

Let children know

you're listening

A **safeguarding resource** to help you show children and young people that, whatever they want to share, you're ready to listen.

There are three simple directions to remember...

Show you care, help them **OPEN UP**

Give them your full attention and keep your body language open and encouraging. Be compassionate, be understanding and reassure them their feelings are important. Phrases like “you’ve shown such courage today” help.

Take your time, **SLOW DOWN**

Respect pauses and don't interrupt them – let them go at their own pace. Recognise and respond to their body language. And remember that it may take several conversations for them to share what's happened to them.

Show you understand, **REFLECT BACK**

Make it clear you're interested in what they're telling you. Reflect back what they've said to check your understanding – and use their language to show it's their experience.



NSPCC Learning

For more training and resources to help protect children visit learning.nspcc.org.uk

Rhoi gwybod i blant

eich bod yn gwrando

Adnodd diogelu i'ch helpu chi i ddangos i blant a phobl ifanc eich bod chi yno iddyn nhw, beth bynnag maen nhw eisiau ei rannu – a'ch bod yn barod i wrando. **Mae tri cyfarwyddyd syml i'w cofio...**

Dangoswch gonsyrn, a'u helpu i **AGOR I FYNY**

Rhowch eich sylw llawn iddyn nhw a chadwch ystum y corff yn agored a llawn anogaeth. Dangoswch gydymdeimlad a dealltwriaeth, a'u sicrhau nhw bod eu teimladau yn bwysig. Mae ymadroddion fel "rwyf ti wedi dangos gymaint o ddewrder heddiw" yn helpu.

Cymerwch eich amser, **ARAFWCH I LAWR**

Parchwch ddistawrwydd a pheidiwch â thorri ar eu traws – gadewch iddyn nhw fynd ar eu cyflymder eu hunain. Cofiwch y gall gymryd sawl sgwrs iddyn nhw rannu beth sydd wedi digwydd iddyn nhw.

Dangoswch eich bod yn deall, **ADLEWYRCHWCH NÔL**

Dangoswch yn glir bod gennych ddiddordeb yn yr hyn maen nhw yn ei ddweud wrthyh chi. Adlewyrchwch yn ôl beth maen nhw wedi'i ddweud i wirio eich dealltwriaeth – a defnyddiwch eu hiaith nhw i ddangos mai eu profiad nhw ydi o.



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Mae NSPCC Learning yn darparu'r holl adnoddau, hyfforddiant ac offer i sefydliadau a phobl sy'n gweithio gyda phlant i helpu i'w hamddiffyn.
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