

# Addysg Rhyw a Pherthnasoedd

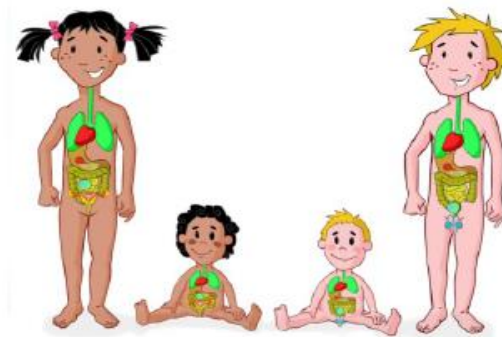
## Gwybodaeth i Rien

Mae'r Llywodraethwyr Ysgol Tremeirchion wedi cytuno y dylid addysg rhyw a pherthnasoedd fel rhan o'r cwricwlwm. Bydd unrhyw gwestiynau sy'n cael eu gofyn gan ddisgybl yn cael eu trafod yn sensitif ac yn agored pan fo'n addas gyda'r cyd-destun, sefyllfa, oedran ac aeddfedrwydd y disgybl. Bydd yr agweddau hyn hefyd yn cael eu trin pan fyddant yn digwydd o fewn themâu megis 'Fy Nghorff'. Mae nyrs yr ysgol yn cefnogi'r gwaith hefyd. Pwrpas y daflen hon yw darparu'r wybodaeth i chi am beth fydd yn cael ei gyflwyno i'r plant.

Mae gan rieni/gofalwyr hawl i dynnu eu plentyn o'r gwersi hyn, ond nid rhai sy'n ffurfio rhan o'r cwricwlwm cenedlaethol. Rhowch wybod i'r Pennaeth.

### Addysgir Rhyw a Pherthnasoedd i ddisgyblion trwy:

- Cyfnodau Amser Cylch
- Cynllun Ysgolion Iach Sir Ddinbych
- Adnoddau Sense 'Tyfu i Fyny a Chadw'n Ddiogel
- Adnoddau Spectrwm
- Llyfrau straeon
- Pynciau penodol yn y Cwricwlwm
- Cenedlaethol e.e. Gwyddoniaeth, Addysg Grefyddol
- Cynlluniau Addysg Bersonol a Chymdeithasol
- Yn anffurfiol pan fydd cyfle yn codi yn ystod gwersi



### Deilliannau Dysgu Y Cyfnod Sylfaen: Ar ddiwedd cyfres o wersi bydd disgyblion Blwyddyn 2 yn:

- Medru gwahaniaethu rhwng cyffyrddiad priodol a chyffyrddiad amhriodol.
- Gwybod yr enwau cywir am rannau o'r corff er mwyn gwahaniaethu rhwng gwryw a benyw. Y termau y byddwn yn eu defnyddio yw pidyn (penis) a ceilliau (testicles) i wrywod a bronnau (breasts) a fagina /gwain (vagina) i fenywod.

### Deilliannau Dysgu Blwyddyn 3 a 4: Ar ddiwedd cyfres o wersi bydd y disgyblion yn:

- Deall pwysigrwydd diogelwch personol
- Deall beth ddylid ei wneud neu at bwy y dylid mynd pan na fyddan nhw'n teimlo'n ddiogel
- Cymryd cyfrifoldeb cynyddol dros gadw'r meddwl a'r corff yn ddiogel ac iach
- Gwerthfawrogi teulu a ffrindiau fel ffynhonnell o gymorth i'w gilydd
- Datblygu parch atynt eu hunain ac at bobl eraill
- Deall sut mae gwerthoedd diwylliannol a chredoau crefyddol yn llywio'r ffordd mae pobl yn byw
- Gwerthfawrogi amrywiaeth a chydabod pwysigrwydd cyfle cyfartal

### Deilliannau Dysgu Blwyddyn 5/6. Ar ddiwedd cyfres o wersi bydd y disgyblion yn deall:

- Y rhesymau dros y newidiadau corfforol ac emosiynol sy'n digwydd yn ystod y glasoed; gan gynnwys cenhedliad, beichiogrwydd a genedigaeth
- Ystod eu teimladau a'u hemosiynau eu hunain a theimladau, ac emosiynau pobl eraill
- Beth ddylid ei wneud neu at bwy y dylid mynd pan na fyddan nhw'n teimlo'n ddiogel

**Mae croeso i chi gysylltu â'r ysgol os dymunwch i weld copi o'r Polisi, a'r adnoddau a ddefnyddir neu am sgwrs.**

*Addaswyd y daflen hon o daflen o Gynllun Ysgolion Iach Gwynedd*



Tyfu i Fyny  
Growing Up



# Sex and Relationships Education

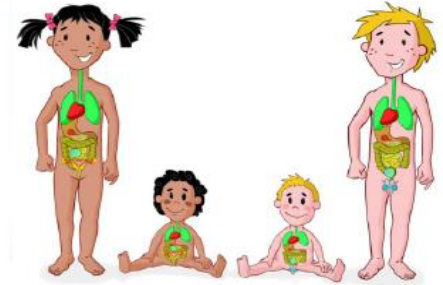
## Information for Parents

The Governor's at Ysgol Tremeirchion have agreed that sex and relationships education should be taught as part of the curriculum. Any questions asked by a pupil will be discussed sensitively and as openly as is considered appropriate to the context, the circumstances and the age and maturity of the pupil. These aspects will also be dealt with as they occur within themes such as 'My Body'. The school nurse also supports the delivery of our work. The purpose of this leaflet is to provide you with information on what will be introduced to the children.

Parents/carers have the right to withdraw their child from these lessons, but not those that form part of the national curriculum. Please inform the head teacher.

### Sex and relationships education will be introduced to pupils through:

- Circle time activities
- Denbighshire Healthy Schools Scheme
- Sense Resources 'Growing Up and Keeping Safe'
- Spectrum Resources
- Story books
- Curriculum subjects e.g. Science, Religious Education
- Personal and Social Education programmes
- Informally as opportunities arise in the classroom



### Learning Outcomes for the Foundation Phase. By the end of year 2 pupils will be able to:

- Differentiate between appropriate and inappropriate touching
- Use the correct words to name parts of the body in order to differentiate between male and female. The terms we will be using are penis and testicles for males and breasts and vagina for females.

### Learning Outcomes Years 3/4. Following a series of lessons pupils will:

- Understand the importance of their personal safety
- Understand what to do or to whom to go when feeling unsafe
- Take increasing responsibility for keeping the mind and body safe and healthy
- Value families and friends as a source of mutual support
- Develop respect for themselves and others
- Understand how cultural and religious beliefs can affect the way people think
- Respect differences and acknowledge the importance of equal opportunities

### Learning Outcomes Years 5/6. Following a series of lessons pupils will:

- Understand the reasons for the physical and emotional changes which take place during puberty, including conception, pregnancy and birth
- Understand the range of their own and others' feelings and emotions
- Know what to do or who to turn to when they are not feeling safe

If you wish to see a copy of the school's policy or any of the resources or for more information you are welcome to contact the school.

*This leaflet was adapted from the Gwynedd Healthy Schools Scheme*

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