

Bwrdd Pobl Ifanc ar gyfer Newid

rhoi plant a phobl ifanc yn gyntaf

Ffurflen gais

Wyt ti rhwng 13 ac 16 oed? Diddordeb mewn rhannu eich syniadau a'ch barn i helpu i greu newid ar gyfer plant a phobl ifanc, datblygu sgiliau, cwrdd â phobl newydd a chael hwyl?

Does dim byd i dy stopio – ymuna â'r Bwrdd Pobl Ifanc ar gyfer Newid!!

Mae'r Bwrdd Pobl Ifanc ar gyfer Newid yn gyfle hwyliog a chyffrous i bobl ifanc, 13-16 oed, i lywio, cynghori a dylanwadu ar waith yr NSPCC.



NSPCC

**MAE POB PLENTYNDOD WERTH BRWYDRO DROSTO
EVERY CHILDHOOD IS WORTH FIGHTING FOR**

Young People's Board for Change

Putting children and young people first

Application form

Aged 13-16? Interested in sharing your ideas and opinions to help make a change for children and young people, develop skills, meet new people and have fun?

Be unstoppable – join the Young People's Board for Change!

The Young People's Board for Change (YPBC) is a fun and exciting chance for young people, aged 13-16, to steer, advise and influence the work of the NSPCC.



Amdanaf fi

Dyma gyfle i ti ddweud ychydig mwy wrthym amdanat ti dy hun, a pham rwyf ti'n awyddus i fod ar y **Bwrdd Pobl Ifanc ar gyfer Newid**. Llenwi'r ffurflen gais hon yw dy gam cyntaf ar daith gyffrous iawn! Gallu ei llenwi ym mha bynnag ffordd rwyf ti eisiau, felly mae croeso i ti fod yn greadigol. Gallu ysgrifennu dy atebion, tynnu llun ohonyn nhw, danfon fideo, nodyn llais neu os oes ffordd arall y byddai'n well gennyf ti ddweud wrthym amdanat ti dy hun, cysyllta â ni yn participationteam@nspcc.org.uk a gallwn gael sgwrs am hyn.

Os byddwch chi'n dweud unrhyw beth wrthym yn eich ffurflen gais sy'n gwneud i ni boeni am eich diogelwch, bydd angen i ni gysylltu â chi i wneud yn siŵr eich bod yn ddiogel a bod gennyf chi'r cymorth sydd ei angen arnoch. Os byth y byddwch chi angen rhywun i siarad â nhw, mae Childline yma i chi, ar lein neu ar y ffôn, unrhyw bryd. Mae Childline yn wasanaeth preifat a chyfrinachol sydd ar gael am ddim lle gallwch chi siarad am unrhyw beth. Ffoniwch Childline am ddim ar **0800 111** neu ar-lein yn: childline.org.uk, beth bynnag sy'n eich poeni.

Fy enw yw _____

Fy rhagenwau yw _____ (e.e. fe, hi, nhw, ze)

Rydw i'n _____ oed ac mae fy mhen-blwydd ar _____

I gymryd rhan, rhaid i ti fod yn o leiaf 13 oed erbyn mis Chwefror 2025 a chei di ddim bod yn hŷn na 18 oed erbyn mis Chwefror 2027.

Ym mha wlad rwyf ti'n byw?

Gogledd Iwerddon Yr Alban Cymru

Lloegr

Gogledd Orllewin Canolbarth Lloegr De Orllewin ac
 Gogledd Ddwyrain, Swydd Efrog a Humber Dwyrain Ynysoedd y Sianel

Hoffwn i chi gysylltu â fi drwy:

Rhowch eich cyfeiriad e-bost a/neu rif ffôn i ni fel y gallwn gysylltu â chi am eich cais

Cyfeiriad e-bost _____

Rhif ffôn _____

Dywedwch ffaith hwyliog amdanoch chi'ch hun

Dywedwch wrthym beth rydych chi wrth eich bodd yn ei wneud yn eich amser rhydd, beth yw'ch goruwchbŵer eich breuddwyd neu rywbeth sy'n gwneud i chi chwerthin.



About me

This is a chance for you to tell us a bit more about yourself, and why you would like to be on the **Young People's Board for Change**. Filling in this application form is your first step on a very exciting journey! You can fill it in however you'd like, so feel free to get creative. You can write your answers, draw them, send us a video or voice note, or if there is another way you would prefer to tell us about yourself, please get in touch with us at participationteam@nspcc.org.uk and we can have a chat about this.

If you tell us anything in your application form which makes us worried about your safety, we'll need to get in touch with you to check that you're safe and have the support that you need. If you ever need someone to talk to Childline is here for you online, on the phone, anytime. Childline is a free, private and confidential service where you can talk about anything. Call Childline free on **0800 111** or online: [childline.org.uk](https://www.childline.org.uk) whatever your worry.

This application is also available in Welsh.
Sylwer, mae'r pecyn cais yma hefyd ar gael yn Gymraeg.

My name is _____

My pronouns are (e.g. he, she, they, ze) _____

I am _____ **years old and my birthday is on** _____

To take part, you must be 13 years old by March 2025 and you can't be older than 18 years old by March 2027.

Which country do you live in?

Northern Ireland

Scotland

Wales

England:

North West

Midlands

South West and

North East, Yorkshire
& The Humber

East

Channel Islands

London and South East

I would like to be contacted by:

Please tell us your email address and/or phone number so we can contact you about your application

Email _____

Phone _____

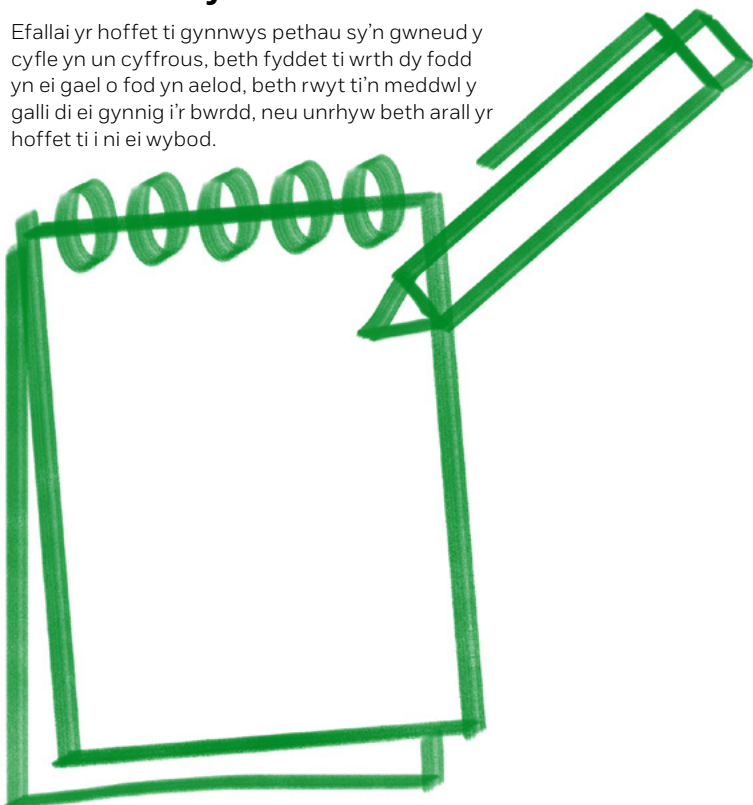
Tell us a fun fact about you

Tell us what you love to do in your free time, what your dream super power or something that makes you laugh.



Byddwn wrth fy modd yn dod yn aelod o'r Bwrdd Pobl Ifanc ar gyfer Newid oherwydd...

Efallai yr hoffet ti gynnwys pethau sy'n gwneud y cyfle yn un cyffrous, beth fyddet ti wrth dy fodd yn ei gael o fod yn aelod, beth rwy't ti'n meddwl y galli di ei gynnig i'r bwrdd, neu unrhyw beth arall yr hoffet ti i ni ei wybod.



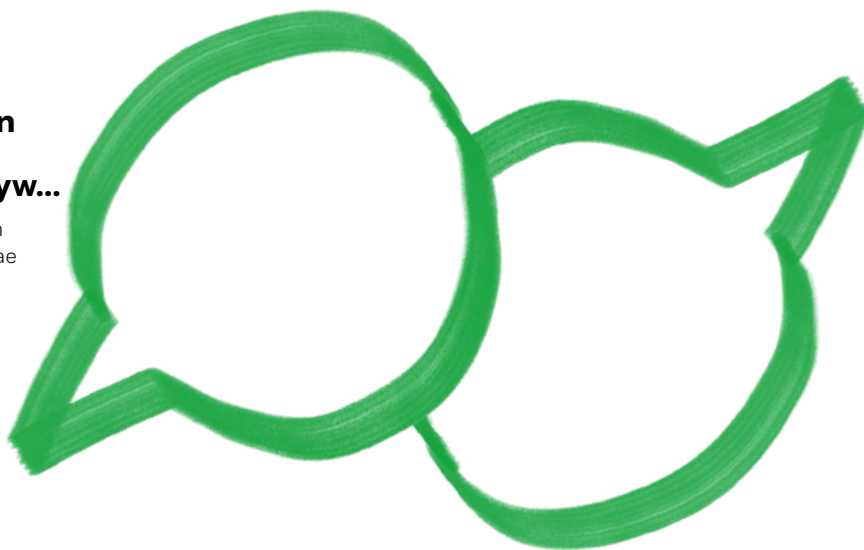
Fy nod ar y Bwrdd Pobl Ifanc ar gyfer Newid yw...

Gallech ddweud wrthym am un newid yr hoffech ei wneud yn yr NSPCC, rhywun sy'n gwneud penderfyniadau yr hoffech siarad â nhw neu efallai y cyfeillgarwch yr hoffech ei wneud.



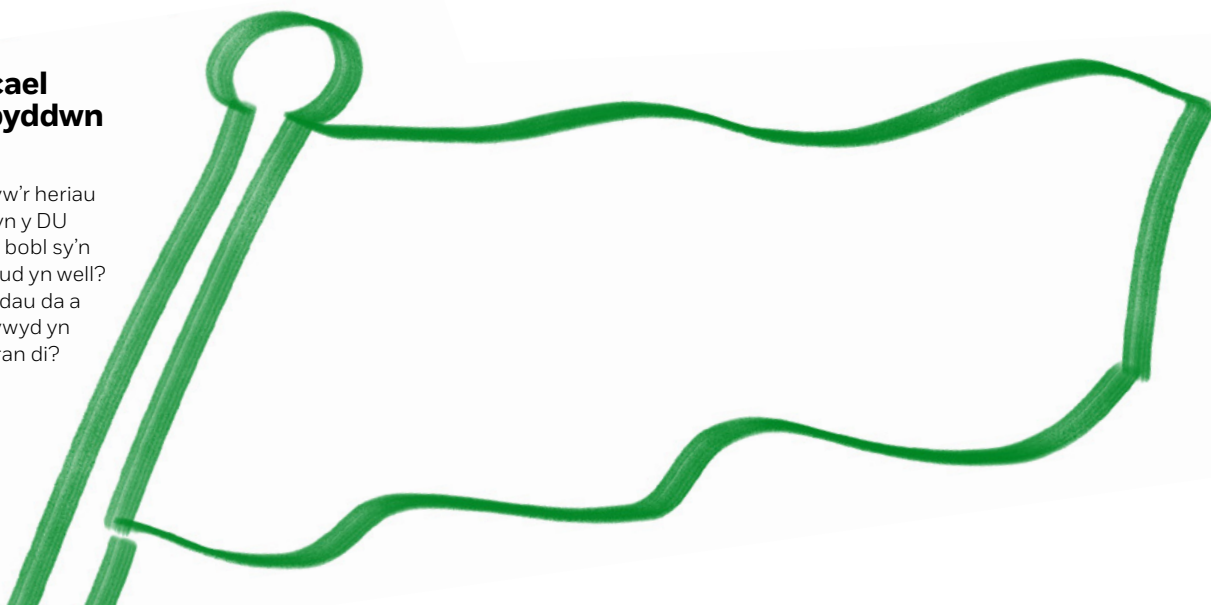
Rhywbeth y gallwn ei wneud i wneud ffrindiau newydd yw...

Gallech ddweud wrthym am gêm y byddech yn ei chwarae i ddod i adnabod eraill neu weithgaredd i helpu i gofio enwau.



Pe bawn i'n cael rheoli'r DU, byddwn i'n...

Yn dy farn di, beth yw'r heriau mwyaf i bobl ifanc yn y DU heddiw? Beth allai'r bobl sy'n rheoli fod yn ei wneud yn well? Oes gennyt ti syniadau da a fyddai'n gwneud bywyd yn well i bobl o dy oedran di?



I would love to become a member of the Young People's Board for Change because...

You might want to include things you find exciting about the opportunity, what you would love to get out of being a member, what you think you can bring to the board, or anything else you would like us to know.



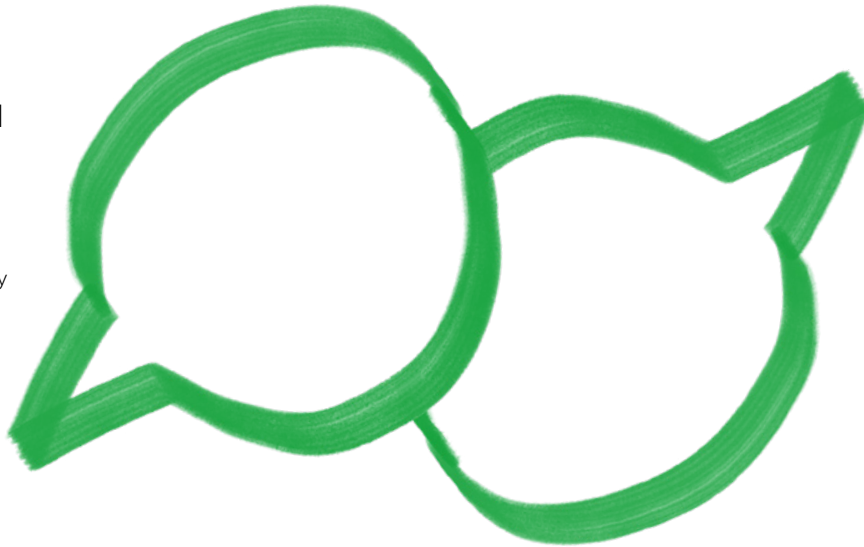
My goal on the Young People's Board for Change is...

You could tell us one change you would like to make at NSPCC, a decision-maker you would like to speak to or maybe the friendships you would like to make.



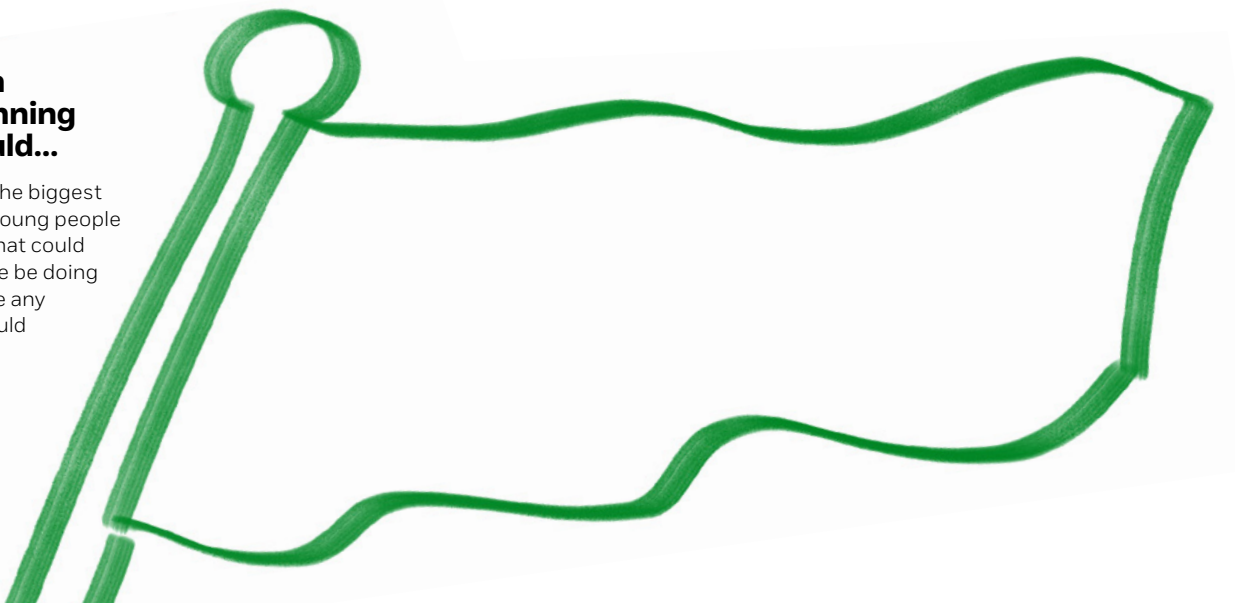
Something I could do to make new friends is...

You could tell us about a game you would play to get to know others or an activity to help remember names.



If I was put in charge of running the UK, I would...

What do you think the biggest challenges are for young people in the UK today? What could the people in charge be doing better? Do you have any great ideas that would make life better for people your age?

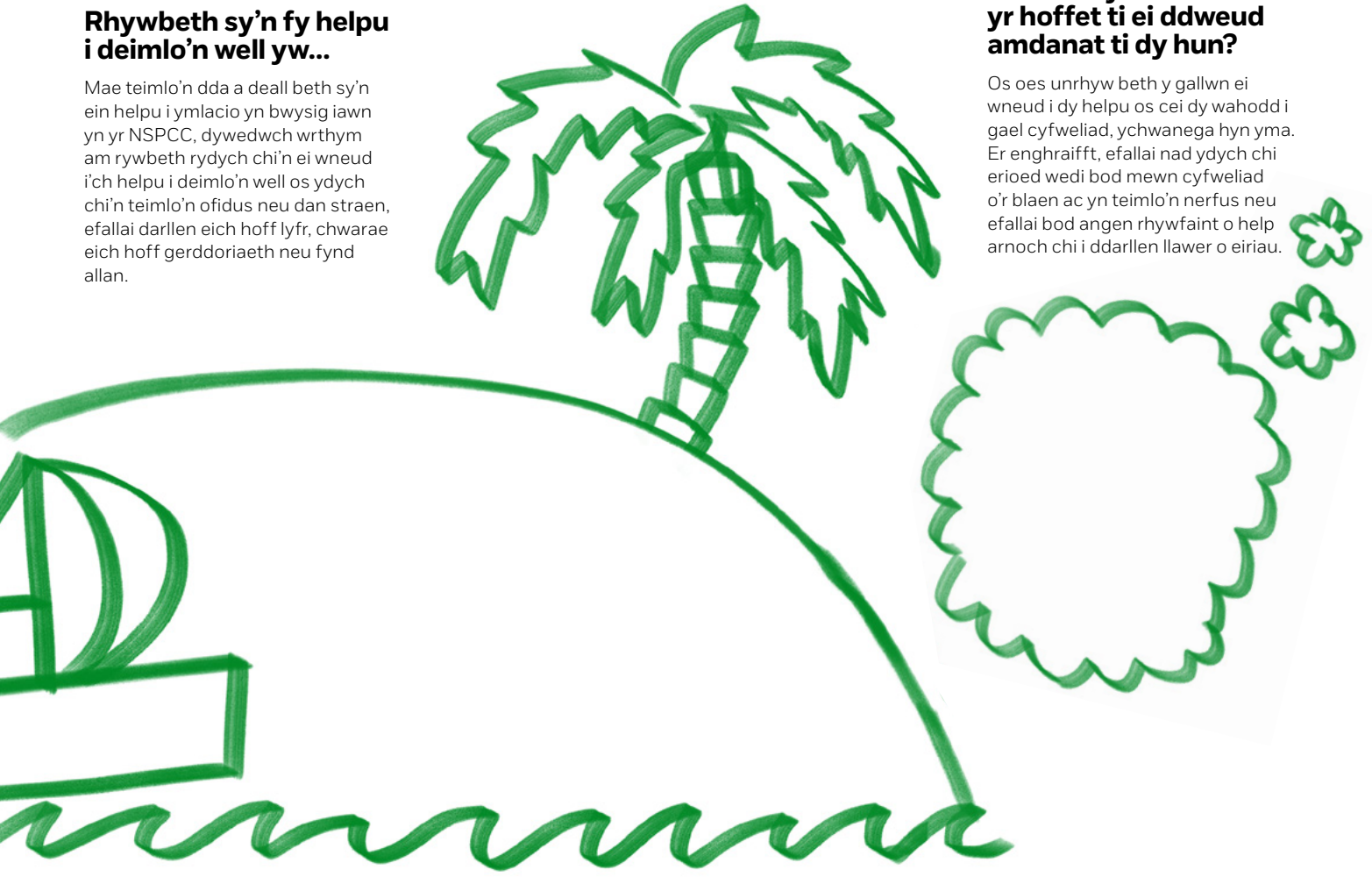


Rhywbeth sy'n fy helpu i deimlo'n well yw...

Mae teimlo'n dda a deall beth sy'n ein helpu i ymlacio yn bwysig iawn yn yr NSPCC, dywedwch wrthym am rywbeth rydych chi'n ei wneud i'ch helpu i deimlo'n well os ydych chi'n teimlo'n ofidus neu dan straen, efallai darllen eich hoff lyfr, chwarae eich hoff gerddoriaeth neu fynd allan.

Oes unrhyw beth arall yr hoffet ti ei ddweud amdanat ti dy hun?

Os oes unrhyw beth y gallwn ei wneud i dy helpu os ceir dy wahodd i gael cyfweiliad, ychwanega hyn yma. Er enghraifft, efallai nad ydych chi erioed wedi bod mewn cyfweiliad o'r blaen ac yn teimlo'n nerfus neu efallai bod angen rhywfaint o help arnoch chi i ddarllen llawer o eiriau.



Beth fydd yn digwydd nesaf?

Byddwn yn cysylltu â thi a dy rieni/gofalwyr erbyn Chwefror 2025 i roi gwybod i ti os wyt ti wedi cyrraedd y rhestr fer ar gyfer cyfweiliad.

Yn anffodus, dydy hi ddim yn bosib cynnig lle i bawb ar y Bwrdd Pobl Ifanc ar gyfer Newid, gan mai ond 15 lle sydd gennym ni.

Os na chewch chi gyfweiliad mae yna lawer o ffyrdd eraill o gymryd rhan a rhannu eich syniadau a'ch barn.

Ticiwch fan hyn os hoffech chi gofrestru ar gyfer 'The Collective', cylchlythyr e-bost misol gyda chyfleoedd i gymryd rhan gyda'r NSPCC.

Anfon dy gais ar e-bost at participationteam@nspcc.org.uk

**Neu drwy'r post at:
Participation Team, NSPCC,
Weston House, 42 Curtain Road,
London, EC2A3NH**



Bwrdd Pobl Ifanc ar gyfer Newid

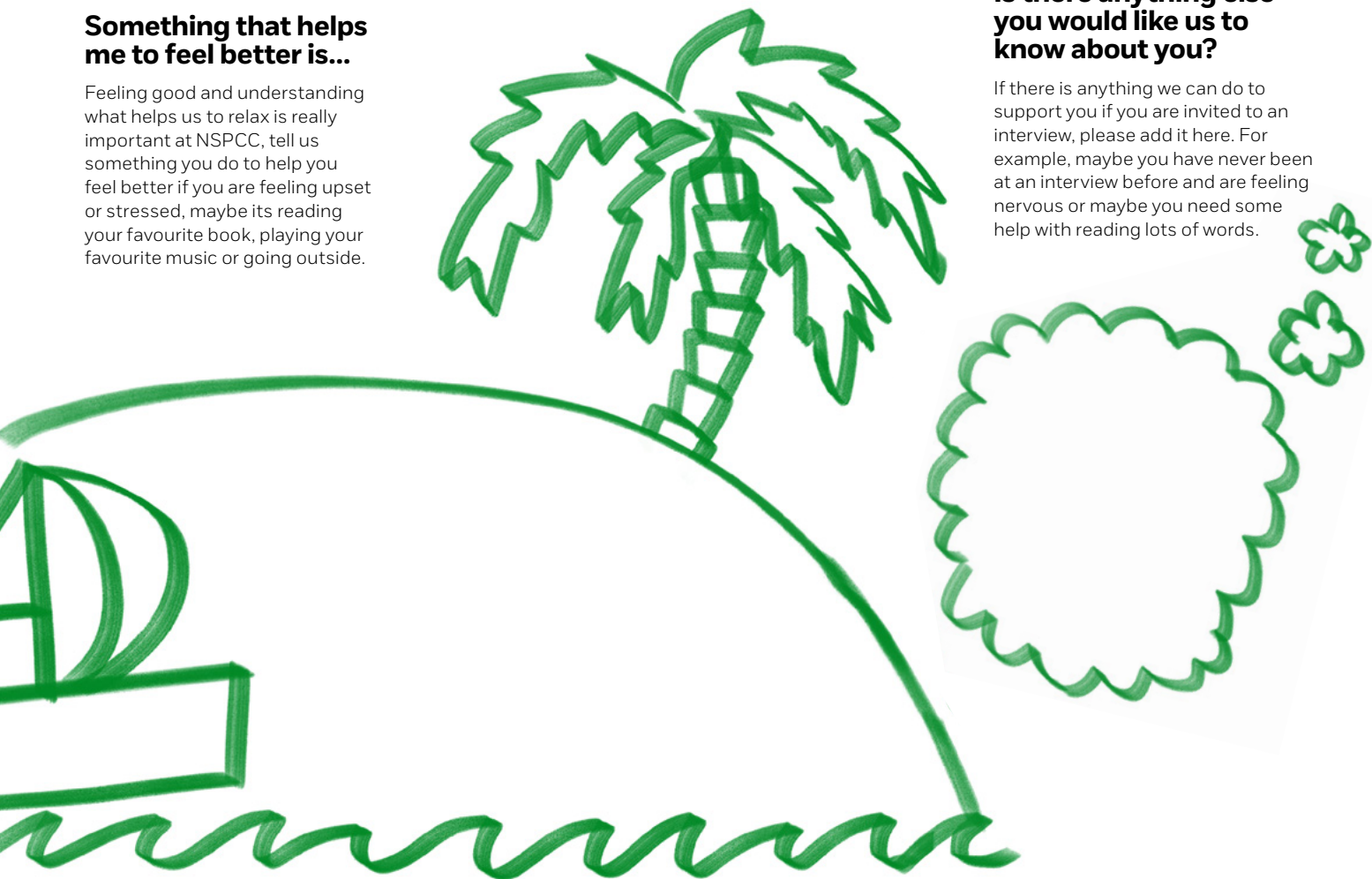


Something that helps me to feel better is...

Feeling good and understanding what helps us to relax is really important at NSPCC, tell us something you do to help you feel better if you are feeling upset or stressed, maybe its reading your favourite book, playing your favourite music or going outside.

Is there anything else you would like us to know about you?

If there is anything we can do to support you if you are invited to an interview, please add it here. For example, maybe you have never been at an interview before and are feeling nervous or maybe you need some help with reading lots of words.



What happens next?

We will contact you and your parents/carers by February 2025 to let you know if you've been shortlisted for interview.

Sadly, it's not possible to offer everyone a place on the Young People's Board for Change, as we only have 15 places.

If you don't get an interview there are still lots of other ways to get involved and share your ideas and opinions. Please tick here if you would like to sign up to 'The Collective', a monthly email newsletter with opportunities to get involved at NSPCC.

Please email your application to participationteam@nspcc.org.uk

**Or by post to:
Participation Team, NSPCC,
Weston House, 42 Curtain Road,
London, EC2A3NH**



Young People's Board for Change

