

Addysg Cydberthynas a Rhywioldeb

Relationships and Sexuality Education



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Tystiolaeth / Evidence

“Mae pobl ifanc sydd **heb** dderbyn
Addysg Cydberthynas a Rhywioldeb
o safon dda o oedran cynnar yn yr
ysgol yn fwy tebygol o gael profiadau
rhyw yn gynnar”

*“Young people who have **not** received
good quality Relationships and
Sexuality Education from an early age
at school are more likely to have
sexual experiences early”*

Sexual Behaviour in Britain Early Heterosexual Experience. Wellings, Johnson et al. The Lancet, December 1st 2001



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Canllawiau Cwricwlwm i Gymru 2020 / Curriculum Guidance for Wales 2020



Ieithoedd, Llythrennedd a Chyfathrebu
Language, Literacy and Communication



Iechyd a Lles
Health and Wellbeing



Gwyddoniaeth a Thechnoleg
Science and Technology



Mathemateg a Rhifedd
Mathematics & Numeracy



Dyniaethau
Humanities



Celfyddydau Mynegiannol
Expressive Arts



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Beth yw Addysg Cydberthynas a Rhywioldeb? (ACRh)

What is Relationships and Sexuality Education? (RSE)

Mae ACRh yn:

- cefnogi iechyd a lles dysgwyr
- datblygu cydberthnasau iach, diogel a boddhaus o bob math, gan gynnwys cydberthnasau â theulu a ffrindiau ac ymhen amser, cydberthnasau rhamantus a rhywiol
- deall a gwneud synnwyr o'r ffordd y mae cydberthnasau, rhyw, rhywedd a rhywioldeb yn llywio eu hunaniaeth a'u bywydau eu hunain a rhai pobl eraill
- deall a chefnogi eu hawliau eu hunain a hawliau pobl eraill i fwynhau cydberthnasau teg, diogel, iach a boddhaus gydol eu bywydau ac eirioli dros yr hawliau hynny

RSE:

- *supports learners' health and well-being*
- *develop healthy, safe and fulfilling relationships of all kinds, including those with family and friends and in time, romantic and sexual relationships*
- *navigate and make sense of how relationships, sex, gender and sexuality shape their own and other people's identities and lives*
- *understand and support their rights and those of others to enjoy equitable, safe, healthy and fulfilling relationships throughout their lives and advocate for these*



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Cod ACRh 2021 RSE Code

Mae Addysg Cydberthynas a

Rhywioldeb yn ofyniad i bob
dysgwr rhwng 3 ac 16 oed.

Relationships and Sexuality

*Education is mandatory for all
learners from ages 3 to 16.*

Mae'r Cod yn cynnwys y gofynion
gorfodol cyfreithiol o ACRh

*The Code contains the mandatory
legal requirements of RSE*



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Cod ACRh *RSE Code*

Mae ACRh yn y cwricwlwm yn canolbwyntio ar dri llinyn cyffredinol:

- **Cyberthnasau a hunaniaeth**
- **Iechyd rhywiol a lles**
- **Grymuso, diogelwch a pharch**

RSE in the curriculum focuses on three broad strands:

- ***Relationships and identity***
- ***Sexual health and well-being***
- ***Empowerment, safety and respect***



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Canllawiau Cwricwlwm Cymru 2020

Curriculum for Wales Guidance 2020

- Hawliau a chydraddoldeb
 - Perthnasoedd
 - Rhyw, rhywedd a rhywioldeb
 - Y corff a delwedd gorfforol
 - Iechyd a lles rhywiol
 - Trais, diogelwch a chymorth
- *Rights and equity*
 - *Relationships*
 - *Sex, gender and sexuality*
 - *The body and body image*
 - *Sexual health and well-being*
 - *Violence, safety and support*