Llywodraeth Cymru
Welsh Government

Dw i'n gwybod roeddet ti'n meddwl ei fod e'n ddim o dy fusnes di

…ond diolch am beidio fy meirniadu.

I know you thought it was none of your business

...but thank you for not judging me.

Dyma fi, yn dysgu byw heb ofn

Paid cadw'n dawel

Wnaiff Cymru ddim derbyn trais yn erbyn menywod, trais domestig na thrais rhywiol.

Cer i **bywhebofn.llyw.cymru** neu **ffonia'r llinell gymorth** am gyngor a chymorth cyfrinachol 24-awr.

This is me, learning to live fear free

Don't be a bystander

Wales will not stand by or accept violence against women, domestic abuse or sexual violence.

Visit **livefearfree.gov.wales** or **call the helpline** for 24-hour confidential advice and support.

Live Fear Free Helpline
Llinell Gymorth Byw Heb Ofn
0808 80 10 800

#CymruYnErbynTrais
#WalesWontStandBy

bywhebofn.llyw.cymru
livefearfree.gov.wales

Llywodraeth Cymru
Welsh Government

Dw i'n gwybod roeddet ti'n meddwl nad dy broblem di oedd e

...ond diolch am fy nghredu.

I know you thought it wasn't your problem

...but thank you for believing me.

Dyma fi, yn dysgu byw heb ofn

Paid cadw'n dawel

Wnaiff Cymru ddim derbyn trais yn erbyn menywod, trais domestig na thrais rhywiol.

Cer i **bywhebofn.llyw.cymru** neu **ffonia'r llinell gymorth** am gyngor a chymorth cyfrinachol 24-awr.

This is me, learning to live fear free

Don't be a bystander

Wales will not stand by or accept violence against women, domestic abuse or sexual violence.

Visit **livefearfree.gov.wales** or **call the helpline** for 24-hour confidential advice and support.

Live Fear Free Helpline
Llinell Gymorth Byw Heb Ofn
0808 80 10 800

#CymruYnErbynTrais
#WalesWontStandBy

bywhebofn.llyw.cymru
livefearfree.gov.wales

Llywodraeth Cymru
Welsh Government

Falle wnes i ddim dangos hynny ar y pryd

…ond dw i'n falch wnest ti fy helpu.

I might not have shown it at the time

...but I'm grateful you helped me.

Dyma fi, yn dysgu byw heb ofn

Paid cadw'n dawel

This is me, learning to live fear free

Don't be a bystander

Wnaiff Cymru ddim derbyn trais yn erbyn menywod, trais domestig na thrais rhywiol.

Cer i **bywhebofn.llyw.cymru** neu **ffonia'r llinell gymorth** am gyngor a chymorth cyfrinachol 24-awr.

Wales will not stand by or accept violence against women, domestic abuse or sexual violence.

Visit **livefearfree.gov.wales** or **call the helpline** for 24-hour confidential advice and support.

Live Fear Free Helpline
Llinell Gymorth Byw Heb Ofn
0808 80 10 800

#CymruYnErbynTrais
#WalesWontStandBy

bywhebofn.llyw.cymru
livefearfree.gov.wales

Llywodraeth Cymru
Welsh Government

Dw i'n gwybod roeddet ti'n amau dy hun

...ond dw i'n falch wnest ti ddim troi dy gefn.

I know you doubted yourself

...but I'm glad you didn't turn away.

Dyma fi, yn dysgu byw heb ofn

Paid cadw'n dawel

Wnaiff Cymru ddim derbyn trais yn erbyn menywod, trais domestig na thrais rhywiol.

Cer i **bywhebofn.llyw.cymru** neu **ffonia'r llinell gymorth** am gyngor a chymorth cyfrinachol 24-awr.

This is me, learning to live fear free

Don't be a bystander

Wales will not stand by or accept violence against women, domestic abuse or sexual violence.

Visit **livefearfree.gov.wales** or **call the helpline** for 24-hour confidential advice and support.

Live Fear Free Helpline
Llinell Gymorth Byw Heb Ofn
0808 80 10 800

#CymruYnErbynTrais
#WalesWontStandBy

bywhebofn.llyw.cymru
livefearfree.gov.wales