

Byddwch yn Seiber Ddiogel

saff

Peidiwch byth â datgelu eich enw, cyfeiriad, lluniau, rhif eich ffôn symudol, na'ch cyfrinair – byddai hynny fel rhoi allwedd drws y ffrynt i ddiethryn!

meddwl eto

Cyn mynd i gwrdd â rhywun rydych wedi eu cyfarfod ar y we - gall hynny fod yn beryglus iawn. Peidiwch â mynd i gwrdd ag unrhyw un heb ganiatâd eich rhieni a dylen nhw ddod gyda chi.

aros funud

Cyn agor negeseuon a ffeiliau wrth bobl ddieithr Efallai bod firws neu negeseuon cas ynddynt a gallent eich cael chi i drwbl.

rhaid cofio

Efallai bod eich seiber-gyfeillion yn dweud celwydd am bwy ydynt. Arhoswch mewn ystafelloedd sgwrsio cyhoeddus ac os byddwch yn teimlo'n annifyr am rhywbeth – yna ewch oddi yno!

teimlo'n annifyr

Dywedwch wrth riant/warcheidwad neu oedolyn cyfrifol os bydd rhywun yn gwneud i chi deimlo'n annifyr neu'n bryderus.

S M A R T

safe

Always keep your name, address, mobile phone number, pictures and password private - when you don't it's like giving out the keys to your home!

meeting

Meeting someone you have contacted in cyberspace can be dangerous. Only do so with your parent's/carer's permission, and then when they can be present.

accepting

Accepting emails or opening files from people you don't really know or trust can get you into trouble - they may contain viruses or nasty messages.

reliable

Remember someone online may be lying and not be who they say they are. Stick to public areas in chat rooms and if you feel uncomfortable - get out of there!

tell

Tell your parent or carer if someone or something makes you feel uncomfortable or worried.

Be Cyber Safe



www.schoolbeat.org