

B B C
PLANT MEWN ANGEN
CHILDREN IN NEED

BEHIND THE BANDANA

BBC CHILDREN IN NEED'S
MENTAL HEALTH AWARENESS WEEK CAMPAIGN

RESOURCES FOR SCHOOLS

TU ÔL I'R BANDANA

YMGYRCH WYTHNOS YMWHYBYDDIAETH IECHYD
MEDDWL BBC PLANT MEWN ANGEN

ADNODDAU I YSGOLION



THE ACTIVITY

To mark Mental Health Awareness Week, BBC Children in Need has launched the ‘Behind the Bandana’ campaign, because mental health issues can be harder to see.

For mental health awareness week, Pudsey’s temporarily removing his iconic bandana to show that mental health issues can be less visible on the outside, and to encourage conversations that can help.

We want to empower the trusted adults in children’s lives to start conversations that can help keep a child’s mental wellbeing on track. Across the week, BBC Children in Need will talk about the importance of early intervention and provide resources to support children across the UK, including conversation-starters for adults to open up dialogue with the children they support.

Y GWEITHGAREDD

I ddathlu Wythnos Ymwybyddiaeth Iechyd Meddwl, mae BBC Plant mewn Angen wedi lansio’r ymgyrch ‘Tu ôl i’r Bandana’, oherwydd gall fod yn anoddach gweld materion iechyd meddwl.

Ar gyfer wythnos ymwybyddiaeth iechyd meddwl, bydd Pudsey yn tynnu ei fandana eiconig dros dro i ddangos bod materion iechyd meddwl yn gallu bod yn llai amlwg ar y tu allan, ac i annog sgysiau sy’n gallu helpu.

Rydyn ni eisiau grymuso’r oedolion sy’n chwarae rhan ddibynadwy ym mywydau plant i ddechrau sgysiau sy’n gallu helpu i gadw lles meddyliol plentyn ar y trywydd iawn.

Drwy gydol yr wythnos, bydd BBC Plant mewn Angen yn siarad am bwysigrwydd ymyrryd yn gynnar ac yn darparu adnoddau i gefnogi plant ledled y DU, gan gynnwys technegau dechrau sgwrs i oedolion, er mwyn dechrau deialog gyda’r plant maen nhw’n eu cefnogi.

GET INVOLVED

We would LOVE you to be part of this campaign.

We want you to get involved to help open-up conversations about mental wellbeing in your school and reach as many children as possible.

At the end of this pack, we’ve provided you with free-to use resources, which we will be launching on Mental Health Awareness Week (15th-21st May).

CYMRYD RHAN

Byddem WRTH EIN BODD petaech chi’n rhan o’r ymgyrch hon.

Rydyn ni eisiau i chi gymryd rhan i helpu i ddechrau sgysiau am les meddyliol yn eich ysgol a chyrraedd cynifer o blant â phosibl.

Ar ddiwedd y pecyn hwn, rydyn ni wedi darparu adnoddau rhad ac am ddim i chi, a byddwn yn lansio’r rhain yn ystod Wythnos Ymwybyddiaeth Iechyd Meddwl (15-21 Mai).



WHY WE NEED YOUR HELP

The last few years have seen unprecedented challenges that are affecting children's mental health. Covid-19, then the cost-of-living crisis, have increased feelings of anxiety, depression, and hopelessness.

Over a million children and young people across the UK have a mental health issue and almost 12% of children and young people in the UK have low emotional well-being.

The A Million & Me programme (funded by BBC Children in Need) was developed in recognition that many children who go on to have mental health problems later in life have started to show signs of illness before the age of 14.

We believe that mental health issues can be prevented from escalating with early help, which starts with the right conversations between children and the trusted adults in their lives.

PAM Y MAE ANGEN EICH HELP CHI ARNOM

Yn ystod y blynyddoedd diwethaf, gwelwyd heriau nas gwelwyd o'r blaen sy'n effeithio ar iechyd meddwl plant. Mae Covid-19, yna'r argyfwng costau byw wedi cynyddu'r teimladau o orbryder, iselder ac anobaith.

Mae gan fwy na miliwn o blant a phobl ifanc ar draws y DU fater ieched meddwl, ac mae gan bron i 12% o blant a phobl ifanc y DU les emosiynol isel.

Datblygwyd y rhaglen Miliwn a Fi (a ariennir gan BBC Plant mewn Angen) i gydnabod bod llawer o blant sy'n mynd ymlaen i gael problemau ieched meddwl yn ddiweddarach mewn bywyd, wedi dechrau dangos arwyddion o salwch cyn iddynt fod yn 14 oed.

Rydyn ni'n credu bod modd atal problemau ieched meddwl rhag gwaethygu gyda chymorth cynnar, sy'n dechrau gyda'r sgysiau cywir rhwng plant a'r oedolion dibynadwy yn eu bywydau.

MENTAL HEALTH ISSUES CAN BE HARDER TO SEE

Pudsey's removed his bandana to show that some issues aren't visible on the outside. But conversations can help keep a child's mental health on track.

For tips and tools: bbc.co.uk/pudsey

GALL PROBLEMAU IECHYD MEDDWL FOD YN ANODDACH I'W GWELD

Mae Pudsey wedi tynnu ei fandana i ddangos nad yw rhai problemau i'w gweld ar y tu allan. Ond gall sgysiau helpu i gadw ieched meddwl plentyn ar y trywydd iawn.

I gael awgrymiadau ac adnoddau: bbc.co.uk/pudsey





PLANT MEWN ANGEN CHILDREN IN NEED

SCHOOLS RESOURCES WHAT'S INCLUDED

- > **Behind the Bandana campaign copy and assets** for your school's Social Media
- > **Conversation starters**, for you to use with your classes
- > **Signposting:** A list of organisations your school can share with anyone who might need further support in this area
- > **Blog post** from BBC Children in Need, helping you and your staff understand the importance of early conversations

ADNODDAU YSGOL BETH SYDD WEDI'I GYNNWYS

- > **Copi o ymgyrch** Tu ôl i'r Bandana a'r asedau ar gyfer Cyfryngau Cymdeithasol eich ysgol
- > **Technegau dechrau sgwrs**, i chi eu defnyddio gyda'ch dosbarthiadau
- > **Cyfeirio:** Rhestr o sefydliadau y gall eich ysgol eu rhannu ag unrhyw un a allai fod angen rhagor o gymorth yn y maes hwn
- > **Blog gan** BBC Plant mewn Angen, sy'n eich helpu chi a'ch staff i ddeall pwysigrwydd sgysiau cynnar



SOCIAL MEDIA CONTENT

We've got a host of big name influencers lined up to support this campaign and get conversations going across the country.

Join in by snapping a photo of you and your school taking part in a conversation inspired by Pudsey and this 'Behind the Bandana' campaign (please be wary of any permissions you may need in place for this). We've also included digital assets you can share.

A note on hashtags: Please use the hashtags detailed below and any of your own school ones.

Please post the images provided [in this link](#) on to your school's social media pages - this can be in addition to any images you decided to take and share of your classes taking part in the activity too!

Suggested post copy (Feel free to adapt):

We're supporting @BBCiN's the 'Behind the Bandana' campaign, because mental health issues can be harder to see.

Simple conversations can help to keep a young person's mental health on track.

For tips and tools to help, head to bbc.co.uk/pudsey

CYNNWYS CYFRYNGAU CYMDEITHASOL

Mae gennym lu o ddylanwadwyr enwog i gefnogi'r ymgyrch hon ac i annog sgysiaid ledled y wlad.

Ymunwch drwy dynnu llun ohonoch chi a'ch ysgol yn cymryd rhan mewn sgwsr sydd wedi'i hysbrydoli gan Pudsey a'r ymgyrch 'Tu ôl i'r Bandana' yma (cofiwch am unrhyw ganiatâd sydd ei angen arnoch chi ar gyfer hyn). Rydym hefyd wedi cynnwys asedau digidol y gallwch eu rhannu.

Nodyn ar hashnodau: Defnyddiwch yr hashnodau isod ac unrhyw rai sydd gan eich ysgol chi.

Rhowch y delweddau sydd wedi'u darparu [yn y ddolen hon](#) ar dudalennau cyfryngau cymdeithasol eich ysgol – gall hyn fod yn ychwanegol at unrhyw ddelweddau rydych chi wedi penderfynu eu tynnu a'u rhannu o'ch dosbarthiadau sy'n cymryd rhan yn y gweithgaredd hefyd!

Awgrymiadau o'r geiriau i'w postio (Mae croeso i chi eu haddasu):

Rydyn ni'n cefnogi ymgyrch 'Tu ôl i'r Bandana' @BBCiN, oherwydd mae'n gallu bod yn anoddach gweld materion iechyd meddwl.

Gall sgysiaid syml helpu i gadw iechyd meddwl unigolyn ifanc ar y trywydd iawn.

I gael cyngor ac offer i helpu, ewch i bbc.co.uk/pudsey

Hashtags to use / Hashnodau i'w defnyddio

#cin
#mentalhealthawarenessweek
#MHAW
#MHAW23



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MENTAL HEALTH ISSUES CAN BE HARDER TO SEE

Pudsey's removed his bandana to show that some issues aren't visible on the outside. But conversations can help keep a child's mental health on track.

For tips and tools: bbc.co.uk/pudsey

GALL PROBLEMAU IECHYD MEDDWL FOD YN ANODDACH I'W GWELD

Mae Pudsey wedi tynnu ei fandana i ddangos nad yw rhai problemau i'w gweld ar y tu allan. Ond gall sgysiaid helpu i gadw iechyd meddwl plentyn ar y trywydd iawn.

I gael awgrymiadau ac adnoddau: bbc.co.uk/pudsey



CONVERSATION STARTERS

These conversation starters are available for you to print or download on our website as a [Powerpoint](#) or [PDF](#) for you to share and use in the classroom.

Cut them up and pop in a hat to pull out and talk through, or use however you and your class prefer! Use them to help start conversations and see which ones work best for your pupils.

Just like adults, children can have daily worries. Listening to how young people feel and supporting them to seek help when they need it, can all begin with an ordinary conversation. Starting these conversations and helping young people to work out problems by talking about them, can really help to keep a young person's mental health on track.

We know it can be tough to know what to say though. So if you're looking for ways to start a healthy discussion, try some of our simple conversation starters below.

And remember, talking doesn't have to be a formal affair. Why not play a game, go for a walk, craft or bake whilst you chat – pick an activity that you both enjoy so it feels natural – there are lots of ways to ease yourself into a conversation that can make a real difference.

**What made you
feel happy today?**

**Where do you feel
safe and calm?**

**What would your
ideal day be like?**

**Is there anything
that's on your mind
when you're trying
to go to sleep?**

**It's okay to ask for
help and you can
always ask me if
you need any.**

**What difficult
things are you
going through at
the moment?**

**How are you feeling
about.....?**

**What colour/animal
represents how you
feel today?**

FFYRDD O DDECHRAU SGWRS

Mae'r syniadau hyn ar gyfer dechrau sgwrs ar gael i chi eu hargraffu neu eu llwytho i lawr ar ein gwefan fel [Powerpoint](#) neu [PDE](#), i chi eu rhannu a'u defnyddio yn yr ystafell ddosbarth.

Torrwch nhw i fyny a'u rhoi mewn het i dynnu rhai allan a siarad amdany'n nhw, neu eu defnyddio sut bynnag y byddai'n well gennych chi a'ch dosbarth! Defnyddiwch nhw i helpu i ddechrau sgysiau a gweld pa rai sy'n gweithio orau i'ch disgyblion.

Yn union fel oedolion, mae plant yn poeni am bethau bob dydd hefyd. Gall y broses o wrando ar sut mae pobl ifanc yn teimlo, a'u cefnogi i ofyn am help pan fydd ei angen arnynt, ddechrau mewn sgwrs arferol gyda'r unigolyn. Gall dechrau'r sgysiau hyn - a helpu pobl ifanc i ddatrys problemau drwy siarad amdany'n nhw - helpu i gadw iechyd meddwl person ifanc ar y trywydd iawn.

Mae hi'n gallu bod yn anodd dod o hyd i'r geiriau cywir. Felly, os ydych chi'n chwilio am ffyrdd o ddechrau trafodaeth iach, rhowch gynnig ar rai o'n technegau syml sydd wedi'u nodi isod.

A chofiwch, does dim rhaid i'r sgwrs fod yn ffurfiol. Beth am chwarae gêm, mynd am dro, pobi cacen neu wneud crefftau wrth sgwsio? – dewiswch weithgaredd rydych chi'ch dau'n ei fwynhau fel bod yr holl beth yn teimlo'n naturiol. Mae llawer iawn o ffyrdd o gynnal sgwrs yn naturiol, a gall hyn wneud gwahaniaeth go iawn.

Ble wyt ti'n teimlo'n ddiogel a braf?

Beth wnaeth i ti deimlo'n hapus heddiw?

Beth fyddai diwrnod delfrydol i ti?

Oes unrhyw beth ar dy feddwl pan fyddi di'n ceisio mynd i gysgu?

Does dim byd o'i le gyda gofyn am help, a chofia fy mod i yma bob amser os wyt ti angen help.

Pa bethau sy'n anodd i ti ymdopi â nhw ar hyn o bryd?

Sut wyt ti'n teimlo am.....?

Pa liw/anifail sy'n cynrychioli sut rwyt ti'n teimlo heddiw?

WHERE TO FIND SUPPORT

DYMA GYMORTH SYDD AR GAEL



OLLEE

A digital friend for ages 8-11 which helps children explore feelings

Ollee asks how you're feeling and offers ideas about what to do. If you're not sure, Ollee will help you figure it out. Children and parents can both create and connect accounts - to share advice together. Try in a web browser or download the app.

Mae'n ffrind digidol i blant 8-11 oed sy'n helpu plant i edrych ar deimladau.

Mae Ollee yn gofyn sut rydych chi'n teimlo ac yn cynnig syniadau am beth i'w wneud. Os nad ydych chi'n siŵr, bydd Ollee yn eich helpu i ddatrys y sefyllfa. Gall plant a rhieni greu a chysylltu cyfrifon i rannu cyngor gyda'i gilydd. Rhowch gynnig arni drwy borwr gwe neu drwy lwytho'r ap i lawr.

app.allee.org.uk



WELLREAD

Builds children's emotional wellbeing by reading great stories together & having interesting conversations.

You can create an account and start reading and exploring together.

Mae darllen straeon gyda'ch gilydd a chael sgysiau diddorol yn adeiladu llesiant emosiynol plant.

Gallwch greu cyfrif a dechrau darllen ac archwilio gyda'ch gilydd.

mywellread.com



SHOUT

Free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope.

To start a conversation, text the word 'SHOUT' to 85258. Trained volunteers are there to listen at any time of day or night, and messages won't appear on the phone bill.

Gwasanaeth cymorth cyfrinachol am ddim drwy neges destun ac mae ar agor 24/7 i unrhyw un yn y DU sy'n cael trafferth ymdopi.

I ddechrau sgwrs, anfonwch y gair 'SHOUT' i 85258. Mae gwirfoddolwyr hyfforddedig yno i wrando ar unrhyw adeg o'r dydd neu'r nos, ac ni fydd y negeseuon yn ymddangos ar y bil ffôn.

giveusashout.org



CHILDLINE

Free, confidential support and advice, 24 hours a day on 0800 1111

Cymorth a chngor cyfrinachol am ddim, 24 awr y dydd ar 0800 1111

childline.org.uk

The logo for Young Minds, featuring the word "YOUNG" in yellow and "MINDS" in black, all in a bold, sans-serif font.

YOUNG MINDS

Free, confidential online and telephone support, including information and advice, to any adult worried about the emotional wellbeing or mental health of a child or young person up to the age of 25. Call 0808 8025544.

Cymorth cyfrinachol am ddim dros y ffôn ac ar-lein, gan gynnwys gwybodaeth a chynghor, i unrhyw oedolyn sy'n poeni am lesiant emosiynol neu iechyd meddwl plentyn neu berson ifanc hyd at 25 oed. Ffoniwch 0808 8025544.

youngminds.org.uk

The logo for BBC Plant Mewn Angen Children in Need, featuring the BBC logo above the text "PLANT MEWN ANGEN" and "CHILDREN IN NEED" in a bold, sans-serif font.

BBC CHILDREN IN NEED - A MILLION & ME PROGRAMME

£10m fund, dedicated to supporting children (age 8-13) with their emotional wellbeing and mental health. A Million & Me funds projects which work across the UK, locally and digitally. The Million & Me Hub had links to tools and resources to support children's emotional wellbeing.

BBC PLANT MEWN ANGEN - MILIWN A FI

Cronfa gwerth £10m, wedi'i neilltuo i gefnogi plant (8-13 oed) gyda'u llesiant emosiynol a'u hiechyd meddwl. Mae Miliwn a Fi yn ariannu prosiectau sy'n gweithio ar draws y DU, yn lleol ac yn ddigidol. Mae gan Miliwn a Fi ddolenni at offer ac adnoddau i gefnogi llesiant emosiynol plant.

[A Million & Me Programme](#)
[Miliwn A Fi](#)

BBC CHILDREN IN NEED

Fund projects across the UK that support children and young people's emotional wellbeing. You can find out what we fund near you here.

BBC PLANT MEWN ANGEN

Mae BBC Plant mewn Angen yn ariannu prosiectau ledled y DU sy'n cefnogi llesiant emosiynol plant a phobl ifanc yn y DU. Mae rhagor o wybodaeth am yr hyn rydyn ni'n ei ariannu yn eich ardal chi ar gael yma.

bbc.co.uk/cin

THE POWER OF CONVERSATIONS

Why conversations are a brilliant way to keep a child's mental health on track

by Sophie Charles, BBC Children in Need

Many children and young people are already or will, experience challenges to their mental health. There are ways we can all help them to cope. It may seem like a simple ask, but having a trusted adult who engages in supportive, open conversations with children and young people, is a great way to support keeping their emotional wellbeing on track.

BBC Children in Need know that taking early steps to support children and young people's mental health can help them when they begin to experience challenges, before things worsen. Through BBC Children in Need's mental health programme, A Million & Me, we learned that this is particularly important for those going through the transformative years of 8-13, as it's during these years that many concerns around emotional wellbeing first emerge.

Emotional wellbeing of young people is at the heart of what we do here at BBC Children in Need, with the majority of funded projects helping children and young people to build positive relationships and to have conversations that support their emotional wellbeing. These projects range from having fun and enjoyment at an after-school sports club to exploring the management of feelings during a drama therapy session to dealing with the effects of distress through a group therapy programme. But it's not just formal youth work settings that provide young people with trusted adults, it could be a family support worker, a playworker, or a parent/carer. All of these trusted adults play a key role in the system of children's mental health.

Conversations help young people to acquire the emotional language to talk about the things that matter to them and explore how they are feeling. We know that young people value positive relationships with trusted adults, whether that's at home, in the classroom or in the community. It's through these positive relationships that young people can engage in conversations about emotional wellbeing so that they know who to turn to when they need to seek help. It's important young people feel equipped to do this before things escalate.

Just like adults, young people can have daily worries. Starting a conversation and helping young people to work out problems by talking about them, can contribute to feelings of resilience – a key strength we all need to cope with life's adversities. Listening to how young people feel and supporting them to help-seeking when they need it, can all begin with an ordinary conversation.

We believe that there is power in these ordinary, supportive conversations with young people which can take place through every day, positive relationships with trusted adults. It's never too early to start a conversation about feelings and trusted adults should be reminded to have the confidence to do just that... Just ask.

This article lives on our website as a blog, [the link is here](#). Please feel free to repost it to share it on your websites and social media channels to spread the message.

PŴER SGYRSIAU

Dyma resymau pam y gall sgysrsiau helpu i gadw iechyd meddwl plentyn ar y trywydd iawn

gan Sophie Charles, BBC Plant mewn Angen

Mae llawer o blant a phobl ifanc yn wynebu heriau i'w hiechyd meddwl, boed hynny'n digwydd eisoes neu'n digwydd yn y dyfodol. Mae sawl ffordd i ni eu helpu i ymdopi. Ffordd wych o helpu i gadw llesiant emosiynol plant a phobl ifanc ar y trywydd iawn yw cael oedolyn dibynadwy i gael sgysrsiau agored a chefnogol gyda nhw.

Mae BBC Plant mewn Angen yn gwybod y gall iechyd meddwl plant a phobl ifanc wella drwy gymryd camau cynnar i'w cefnogi, cyn i bethau waethygu. Drwy Miliwn a Fi, rhaglen iechyd meddwl BBC Plant mewn Angen, fe wnaethom ddysgu bod cymryd y camau cynnar hyn yn arbennig o bwysig i'r rheini sy'n mynd drwy oedrannau trawsnewidiol 8-13, gan fod llawer o bryderon fod llesiant emosiynol yn dod i'r amlwg yn ystod yr oedrannau hyn.

Mae llesiant emosiynol pobl ifanc yn ganolog i'r hyn rydyn ni'n ei wneud yma yn BBC Plant mewn Angen. Mae'r rhan fwyaf o brosiectau sy'n cael eu hariannu yn helpu plant a phobl ifanc i feithrin perthnasoedd cadarnhaol ac i gael sgysrsiau sy'n cefnogi eu llesiant emosiynol nhw. Mae'r prosiectau hyn yn amrywio o gael hwyl a mwynhad mewn clwb chwaraeon ar ôl ysgol, i edrych ar sut i reoli teimladau yn ystod sesiwn therapi drama er mwyn delio ag effeithiau trallod drwy raglen therapi grŵp. Fodd bynnag, nid lleoliadau gwaith ieuenctid ffurfiol yn unig sy'n darparu oedolion dibynadwy i bobl ifanc. Gallai'r oedolyn dibynadwy fod yn weithiwr cymorth i deuluoedd, yn weithiwr chwarae, neu'n rhiant/gofalwr. Mae pob un o'r oedolion dibynadwy hyn yn chwarae rhan allweddol yn y system iechyd meddwl plant.

Mae sgysrsiau'n helpu pobl ifanc i ddysgu'r iaith emosiynol er mwyn siarad am y pethau sy'n bwysig iddyn nhw ac i archwilio sut maen nhw'n teimlo. Rydyn ni'n gwybod bod pobl ifanc yn gwerthfawrogi perthnasoedd cadarnhaol gydag oedolion dibynadwy - boed hynny gartref, yn yr ystafell ddosbarth neu yn y gymuned. Gall pobl ifanc gymryd rhan mewn sgysrsiau am lesiant emosiynol drwy'r perthnasoedd cadarnhaol hyn, fel eu bod nhw'n gwybod at bwy i droi pan fydd angen iddyn nhw ofyn am help. Mae'n bwysig bod pobl ifanc yn teimlo eu bod yn gallu gwneud hyn cyn i bethau waethygu.

Yn union fel oedolion, mae pobl ifanc yn poeni am bethau bob dydd hefyd. Mae dechrau sgwrs a helpu pobl ifanc i ddatrys problemau drwy siarad amdanynt yn gallu cyfrannu at deimladau o gydnerthedd - sef cryfder allweddol sydd ei angen ar bob un ohonom i ymdopi ag anawsterau bywyd. Gall y broses o wrando ar sut mae pobl ifanc yn teimlo - a'u cefnogi i ofyn am help pan fydd ei angen arnynt - ddechrau mewn sgwrs arferol gyda'r unigolyn.

Rydyn ni'n credu bod y sgysrsiau cyffredin a chefnogol hyn gyda phobl ifanc yn bwerus. Gall y sgysrsiau ddigwydd drwy berthynas gadarnhaol o ddydd i ddydd gydag oedolion dibynadwy. Dydy hi byth yn rhy gynnar i ddechrau sgwrs am deimladau, a dylid atgoffa oedolion dibynadwy i gael yr hyder i wneud hynny... Y cyfan sydd angen ei wneud yw gofyn.

Mae'r erthygl hon yn fyw ar ein gwefan fel blog, [mae'r ddolen yma](#).

Mae croeso i chi ei hail-bostio a'i rhannu ar eich gwefannau a'ch sianeli cyfryngau cymdeithasol er mwyn lledaenu'r neges.

BBC Children in Need believes that every child should have the chance to thrive and be the best they can be. We are committed to being there for children across the UK when they need us most.

Mae BBC Plant mewn Angen yn credu y dylai pob plentyn gael cyfle i ffynnu a bod y gorau y gallan nhw fod. Rydym wedi ymrwymo i fod yno i blant ledled y DU pan fyddant ein hangen fwyaf.



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CHILDREN IN NEED

**THANK YOU SO MUCH
FOR BEING A PART OF
THIS CAMPAIGN**

**DIOLCH YN FAWR I CHI
AM FOD YN RHAN O'R
YMGYRCH HON**

