

SGWRSIO BYW

Fi: Mae fy mhartner yn gwthio ei hun arna'i a gorfodi fi i wneud pethau rhywiol. Dwi wedi dweud na ond dyw e' ddim yn cymryd sylw.

Llinell gymorth: Roedd det ti'n iawn i gysylltu.

Fi: Mae'n dweud mae e jest yn 'neud e' achos mae eisiau fi, a bydd neb yn credu fi achos ni gyda'n gilydd.

Llinell gymorth: Rydyn ni'n dy gredu di ac yn gallu helpu. Does dim esgus.

Atebwch yma...

ATEB

Byw Heb Ofn



Llywodraeth Cymru
Welsh Government

LIVE CHAT

Me: My partner keeps forcing himself on me and making me do things sexually. I've said no but he carries on.

Helpline: You were right to get in touch.

Me: He said he only does it because he wants me and no-one will believe me because we're together.

Helpline: We believe you and we can help. There is no excuse.

Reply here...

REPLY

Live Fear Free

DYW HYN DDIM YN IAWN
Cam-drin rhywiol yw hyn

MAE'N IAWN
gofyn am help a chefnogaeth

THIS IS NOT OK
This is sexual abuse

IT IS OK
to ask for help and support

Mae llinell gymorth a sgwrsio byw cyfrinachol ar gael 24awr y dydd, 7 diwrnod yr wythnos.

Os ydych chi neu rywun rydych chi'n ei adnabod mewn perygl uniongyrchol, ffoniwch yr heddlu ar 999.

llyw.cymru/camdrinrhywiolywhyn

Confidential helpline and live chat are available 24 hours a day, 7 days a week.

If you or someone you know is in immediate danger call the police on 999.

gov.wales/thisissexualabuse



Live Fear Free Helpline Llinell Gymorth
Byw Heb Ofn

0808 80 10 800



#CamdrinRhywiolYwHyn
#ThisIsSexualAbuse

SGWRSIO BYW

Fi: Dwi'n chwilio am help ar ôl dêd ar-lein. Roedd popeth yn iawn tan inni gyrraedd ei dŷ o.

Llinell gymorth: Allu di ddweud wrtha i be' ddigwyddodd?

Fi: Do'n i ddim eisiau cael rhyw ond ddudodd o ddylsw'n i ddim 'di mynd 'nôl i'w dŷ o os o'n i ddim eisiau fo, de.

Llinell gymorth: Does dim esgus. Os nad oeddet ti wedi cydsynio, mae'n drais ac yn drosedd. Gallwn ni dy helpu di.

Atebwch yma...

ATEB

Byw Heb Ofn



Llywodraeth Cymru
Welsh Government

LIVE CHAT

Me: I need help after an online date. It was okay until we got to his.

Helpline: Can you tell me what happened?

Me: I didn't want to have sex, but he said I shouldn't have gone back to his if I didn't want it.

Helpline: There's no excuse. If you didn't consent, it's rape and a criminal offence. We can help you.

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Llinell gymorth: Sut allwn ni helpu?

Fi: Mae tymer fy mhartner yn poeni fi. Mae fe'n colli'i dymer pan dwi'n dweud bod fi ddim eisiau rhyw.

Llinell gymorth: Roeddet ti'n iawn i gysylltu.

Fi: Mae ofn arna i a dwi'n teimlo bod dim dewis gen i.

Llinell gymorth: Mae gen ti ddewis bob amser. Fe allwn ni dy helpu.

Atebwch yma...

ATEB

Byw Heb Ofn



Llywodraeth Cymru
Welsh Government

LIVE CHAT

Helpline: How can we help you?

Me: It's my partner. I'm worried about his temper. He gets very aggressive when I say that I don't want sex.

Helpline: You were right to get in touch.

Me: He frightens me and I feel as if I don't have a choice.

Helpline: You always have a choice. We can help you.

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SGWRSIO BYW

Fi: Fi'n credu fi angen help.

Llinell gymorth: Alli di ddweud mwy wrtha i?

Fi: Dwi'n cael flashbacks o'm ffrind yn gwneud pethau i mi ar ôl yfed gormod ar noson allan.

Fi: Oni wedi dweud 'na' so nawr fi'n teimlo'n conffiwdsd. Ro'n i'n meddwl ei fod yn ffrind i mi.

Llinell gymorth: Does dim esgus ac fe allwn ni dy helpu.

Atebwch yma...

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Llywodraeth Cymru
Welsh Government

LIVE CHAT

Me: I think I need help.

Helpline: Can you tell me more?

Me: I'm having flashbacks of my friend doing stuff to me after a drunken night out.

Me: I said no and now I feel confused. They're supposed to be my friend.

Helpline: There is no excuse and we can help you.

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