

DIOGELWCH PERSONOL / PERSONAL SAFETY

Annwyl Gyngorydd,

Prin yw'r achosion o drais yn erbyn ffigyrau cyhoeddus, ond yn dilyn marwolaeth Syr David Amess AS, mae'n ddoeth atgoffa pob aelod o'r adnoddau sydd ar gael ynghylch sut y gallwch gadw'n ddiogel.

Cymerwch ychydig o amser i ddarllen y canlynol os gwelwch yn dda:-

- **Diogelwch Personol ar gyfer Aelodau/** CLIL
- [Canllaw'r Cynghorwyr i drafod bygwth/](#) CLIL
- **Rheolau ymgysylltu** Ffeithlun i'w ddefnyddio ar y cyfryngau cymdeithasol er mwyn rhoi 'cod' clir y dylai pob defnyddiwr weithredu yn unol ag ef.
- **Mynd I'r afael a cham drin ar-lein** canllaw cyflym i gynghorwyr sy'n cynnwys camau y gallent eu cymryd i ddiogelu eu hunain ar-lein a cheisio cymorth pan fo angen.
- **Gwella Dinasyddiaeth Ddigidol:** Canllaw Ymarferol i Gynghorwyr
- **Gwella Dinasyddiaeth Ddigidol:** Ymchwil ac Arfer Da

Os oes gennych unrhyw bryderon penodol, cysylltwch â mi neu Linda Rees Jones, Swyddog Monitro'r Awdurdod.

Dear Councillor,

Incidents of violence towards public figures is rare, however following the death of Sir David Amess MP, it is prudent to remind all members of the resources available on how you can keep safe.

Please take some time to read the following:-

- **Personal safety | Local Government Association**
- **Councillors' guide to handling intimidation | Local Government Association**
- **'Rules of engagement'** [infographic](#) for councillors to use on social media to give all users a clear 'code' by which they should operate
- **'Handling online abuse'** [infographic](#) - a quick reference guide for councillors with steps they can take to protect themselves online and seek support where needed
- **Improving digital citizenship: A practical guide for councillors | Local Government Association**
- **Research and Good Practice** [Improving digital citizenship: Research and good practice | Local Government Association](#)

Should you have any specific concerns then please contact myself or Linda Rees Jones the Authority's Monitoring Officer.