



You know me.
Help.

You know me.
I never smile back.
You know me.

Rwyd ti'n nabod fi.
Dydw i byth yn gwenu.

Rwyd ti'n nabod fi.
Rwy'n cuddio fy
nghleisiau.

Rwyd ti'n
nabod fi. Help.



Daliwch eich gafael ar y cerdyn hwn, a phan rydych yn meddwl bod angen amddiffyn plentyn, siaradwch gyda ni yn Gymraeg neu Saesneg.

Rydym yma 24/7 dros y ffôn ac ar-lein. Cewch ffonio am ddim a does dim rhaid i chi ddweud pwy ydych chi.

Ffoniwch **0808 800 5000**,
anfon neges destun i **88858**
neu bwrw golwg ar
nspcc.org.uk/helpline

Rhifau cofrestru'r elusen 216401 a SC037717.



Hold on to this card, and when you think a child needs protection, talk to us in English or Welsh.

We're here 24/7 by phone and online. It's free and you don't have to say who you are.

Call **0808 800 5000**, text **88858** or visit **nspcc.org.uk/helpline**

Registered charity numbers 216401 and SC037717.