

Datblygiad Personol a Pherthnasoedd

Pamffled Gwybodaeth i rieni

Fel rhan o'r gwaith i ddatblygu Addysg Personol a Chymdeithasol yn yr ysgol mae'n ofynnol cyflwyno gwersi ar Ddatblygiad Personol a Pherthnasoedd. Pwrpas y pamffled yma yw i rannu gwybodaeth gyda chi am yr hyn â fydd yn cael ei gyflwyno i'r plant.

Byddwn yn dysgu Datblygiad Personol a Pherthnasoedd i ddisgyblion trwy:

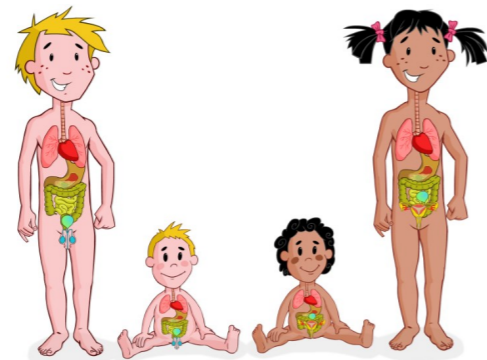
- Cyfnodau Amser Cylch.
- Adnoddau 'Tyfu i Fyny'
- Adnoddau Sense 'Tyfu i Fyny a Chadw'n Ddiogel'
- Llyfrau straeon.
- Pynciau penodol yn y Cwricwlwm Cenedlaethol e.e. Gwydoniaeth, ABCh ac Addysg Grefyddol,



Deilliannau Dysgu Y Cyfnod Sylfaen

Ar ddiwedd cyfres o wersi bydd disgyblion Blwyddyn 2 yn:

- Medru gwahaniaethu rhwng cyffyrddiad priodol a chyffyrddiad amhriodol.
- Gwybod yr enwau cywir am rannau o'r corff er mwyn gwahaniaethu rhwng gwryw a benyw. Y termau y byddwn yn eu defnyddio yw pidyn (penis) a ceilliau (testicles) i wrywod a bronau (breasts) a fagina / gwain (vagina) i fenywod.



Deilliannau Dysgu Blwyddyn 3 a 4

Ar ddiwedd cyfres o wersi bydd y disgyblion yn:

- Deall pwysigrwydd diogelwch personol.
- Deall beth ddylid ei wneud neu at bwy y dylid mynd pan na fyddan nhw'n teimlo'n ddiogel.
- Cymryd cyfrifoldeb cynyddol dros gadw'r meddwl a'r corff yn ddiogel ac iach. □
- Gwerthfawrogi teulu a ffrindiau fel ffynhonnell o gymorth i'w gilydd.
- Datblygu parch atynt eu hunain ac at bobl eraill.
- Deall sut mae gwerthoedd diwylliannol a chredoau crefyddol yn llywio'r ffordd mae pobl yn byw. □ Gwerthfawrogi amrywiaeth a chydabod pwysigrwydd cyfle cyfartal.

Deilliannau Dysgu

Blwyddyn 5 a 6

Ar ddiwedd cyfres o wersi bydd y disgyblion yn deall:

- Y rhesymau dros y newidiadau corfforol ac emosiynol sy'n digwydd yn ystod y glasoed (Bl5 a 6); gan gynnwys cenhedliad, beichiogrwydd a genedigaeth (Bl6 yn unig). □
- Ystod eu teimladau a'u hemosiynau eu hunain a theimladau, ac emosiynau pobl eraill.
- Beth ddylid ei wneud neu at bwy y dylid mynd pan na fyddan nhw'n teimlo'n ddiogel.



Mae croeso i chi i gysylltu â'r ysgol os dymunwch i weld copi o'r polisi, yr adnoddau neu am sgwrs ynglŷn â'r gwersi Datblygiad Personol a Pherthnasoedd.

Personal Development and Relationships

Information for Parents

As part of the work to develop Personal and Social Education in school it is necessary for us to present Personal Development and Relationships Education. The purpose of this pamphlet is to provide you with information on what will be introduced to the children.

Personal Development and Relationships will be introduced to pupils through:

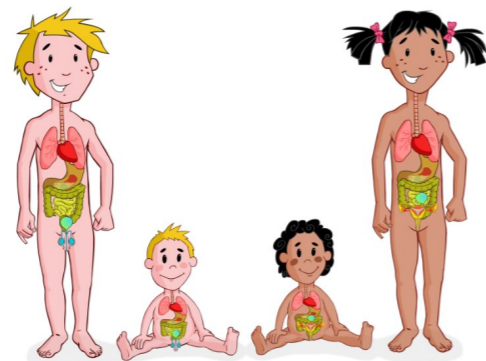
- Circle time activities.
- 'Growing Up' resources.
- Sense resources 'Growing Up and Keeping Safe'.
- Story books.
- Curriculum subjects e.g. Science, Religious Education.
- Personal and Social Education programmes.



Learning Outcomes for the Foundation Phase

By the end of year 2 pupils will be able to: □

- Differentiate between appropriate and inappropriate touching.
- Use the correct words to name parts of the body in order to differentiate between male and female. The terms we will be using are pidyn (penis) and ceilliau (testicles) for males and bronnau (breasts) and fagina (vagina) for females.



Learning Outcomes Years 3/4

Following a series of lessons pupils will:

- Understand the importance of their personal safety.
- Understand what to do or to whom to go when feeling unsafe.
- Take increasing responsibility for keeping the mind and body safe and healthy.
- Value families and friends as a source of mutual support.
- Develop respect for themselves and others.
- Understand how cultural and religious beliefs can affect the way people think.
- Respect differences and acknowledge the importance of equal opportunities.

Learning Outcomes Years 5/6

Following a series of lessons pupils will:

- Understand the reasons for the physical and emotional changes which take place during puberty (Years 5 and 6), including conception, pregnancy and birth (Year 6 only).
- Understand the range of their own and others' feelings and emotions.
- Know what to do or who to turn to when they are not feeling safe.



You are welcome to contact the school if you wish to see a copy of the school's policy, any of the resources or for further information in regard to the Personal Development and Relationship lessons.