**This is not ok #ThisIsControl**

Social media messages

**16 – 18 years**

THIS IS NOT OK.

In a healthy relationship someone shouldn’t try to control you.

Get advice from @LiveFearFree. Live confidential webchat available 24 hours a day.

#ThisIsControl [gov.wales/ThisIsNotOK](https://t.co/0TvyxlV1KE)

DYW HYN DDIM YN IAWN

Mewn perthynas iach, ddylai eich partner ddim ceisio eich rheoli.

Mae cyngor ar gael gan @bywhebofn. Mae sgwrsio byw cyfrinachol ar-lein ar gael 24 awr y dydd. Dyw hyn ddim yn iawn

#RheolaethYwHyn [llyw.cymru/dywhynddimyniawn](https://llyw.cymru/dyw-hyn-ddim-yn-iawn)

Need help and advice about an unhealthy relationship?

You can access @LiveFearFree 24/7:

☎️ Helpline: 0808 8010 800

📱 Text service: 078600 77333

 📧 Email: info@livefearfreehelpline.wales

💬 Live chat service: [gov.wales/ThisIsNotOK](https://t.co/0TvyxlV1KE)

This is Not OK #ThisIsControl

Angen help a chyngor am berthynas nad yw'n iach?

Mae @bywhebofn ar gael ichi 24/7:

☎️ Llinell Gymorth: 0808 8010 800

📱 Gwasanaeth testun: 078600 77333

📧 Ebost: info@livefearfreehelpline.wales

💬 Sgwrs fyw: [llyw.cymru/dywhynddimyniawn](https://llyw.cymru/dyw-hyn-ddim-yn-iawn)

Dyw hyn ddim yn iawn #RheolaethYwHyn

THIS IS NOT OK #ThisIsControl @LiveFearFree [gov.wales/this-is-not-ok](https://t.co/X1vPq62HcR)

DYW HYN DDIM YN IAWN #RheolaethYwHyn [llyw.cymru/dywhynddimyniawn](https://llyw.cymru/dyw-hyn-ddim-yn-iawn)

**For parents and those close to a young person**

Spotting the signs of a controlling relationship can be hard.

If you’re concerned about your child or someone you know contact @LiveFearFree for 24h confidential advice by phone 0808 8010 800 or webchat. [gov.wales/this-is-not-ok/worried-about-a-young-person](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbetapreview.gov.wales%2Fthis-is-not-ok%2Fworried-about-a-young-person&data=02%7C01%7CLucy.Daly%40gov.wales%7C34c78a0d1bce4e078ddf08d7635ea0af%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637087130375022064&sdata=oa%2FVA1bGR3kaPXap3LyGqnDEt8c81IrQlYKnOTKAY00%3D&reserved=0)

This is not ok #ThisIsControl [gov.wales/ThisIsNotOK](https://t.co/0TvyxlV1KE)

Gall fod yn anodd adnabod ymddygiad sy'n rheoli o fewn perthynas.

Os ydych yn poeni am eich plentyn neu rywun arall, cysylltwch â #BywHebOfn am gyngor cyfrinachol 24 awr dros y ffôn 0808 8010 800 neu sgwrs dros y we. [llyw.cymru/dyw-hyn-ddim-yn-iawn/poeni-am-berson-ifanc](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbetapreview.llyw.cymru%2Fdyw-hyn-ddim-yn-iawn%2Fpoeni-am-berson-ifanc&data=02%7C01%7CLucy.Daly%40gov.wales%7Ca75c02419c1d449c5e9808d7639705ad%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637087372587970883&sdata=YgqHXGngEY1zonb0M5adfqK4AJTdH3wii%2FmNxpiuPK8%3D&reserved=0)

Nid yw hyn yn iawn. #RheolaethYwHyn