

Llythyron

A2

Mehefn 2007.

BOY RACERS COST ALL YOUNG DRIVERS

Damning statistics show young drivers are involved in far more accidents on the road than any other age group.

- ONE in three young male drivers will write off a car in their first year of driving. Young women are half as likely to do so.
- ONE-QUARTER of the convictions for causing death by dangerous driving are for drivers under 20, even though this age group represents just 3% of all drivers.
- ONE-QUARTER of drivers under 21 who have an accident lose control of their car.
- MORE than 130,000 under 25 years old were convicted of driving without insurance in 2001, more than half of total convictions.

Some car magazines encourage young drivers to tune up their cars in order to make them go faster. The result is higher motoring premiums for all young drivers, even responsible ones.

These boy racers are pushing up premiums for responsible young men who buy small cars when they first start driving. Insurance companies are worried because they believe many of these boy racers are driving while uninsured.

Responsible young female drivers are losing out even more than the men. Young women generally have higher premiums than males, but only make up one-tenth of the number of people convicted of driving without insurance.

Insurance for young drivers causes a problem for companies. Young drivers have more accidents more often. They get more convictions, cause more deaths and serious injury and drink drive more.

There is no other way for insurance companies to assess premiums than by looking at age and responsibility for accidents. As a result, all young drivers are made to pay.

ADRAN B**Trawsieithu****2. Darllenwch yr erthygl ganlynol.**

Ysgrifennwch lythyr yn Gymraeg (tua 350 o eiriau) at olygydd cylchgrawn Cymraeg yn ymateb i'r erthygl. [40]

Gan ddefnyddio'r wybodaeth sydd yn yr erthygl **dylech drafod:**

- (a) **anhawster cael yswiriant car am bris rhesymol i yrwyr ifanc;**
- (b) **eich ymateb i'r erthygl ac i beryglon rhai pobl ifanc yn gyrru'n rhy gyflym.**

Ni ddylid cyfieithu'r testun.

boy racers – glas raswyr;
 damning statistics – ystadegau damniol;
 accidents – damweiniau;
 drivers – gyrrwyr;
 convictions – dedfrydau euog;
 to represent – cynrychioli;
 insurance – yswiriant;
 to encourage – annog;
 to tune – tiwnio;
 magazines – cylchgronau;
 premiums – taliadau;
 companies – cwmnïau;
 to worry – poeni;
 to insure – yswirio;
 responsible – cyfrifol;
 serious injury – anafiadau difrifol;
 to assess – asesu.

Melnefi 2006.

Healthy Eating in Schools

Children and students need a healthy diet containing a wide variety of food to obtain all the nutrients they need for growth, health and to do well at school.

Not all school dinners provide a healthy meal of meat or fish and dairy food and a choice of fruit and vegetables. Instead, children may be eating snacks that are high in fat, sugar and salt.

Eating a balanced diet at home will encourage children to eat healthily at school. Even if healthy choices are available at school, many children choose chips, burgers, pizza and not vegetables.

Chip vans could be banned from parking outside schools in order to stop pupils buying food at break times and to encourage them to eat school dinners.

People say that the government's aim to improve school meals following a campaign by the TV chef, Jamie Oliver, will fail if pupils continue to choose the chip van.

Following Jamie Oliver's statement about junk food in schools, the government promises to improve food in schools. An increase in subsidy from 37p a child to 50p in primary schools and 60p in secondary schools aims to replace cheap, processed food with freshly cooked, nutritious meals.

Meanwhile, researchers at the University of Wales, Aberystwyth, questioned 300 sixth formers and found that few knew how to keep a balanced diet.

The research calls for big changes in the teaching of health and nutrition in schools.

Less than a fifth of those questioned emphasised the importance of eating fruit as part of a healthy diet.

ADRAN B

Trawsieithu

2. Darllenwch yr erthygl ganlynol sy'n trafod bwyta'n iach mewn ysgolion.

Ysgrifennwch lythyr yn Gymraeg (tua 350 o eiriau) at olygydd cylchgrawn Cymraeg yn ymateb i'r erthygl. [40]

Gan gyfeirio at yr wybodaeth sydd yn yr erthygl dylech drafod:

- (a) **pa mor anodd ydy hi i berswadio plant i fwyta'n iach yn yr ysgol;**
- (b) **eich ymateb chi i'r ymgyrch i gael plant i fwyta'n iach.**

Ni ddylid cyfieithu'r testun.

nutrients – maetholion;
dairy food – bwyd llaeth;
snacks – byrbrydau;
balanced – cytbwys;
to ban – gwahardd;
encourage – annog;
government – llywodraeth;
aim – pwrpas;
campaign – ymgyrch;
statement – datgamiad;

junk food – bwyd sothach;
subsidy – nawdd;
to replace – cyfnewid;
processed food – bwyd wedi'i brosesu;
nutritious – maethlon;
researchers – ymchwilwyr;
nutrition – maeth.

More teenagers staying in education, says Careers Wales

The number of 16 year-olds not in education, employment or training in Wales has fallen as more teenagers choose to stay on in school according to latest survey.

The annual survey, on behalf of the Welsh government, looks at the number of pupils not in education, employment or training (*Neets).

A survey of 65,450 high school pupils shows 85.1% continued their education beyond Year 11 last year compared with 82.8% in the previous year.

All but one of Wales' 22 local education authorities reported a fall in Year 11 Neets.

Councils like Blaenau Gwent and Merthyr Tydfil were among those showing the biggest improvement.

Ceredigion recorded the only increase in 16 year old Neets while numbers remain high in Cardiff (7.1%) and Newport (6.6%) despite steady reductions.

Advisers say over the last five years they have seen an 8% increase in those staying in education.

A Careers Wales spokesperson called the result encouraging "particularly in the current economic climate."

A total of 4.4% of **Year 11** pupils were regarded as Neets in the last academic year. This figure was down from 5.4% in the previous year.

The figure of **Year 12** pupils categorised as Neets has dropped to a five year low of 2.5% from about 3%.

Data shows a slight drop in the number of **Year 13** pupils who become Neets. That is 6.5% in 2011 compared with 6.6% the previous year with the pattern showing an overall increase in the past five years.

A spokesperson said, "Our main worry is with the number of young people who become Neets after leaving further education at 18.

A competitive job market is an important factor but I believe more could be done to make sure that young people receive the best support.

High levels of youth unemployment is still a major problem in Wales."

*Neets = Not in education, employment or training

ADRAN B

Trawsieithu

2. Darllenwch yr erthygl ganlynol.

Ysgrifennwch lythyr yn Gymraeg (tua 350 o eiriau) at olygydd cylchgrawn Cymraeg yn ymateb i'r erthygl. [40]

Gan gyfeirio at yr wybodaeth sydd yn yr erthygl dylech drafod:

- (a) y ffeithiau a'r ystadegau yn y darn;
- (b) eich ymateb chi i'r erthygl.

Ni ddylid cyfieithu'r testun.

Careers Wales – *Gyrfa Cymru*
 employment – *gwaith*
 training – *hyfforddiant*
 teenagers – *glaslanciau*
 according – *yn ôl*
 survey – *arolwg*
 annual – *blynyddol*
 on behalf – *ar ran*
 government – *llywodraeth*
 compared – *o'i gymharu*
 local education authorities – *awdurdodau addysg lleol*
 improvement – *gwelliant*
 increase – *cynnydd*
 reductions / drop – *gostyngiad*
 advisers – *cynghorwyr*
 spokesperson – *llefarydd*
 encouraging – *yn galonogol*
 particularly – *yn enwedig*
 economic climate – *hinsawdd economaidd*
 categorised – *wedi'u dosbarthu*
 worry – *gofid*
 further education – *addysg bellach*
 competitive job market – *marchnad waith gystadleuol*
 support – *cefnogaeth*
 unemployment – *diweithdra*

Children should be taught sun safety in schools

Cancer experts have called for children to be taught about sun safety. A recent report reveals almost 40% of pupils have suffered sunburn while at school.

Skin Cancer UK says that just 1p per person is currently being spent on sun awareness campaigns. It wants the government to introduce a policy on sun safety guidance for schools.

Richard Clifford of Skin Cancer UK said, "Children who are over-exposed to the sun will have problems for the future. It is therefore important to encourage the use of sun cream to reduce the risk."

A hospital consultant says that girls know more of the dangers of sunburn than boys. Girls still want a suntan because a tan is considered as being healthy and beautiful. Boys, however, do not know about the risks and are out playing football, cricket and taking their shirts off in the sun. They also want to look good with their suntan.

The consultant adds that schools should play a part in educating children about the sun. Schools should be encouraged to provide sheltered areas in playgrounds and allow children to wear hats during breaktime. Children should be allowed to use sun cream. Teachers should be able to help them to do that.

Evidence shows that sunburn as a child doubles the risk of developing skin cancer later in life. Children must be protected from the sun especially in the middle of the day during the summer. A child's skin is delicate and easily damaged by the sun.

The Welsh Assembly Government is campaigning to educate people about the risk of skin cancer and enjoying the sun sensibly.

ADRAN B

Trawsieithu

2. Darllenwch yr erthygl ganlynol.

Ysgrifennwch lythyr yn Gymraeg (tua 350 o eiriau) at olygydd cylchgrawn Cymraeg yn ymateb i'r erthygl. [40]

Gan gyfeirio at yr wybodaeth sydd yn yr erthygl **dylech drafod:**

- (a) **problemau plant yn dioddef llosg haul;**
- (b) **eich ymateb chi i'r erthygl gan geisio awgrymu'r hyn y dylid ei wneud i ateb y sefyllfa.**

Ni ddylid cyfieithu'r testun.

experts – *arbenigwyr*;
 sun safety – *diogelwch haul*;
 suffer – *dioddef*;
 sunburn – *llosg haul*;
 sun awareness campaigns – *ymgyrchoedd diogelu rhag yr haul*;
 guidance – *arweiniad*;
 over-exposed to the sun – *yn rhy agored i'r haul*;
 sun cream – *eli haul*;
 consultant – *arbenigwr*;
 dangers – *peryglon*;
 suntan – *lliw haul*;
 sheltered areas – *mannau cysgodol*;
 evidence – *tystiolaeth*;
 doubles – *dwblu*;
 developing – *datblygu*;
 protect – *gwarchod*;
 delicate – *tyner*;
 skin cancer – *canser y croen*.

Melina 2005

Youngsters 'binge drinking'

Children as young as six have had to go to hospital after going on drinking binges, report hospital doctors.

School summer holidays in particular bring a number of cases into casualty units all over the country.

A survey by the BBC found that doctors and nurses who work in Accident and Emergency Units believe that the age of binge drinking children is falling.

During the summer holidays doctors estimated that they saw 24 cases of alcohol poisoning a month in under 18 year olds.

In one area in the country, staff reported seeing almost 100 cases a week during holiday periods and blamed a "holiday atmosphere" with children left unsupervised.

Mr John Heyworth, a specialist in this field, said his young patients fell into two categories – those who were having one experiment with alcohol, and those who returned again and again with the same problems. He said: "They are ending up in resuscitation rooms and tending not to learn from the situation. And that's very worrying."

He added, "Often they are very sick indeed – they've drunk so much that they are unconscious and vomiting. Children will be dying as a result of alcohol binge drinking unless we take some action now."

There is already concern about the drinking of alcohol among young adults, which is rising fast in some groups, in particular women.

Some studies have linked binge drinking to the development of breast cancer in women.

Dr Patricia Conrod for Action on Addiction said: "The amount of alcohol drunk per week by 11-15 year olds doubled between 1990 and 2000."

"Heavy drinking is particularly dangerous for young people, as they are not fully developed, and their bodies are unable to cope with a lot of alcohol. Research has suggested that drinking may seriously harm the development of the nervous and reproductive systems."

"Children and teenagers need to be better educated, particularly those young people who are repeatedly admitted to hospital for emergency treatment for binge drinking."

Trawsieithu

- Ysgrifennwch lythyr yn Gymraeg (tua 350 o eiriau) at olygydd cylchgrawn Cymraeg yn ymateb i'r erthygl.
- Gan gyfeirio at yr wybodaeth ydd...
- [40]

binge drinking – goryfyd;
casualty units – unedau damweiniau;
survey – arolwg;
accident and emergency – damwain ac
argyfwng;
alcohol poisoning – gwenwyno alcohol;
unsupervised – heb eu harolygu;
resuscitation room – ystafell adfywio;
unconscious – anymwybodol;
to link – cysylltu;
breast – y fron;

Action on Addiction - Gweithredu yn erbyn
Dibyniaeth;
development of the nervous and
reproductive systems - datblygiad y
systemau nerfau ac atgennhedlu;
repeatedly - yn rheolaidd.

Mehefin 2004.

Bullying

Bullying in some form can happen to anyone. Almost 8 out of every 10 children in Britain suffer bullying. In 1999, an anti-bullying policy was introduced in schools across Britain. Everything was done to prevent bullying problems from taking place. Sadly, the problem still continues today.

A great deal of bullying takes place in the school or on the playground and unfortunately in most cases school bullies become workplace bullies later on in life. More and more people are deciding to educate their children at home to avoid bullying. Every year hundreds of children all over the world commit suicide because they are victims of terrible bullying. These children would rather die than face yet another day of being bullied. Most children, however, are more fortunate than this and manage to get help in time.

What is bullying?

Bullying is a form of aggressive and cruel behaviour that expresses itself in various forms - it can be racial bullying, teasing, calling someone names or continuously harassing someone. Children can get bullied because they might look different or sound different. A child can suffer:

- physical abuse
- mental abuse like being called names
- having personal belongings taken from them
- being ignored or made fun of.

How do parents know that their child is being bullied?

It is not always easy to tell. Some signs that parents should look out for are:

- a child gets upset at the thought of going to school
- a child might say that he/she is too unwell to go to school
- a change in the usual behaviour pattern - a child might become very quiet
- they might have injuries.

What should parents do?

- talk to and support their child
- talk to the school if the bullying takes place in school
- encourage the child to talk to a teacher
- talk to the parents of the bully.

What should children who are bullied do?

- not to blame themselves for getting bullied
- say NO to the bully
- tell someone as soon as they are bullied
- not to wander off alone - stay in a group
- not to let the bully have the better of them.

What else can help?

No one deserves to be bullied and no one should put up with it. There are many websites that deal with the issue of bullying. It is intended to create an internet chat line where bullied children can talk with counsellors without being identified. They can name their school if they wish and it is hoped an answer to their bullying problem can be found.

ADRAN B

Trawsieithu

2. Darllenwch yr erthygl canlynol sy'n trafod bwllian.

Ysgrifennwch lythyr yn Gymraeg (tua 350 o eiriau) at olygydd cylchgrawn Cymraeg yn ymateb i'r erthygl. [40]

Gan gyfeirio at yr wybodaeth sydd yn yr erthygl trafodwch eich ymateb i'r testun gan gyfeirio at unrhyw brofiad o fwllian rydych chi wedi'i ddioddef neu ei weld.

Ni ddylid cyfieithu'r testun.

to suffer – dioddef;
 anti-bullying – gwrth-fwllian;
 workplace – gweithle;
 to avoid – osgoi;
 commit suicide – cyflawni hunanladdiad;
 aggressive behaviour – ymddygiad ymosodol;
 racial – hiliol;
 to tease – poeni;
 to harass – blino;
 physical – corfforol;

abuse – sarhad;
 belongings – eiddo;
 to ignore – anwybyddu;
 injuries – anafiadau;
 to support – cefnogi;
 to blame – bwrw'r bai;
 to deserve – haeddu;
 website – gwefan;
 counsellors – cynghorwyr;
 to identify – enwi.

Mehefin 2003.

Doctors call for public smoking ban

Doctors are calling for laws to ban smoking in public places to be introduced "as soon as possible".

A report from the *British Medical Association* (BMA) warns that 1,000 people are dying every year as a result of passive smoking. It also calls for a new tax on all tobacco company profits, which it wants to be used in campaigns on the health risks of passive smoking. The BMA says the money could also be put towards the development of smoke-free public places.

The charity *Action on Smoking and Health* (ASH) has also announced it is to ask for a law banning smoking at work to protect workers from the effects of passive smoking. This would be a general ban, but allow exemptions in some circumstances, such as in residential homes.

Eighty per cent of the population do not smoke. However, a quarter live with a smoker, and millions are exposed to smoke in public places. The BMA says a public place is any enclosed space with public access, such as shops, banks, taxicabs, and the workplace. A recent poll showed 86% of people were in favour of smoking restrictions at work. But the BMA estimates 3m are still exposed to tobacco smoke while at work.

Passive smoking has been linked to lung cancer and heart problems in adults.

The BMA said those at risk include:

- 8m with lung disease
- 2.1m with angina
- 1.3m who have had a heart attack
- 10.8m women of childbearing age
- 750,000 pregnant women

Dr Vivienne Nathanson from the BMA said, "By not banning smoking in public places the government is putting the health of large numbers of the population at risk and is also placing a huge cost on the NHS."

However, Simon Clark, director of the smokers' rights organization *Forest*, said: "Smokers should be conscious of those around them, especially children, but this is a matter of simple courtesy. It is absurd for campaigners to demand further restrictions on smoking. They'll be saying we can't smoke in our own homes next."

He added, "The jury is still out on the effects of "passive smoking."

[Gellir defnyddio'r canlynol: BMA, ASH, Forest.]

to ban – gwahardd;
public places – mannau cyhoeddus;
tax – treth;
profit – elw;
campaigns – ymgyrchoedd;
smoke-free – di-fwg;
charity – elusen;
to protect – gwarchod rhag;
exemptions – eithriadau;

residential homes – cartrefi preswyl;
estimates – amcangyfrif;
exposed – yn agored;
linked – wedi'i gysylltu;
disease – clefyd;
lung – ysgyfaint;
at risk – mewn perygl;
conscious – bod yn ymwybodol;
NHS – Gwasanaeth Iechyd Gwladol.

ADRAN B**Trawsieithu**

2. Darllenwch yr erthygl canlynol sy'n trafod ysmygu goddefol.

Ysgrifennwch lythyr yn Gymraeg (tua 350 o eiriau) at olygydd cylchrawn Cymraeg yn ymateb i'r erthygl. [40]

Gan gyfeirio at yr wybodaeth sydd yn yr erthygl dylech drafod:

- (a) y dadleuon ynglŷn ag ysmygu goddefol;
- (b) eich barn chi am y dadleuon, gan gyfeirio at eich profiadau chi o ysmygu goddefol.

Ni ddylid cyfieithu'r testun.

Isn't online bullying just about posting mean comments?

ANY bullying which can be carried out using technology can be described as online bullying and posting mean comments on social media is just one example.

Online bullying can include:

- threatening behaviour
- abuse
- harassment
- shaming
- exclusion
- identify theft
- malicious damage
- non-consensual sharing of images/videos
- coercion.

Online bullying can be viewed as an extension to other bullying situations, e.g. a school fight which is filmed and then shared widely on social media. The bullying that previously might have lasted a few minutes in a school playground might now stay with the victim online forever.

The technology isn't going to disappear so adults have a responsibility to address these bullying behaviours with the young people in their care. They can then identify if they are the victims of online bullying or whether they are bullying others themselves, either accidentally or deliberately.

Geirfa

- ymddygiad bygythiol
- cam-drin
- aflonyddu
- codi cywilydd
- eithrio
- dwyn hunaniaeth
- difrod maleisus
- rhannu lluniau/fideos heb ganiatâd
- gorfodi.

Dangers of diving

During the last year young men have been going to the old Glyn Rhonwy quarry in order to dive from the rock into the lake.

The local council warned that they were trespassing and that there were hidden dangers lurking beneath the surface of the water, but the young divers were ready to risk the dangers and insisted that they weren't trespassing.

"No fence had been raised at the time and we went there to dive and to climb as well," said one of the men, who has been diving into quarry pools since he was 13 years old.

By now there is a fence around the quarry and signs have been set by Gwynedd Council and the police warning trespassers to keep out. Quarry diving in North Wales has killed many in recent years with over 20 deaths in the Dorothea quarry alone since the 1990s. Recently the Air Rescue helicopter from Valley in Anglesey was involved in airlifting two divers to a specialist unit in the Wirral and a fatality to Ysbyty Gwynedd in Bangor.

During the Second World War bombs were kept in the Glyn Rhonwy quarry and according to the authorities the quarry continues to be dangerous due to the temperature of the water and the slates that are hidden beneath the surface of the lake.

ADRAN B**Trawsieithu****2. Darllenwch yr erthygl ganlynol.**

Ysgrifennwch lythyr yn Gymraeg (tua 350 o eiriau) at olygydd cylchgrawn Cymraeg yn ymateb i'r erthygl. [40]

Gan gyfeirio at y wybodaeth sydd yn yr erthygl **dylech drafod**:

- (a) y wybodaeth a'r ystadegau yn yr erthygl;**
- (b) eich ymateb i'r erthygl.**

Ni ddylid cyfieithu'r testun.

quarry – *chwarel*;
to dive – *deifio*;
local council – *cyngor lleol*;
trespassing – *tresbasu*;
hidden dangers – *peryglon cudd*;
to risk – *mentro*;
to insist – *mynnu*;
around – *o amgylch*;
signs – *arwyddion*;
set – *gosod*;
recently – *yn ddiweddar*;
helicopter – *hofrennydd*;
specialist unit – *uned arbenigol*;
during – *yn ystod*;
authorities – *awdurdodau*;
surface – *wyneb*.

(b) Trawsieithwch y darn canlynol. Ysgrifennwch grynodedb o gynnwys y darn hwn yn eich geiriau eich hun. Nid oes angen cyfieithu popeth o'r darn. Mae croeso ichi fynegi barn ar y pwnc os hoffech wneud. Ysgrifennwch tua 150 o eiriau.

to fine – dirwyo
fine - dirwy
Education Authorities –
Awdurdodau Addysg
penalties - cosbau
truancy – triwantiaeth
to postpone – gohirio
crisis – argyfwng

legislation – deddfwriaeth
to represent – cynrychioli
airline – cwmni hedfan
to accuse – cyhuddo
to account for – yn cyfrif am
statistics – ystadegau
an increase – cynnydd
unemployment - diweithdra

Parents fined over term-time holidays

Research suggests that rising numbers of parents are being fined by Education Authorities for taking their children out of school during term time so that they can take advantage of cheap holidays. It was disclosed recently that penalties have increased by as much as 50% in some areas as local councils attempt to order a crackdown on truancy.

Many families are believed to have been caught out after postponing their summer holidays until the autumn in order to save money during the economic crisis. According to recent legislation, parents that allow their children to skip school without permission can be handed £50 fines which could rise to £100 if they are not paid within 28 days.

Family holidays now represent the most common reason for school absence after illness. A survey by BBC Online of 20 of the largest local councils showed that the number of fines had risen by as much as 10% since September. In Liverpool, fines have increased by 50%.

It is thought that the problem is being made worse by a price war between low-cost airlines. The airline companies are being accused of increasingly tempting families to take advantage of cheap deals. The companies stress that they are providing a choice for parents during this difficult economic period.

Schools currently have the powers to allow families to take children out of school during term time for special reasons only. Absence for family holidays account for almost 10% of days lost nationally. Headteachers have called on parents to keep to the school rules so that their children's education would not suffer.

According to government statistics, almost 68,000 played truant every day between September 2008 and April 2009. The latest national figures show an increase of 7,000 compared with the same period a year earlier.

It is believed that the problem will get worse before it gets better because of rising unemployment and financial problems.

DEUNYDD SBARDUN: DEFNYDDIO FFÔN SYMUDOL WRTH YRRU



- Ymgyrch "Ymgyrch Cymru gyfan 2015 i Atal Defnyddio Ffonau Symudol wrth Yrru" - cafodd 571 o fodurwyr eu dal yn defnyddio ffôn symudol wrth yrru.
- Heddlu Dyfed Powys - arwain yr ymdrech rhwng Medi 24ain a Hydref 7fed
- Heddlu Dyfed Powys: Cafodd 388 o droseddwyd eu dal.
- Heddlu Gwent: 67 o droseddwyd
- Heddlu Gogledd Cymru: 59 o droseddwyd
- Heddlu'r De: 57 o droseddwyd
- Roedd y cyfanswm yn llai nag yn ystod ymgyrch 2014, ond yn dal yn rhy uchel yn ôl John Mason (Prif Arolygydd Heddlu Dyfed Powys).
- Mae'r gosb am ddefnyddio'r ffôn symudol – mewn unrhyw ffordd – wrth yrru, yn amrywio. Er enghraifft: derbyn pwyntiau ar eich trwydded, dirwy neu gael eich atal rhag gyrru
- Yn ôl y Gymdeithas Frenhinol dros Atal Damweiniau (ROSPA), mae corff sylweddol o dystiolaeth yn profi bod gyrrwr sy'n defnyddio ffôn symudol wrth yrru, 4 gwaith yn fwy tebygol o gael damwain na'r sawl nad yw'n defnyddio ffôn.
- 2003: Daeth cyfraith i rym yn gwahardd defnyddio'r ffôn wrth yrru.

Astudiaeth âchos - Megan Davies

Proffil: Megan Davies o Giliau Aeron
36 mlwydd oed
2 o blant

Martin Davies, ei gŵr wedi marw mewn damwain ffordd. Pryd? 18 mis yn ôl

Y ffeithiau: Roedd Martin yn cerdded adref o'r clwb rygbi lleol ar ôl gwylio Ciliau Aeron yn chwarae yn erbyn Llambed. Cafodd ei daro gan gar. Colodd y gyrrwr reolaeth ar ei gar am ei fod yn tecstio. Cafodd gyrrwr y car, Mike James o Aberystwyth, 18 mis o garchar am yrru'n ddi-ofal.

