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 un hawliau ag unrhyw blentyn arall yn y wlad.

Erthygl 23: Os oes anabledd 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 rwyt 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: Dylai neb gyffwrdd â ti mewn ffyrdd sy'n gwneud i ti deimlo'n anghyfforddus, yn anniogel 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.

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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.

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