed.
- Deall sut i reoli hunanofal a hylendid personol, gan gynnwys pwysigrwydd lles mislif.
- Deall sut y mae organau atgennedlu yn datblygu yn y corff dynol.
- Deall ffrwythlondeb a phrosesau atgennedlu.
- Adnabod y broses ar gyfer beichiogrwydd a genedigaeth.



# Relationships and Sexuality Education

## INFORMATION FOR PARENTS/CARERS



Relationships and Sexuality Education (RSE) is mandatory within the Curriculum for Wales 2022.

Our whole school RSE programme is inclusive, holistic, rights and gender equity based and conforms with the National Guidance and Code 2021.

The school acknowledges that parents/carers are essential to the success of our RSE programme. This leaflet outlines some of the broad mandatory content that will be taught within our whole school RSE programme.

*Evidence emphasises that children and young people who have received effective early RSE are more likely to keep themselves safe and make informed choices in respect of their health and wellbeing.*

Images from Teach Health 4 Kids resources



in association with

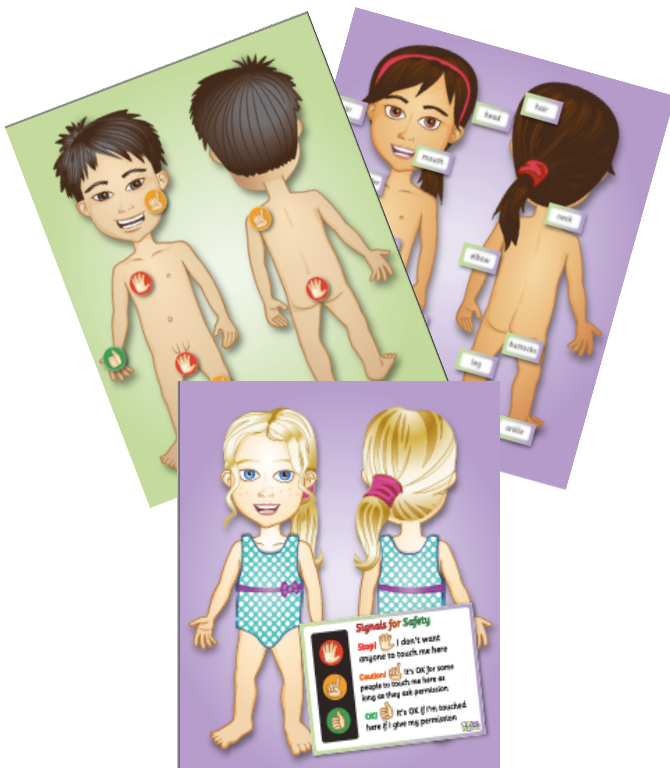


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### In Progression step 1 (from age 3 upwards)

#### Children will:

- Understand diversity of families and relationships and why these are important.
- Use accurate terminology for all body parts.
- Be aware of how human bodies change as they grow.
- Understand the importance of personal self-care and hygiene.
- Recognise that everyone's body is unique and special to them.



- Understand everyone's right to privacy, personal boundaries and which parts of the body are private.
- Be able to communicate if someone is touching them in a way that makes them feel uncomfortable.
- Be able to recognise positive and harmful behaviours, including bullying.

### In Progression step 2 (from age 7 upwards)

#### Children will:

- Be aware of the characteristics of different families and friendships and their diversity.
- Understand the importance of sex and gender equality.
- Understand different kinds of harmful or abusive behaviour and the role technology can play.
- Develop skills to build consensual relationships and know how to safely respond and report harmful behaviours and relationships offline and online.
- Understand how to keep safe online.



- Understand how children and young people experience changes during puberty.
- Know how to manage personal self-care and hygiene, including the importance of menstrual well-being.
- Understand how reproductive organs develop in the human body.
- Understanding fertility and the processes of reproduction..
- Recognise the process of pregnancy and birth.

