

HAWLIAU PLANT A PHOBL IFANC

Pa hawliau sydd gan blant a phobl ifanc? Yn ogystal â Hawliau Dynol, mae **Confensiwn y Cenhedloedd Unedig ar Hawliau'r Plentyn (CCUHP)** yn rhestr bellach o hawliau sydd yn amddiffyn pob plentyn a pherson ifanc.

Erthygl 1: Mae gan bawb o dan 18 oed yr hawliau yma.

Erthygl 2: Mae gan bob plentyn yr hawliau yma waeth beth. Dylai blant cael eu trin yn gyfartal.

Erthygl 3: Dylai oedolion bob amser wneud yr hyn sydd orau i ti.

Erthygl 4: Dylai'r Llywodraeth ofalu bod yr hawliau hyn ar gael i bob plentyn a pherson ifanc.

Erthygl 5: Dylai'r Llywodraeth barchu hawl dy deulu i dy helpu i wybod am dy hawliau.

Erthygl 6: Mae gennyt ti'r hawl i fywyd, i dyfu i fyny ac i gyrraedd dy botensial llawn.

Erthygl 7: Mae gennyt ti'r hawl i gael enw a chenedligrwydd.

Erthygl 8: Mae gennyt ti'r hawl i hunaniaeth.

Erthygl 9: Mae gennyt ti'r hawl i fod gyda dy rieni os mae dyna sydd orau i ti.

Erthygl 10: Mae gennyt ti'r hawl i weld dy deulu os ydynt yn byw mewn gwlad arall.

Erthygl 11: Mae gennyt ti'r hawl i beidio â chael dy gymryd o'r wlad yn anghyfreithlon neu i gael dy gipio.

Erthygl 12: Mae gennyt ti'r hawl i rywun wrando arnat ac i gael dy gymryd o ddiFri.

Erthygl 13: Mae gennyt ti'r hawl i ddarganfod a rhannu gwybodaeth ac i ddweud dy farn.

Erthygl 14: Mae gennyt ti'r hawl i ymarfer dy grefydd dy hun, cyhyd ac nad wyt ti'n atal pobl rhag derbyn eu hawliau.

Erthygl 15: Mae gennyt ti'r hawl i gwrdd â ffrindiau ac ymuno â grwpiau.

Erthygl 16: Mae gennyt ti'r hawl i breifatrwydd.

Erthygl 17: Mae gennyt ti'r hawl i gael gwybodaeth onest, ddealladwy gan y cyfryngau, cyhyd â bod e'n ddiogel.

Erthygl 18: Mae gennyt ti'r hawl i gael dy fagu gan y 2 riant, os yw'n bosib.

Erthygl 19: Mae gennyt ti'r hawl i gael dy amddiffyn rhag cael dy frifo neu dy drin yn wael.

Erthygl 20: Mae gennyt ti'r hawl i dderbyn gofal priodol os nad wyt ti'n gallu byw gyda dy deulu dy hun.

Erthygl 21: Os nad wyt ti'n byw gyda dy rieni, mae gennyt ti'r hawl i fyw yn y lle gorau i ti.

Erthygl 22: Os wyt ti'n ffoadur (refugee), mae gennyt ti'r hawl i un hawliau ag unrhyw blentyn arall yn y wlad.

Erthygl 23: Os oes anabled gyda ti, mae gennyt ti'r hawl i dderbyn gofal a chefnogaeth arbennig er mwyn i ti fedru byw bywyd llawn, annibynnol.

Erthygl 24: Mae gennyt ti'r hawl i gael dwr glân, bwyd maethlon, amgylchedd glân a gofal iechyd da.

Erthygl 25: Os nad wyt ti'n byw gyda dy deulu, mae gennyt ti'r hawl i'r gofal rwyd ti'n derbyn i gael ei wirio'n rheolaidd.

Erthygl 26: Mae gennyt ti'r hawl i gefnogaeth gan y Llywodraeth os nad oes gan dy deulu ddigon o arian i fyw.

Erthygl 27: Mae gennyt ti'r hawl i dy addas, bwyd a dillad. Rhaid i lywodraethau helpu teuluoedd sy'n methu fforddio darparu hyn.

Erthygl 28: Mae gennyt ti'r hawl i gael addysg.

Erthygl 29: Mae gennyt ti'r hawl i fod y gorau gallet fod. Rhaid i addysg dy helpu i ddatblygu dy sgiliau a dy ddoniau yn llawn.

Erthygl 30: Mae gennyt ti'r hawl i siarad dy iaith dy hun a dilyn ffordd dy deulu o fyw.

Erthygl 31: Mae gennyt ti'r hawl i ymlacio a chwarae.

Erthygl 32: Mae gennyt ti'r hawl i gael dy ddiogelu rhag gwaith sy'n beryglus.

Erthygl 33: Mae gennyt ti'r hawl i gael dy ddiogelu rhag cyffuriau peryglus.

Erthygl 34: Ddylai neb gyffwrdd â ti mewn ffyrdd sy'n gwneud i ti deimlo'n anghyfforddus, yn anniwel neu'n drist.

Erthygl 35: Mae gennyt ti'r hawl i beidio â chael dy gipio, dy werthu neu dy fasnachu.

Erthygl 36: Mae gennyt ti'r hawl i gael dy gadw'n ddiogel rhag pethau a allai niweidio dy ddatblygiad.

Erthygl 37: Mae gennyt ti'r hawl i beidio â chael dy gosbi mewn ffordd greulon neu sy'n brifo.

Erthygl 38: Mae gennyt ti'r hawl i gael dy amddiffyn yn ystod rhyfel ac i beidio ymladd yn y fyddin os wyt ti o dan 15.

Erthygl 39: Mae gennyt ti'r hawl i help arbennig os wyt ti wedi cael dy frifo neu dy gamdrin.

Erthygl 40: Mae gennyt ti'r hawl i help cyfreithiol ac i gael dy drin yn deg os wyt ti wedi cael dy gyhuddo o dorri'r gyfraith.

Erthygl 41: Os yw cyfreithiau dy wlad yn dy amddiffyn yn well na'r hawliau yn y rhestr yma, dylai'r cyfreithiau yna aros yn eu lle.

Erthygl 42: Rhaid i'r Llywodraeth roi gwybod i blant a theuluoedd am hawliau plant.

Erthygl 43 - 54: Mae'r rhain yn trafod sut mae rhaid i oedolion a'r Llywodraeth weithio gyda'i gilydd i wneud yn siwr bod pob plentyn yn derbyn eu hawliau.

CHILDREN AND YOUNG PEOPLE'S RIGHTS

What rights do children and young people have? In addition to Human Rights, the **United Nations Convention on the Rights of the Child** (the **UNCRC**) is a list of rights that further protect all children and young people.

Article 1: Everyone under 18 has these rights.

Article 2: All children have these rights no matter what. All children should be treated equally.

Article 3: Adults should always do what is best for you.

Article 4: The Government should make sure that all children and young people get these rights.

Article 5: The Government should respect the right of your family to help you know about your rights.

Article 6: You have the right to life, to grow up and reach your full potential.

Article 7: You have the right to a name and a nationality.

Article 8: You have the right to an identity.

Article 9: You have the right to live with your parents, if this is what's best for you.

Article 10: You have the right to see your family even if they live in a different country.

Article 11: You have the right not to be kidnapped or taken out of the country illegally.

Article 12: You have the right to be listened to and taken seriously.

Article 13: You have the right to find out and share information, and say what you think.

Article 14: You have the right to practice your own religion, as long as you're not stopping people from enjoying their rights.

Article 15: You have the right to meet with friends and join groups.

Article 16: You have the right to privacy.

Article 17: You have the right to honest information from the media that you can understand, as long as it's safe.

Article 18: You have the right to be brought up by both parents, if possible.

Article 19: You have the right to be protected from being hurt or badly treated.

Article 20: You have the right to be looked after properly if you can't live with your own family.

Article 21: If you can't live with your parents, you have the right to live in the best place for you.

Article 22: If you are a refugee, you have the same rights as any other child in the country.

Article 23: If you are disabled, you have the right to special care and support so that you can lead a full and independent life.

Article 24: You have the right to clean water, healthy food, a clean environment and good healthcare.

Article 25: If you're not living with your family, you have the right to a regular check on how you're being cared for.

Article 26: You have the right to support from the Government if your family hasn't got enough money to live on.

Article 27: You have the right to a proper house, food and clothing. Governments must help families who cannot afford to provide this.

Article 28: You have the right to an education.

Article 29: You have the right to be the best you can be. Education must help you develop your skills and talents to the full.

Article 30: You have the right to speak your own language and follow your family's way of life.

Article 31: You have the right to relax and play.

Article 32: You have the right to be protected from doing dangerous work.

Article 33: You have the right to be protected from dangerous drugs.

Article 34: Nobody should touch you in ways that make you feel uncomfortable, unsafe or sad.

Article 35: You have the right to not be abducted, sold or trafficked.

Article 36: You have the right to be kept safe from things that could harm your development.

Article 37: You have the right not to be punished in a cruel hurtful way.

Article 38: You have the right to be protected during a war and not to fight in the army if you're under 15.

Article 39: You have the right to special help if you've been hurt or badly treated.

Article 40: You have the right to legal help and to be treated fairly if you've been accused of breaking the law.

Article 41: If the laws in your country protect you better than the rights in this list, those laws should stay in place.

Article 42: The Government must let children and families know about children's rights.

Article 43 - 54: These articles are about how adults and the Government must work together to make sure all children get their rights.