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**Awgrymiadau o negeseuon cyfryngau cymdeithasol #Heddwch2021 i gefnogwyr ar Fai 18**  
 *Suggested #Heddwch2021 social media messages for supporters on May 18*

**Cyfrifon yr Urdd**  
*Accounts to tag*

**Facebook:** [**@urddgobaithcymru (Urdd Gobaith Cymru)**](http://www.facebook.com/urddgobaithcymru)

**Twitter:** [**@urdd**](http://www.twitter.com/urdd)

**Instagram**: [**@urddgobaithcymru**](http://www.instagram.com/urddgobaithcymru)

**Hashnod/hashtag:** **#Heddwch2021**  
  
Sicrhewch eich bod yn defnyddio'r hashnod i'n helpu gadw golwg ar ba mor eang mae’r neges yn cael ei rhannu, os gwelwch yn dda!  
*Please ensure you use the hashtag to help us keep track of how widely our message is shared - thank you!*

**Adnoddau, lluniau ag ati ar gael yma:**  
***Resources and images are available here*:**  
<https://www.urdd.cymru/cy/neges-heddwch-eleni/adnoddau/>

**Lluniau = *Pictures***  
  
Byddem wrth ein bodd pe gallech gynnwys llun ohonoch chi'ch hun, eich myfyrwyr a/neu gefnogwyr eraill yn gwneud y symbol ‘=’ gyda’ch breichiau fel y lluniau isod. Rydyn ni am lenwi'r byd ar-lein gyda'r symbol yma o gydraddoldeb, felly cofiwch ddefnyddio'r hashnod **#Heddwch2021** wrth rannu'ch lluniau ar Fai 18!

*We would love it if you could include a photo of yourself, your students and/or other supporters making a similar pose to the images below, which is the equals symbol (=). We want to fill the virtual world with this symbol of equality, so remember to use the* ***#Heddwch2021*** *hashtag when sharing your photos on May 18!*

 

**Awgrymiadau o negeseuon yn arwain at y 18fed o Fai – Diwrnod y Neges Heddwch**  
*Suggested messages leading up to the 18th of May – The Day of the Peace and Goodwill Message*

|  |  |  |
| --- | --- | --- |
| Twitter / Instagram | Facebook | Cynnwys / Accompanying content |
| Edrych ymlaen at Neges Heddwch yr **@Urdd** eleni - roedd un llynedd yn anhygoel! Cadwch lygad allan amdano ar Fai 18! 👀 **#Heddwch2021**  *Looking forward to this year’s Peace Message - last year’s message was incredible! Keep an eye out on May 18! 👀* ***#Heddwch2021*** | Edrych ymlaen at Neges Heddwch **Urdd Gobaith Cymru** eleni - roedd un llynedd yn anhygoel! Cadwch lygad allan amdano ar Fai 18! 👀 **#Heddwch2021**  *Looking forward to this year’s Peace Message - last year’s message was incredible! Keep an eye out on May 18! 👀* ***#Heddwch2021*** | Un o’r lluniau o’r ffolder adnoddau (linc uchod!)  *One of the images from our resources (link above!)* |
| Rydyn ni’n cefnogi Neges **#Heddwch2021** pobl ifanc Cymru eleni. A fyddwch chi'n ymuno â ni ar Fai 18 ac yn rhannu eu neges bwerus am gydraddoldeb i ferched?  *We’re supporting this year’s Peace Message from Wales’s young people. Will you be joining us on May 18 to share their powerful words about equality for women and girls?* ***#Heddwch2021*** | Rydyn ni’n cefnogi Neges **#Heddwch2021** pobl ifanc Cymru eleni. A fyddwch chi'n ymuno â ni ar Fai 18 ac yn rhannu eu neges bwerus am gydraddoldeb i ferched?  *We’re supporting this year’s Peace Message from Wales’s young people. Will you be joining us on May 18 to share their powerful words about equality for women and girls?* ***#Heddwch2021*** | Un o’r lluniau o’r ffolder adnoddau (linc uchod!)  *One of the images from our resources (link above!)* |

**Awgrymiadau o negeseuon ar y 18fed o Fai – Diwrnod y Neges Heddwch**  
*Suggested messages for your socials on the 18th of May – The Day of the Peace and Goodwill Message*  
  
Ar y diwrnod, bydd ein fideo wedi ei binio ar dop ein cyfrifon cymdeithasol fel ‘pinned post’ o 8yb.  
*On the day, our video will be available to find as the pinned post on our socials from 8am.*

|  |  |  |
| --- | --- | --- |
| Twitter / Instagram | Facebook | Cynnwys / Accompanying content |
| “Mae hyn yn fwy na hashnod. *This is more than a hashtag.”*   Am neges hynod o bwerus gan bobl ifanc Cymru. *A very powerful message from the young people of Wales.* **#Heddwch2021** | “Mae hyn yn fwy na hashnod. *This is more than a hashtag.”*   Am neges hynod o bwerus gan bobl ifanc Cymru.  *A very powerful statement from the young people of Wales as they share their annual Peace and Goodwill Message.* ***#Heddwch2021*** | Rhannu’r fideo neu ‘quote-tweet’ o gyfrif Urdd Gobaith Cymru NEU llun ohonoch yn gwneud symbol ‘=’ gyda’ch breichiau.  *Quote-tweet or share the video from Urdd Gobaith Cymru’s account OR a photo of you doing the ‘=’ symbol with your arms.* |
| Cymerwch funud i wylio’r neges anhygoel yma gan bobl ifanc Cymru am gydraddoldeb i ferched.   Rydym ni’n cefnogi’r neges ac yn sefyll gyda chi, **@Urdd!** ***#*Heddwch2021**  *Take a moment to listen to this powerful message from the young people of Wales about equality for women and girls.*  *We support this message and stand with you,* ***@Urdd****.* ***#Heddwch2021*** | Cymerwch funud i wylio’r neges anhygoel yma gan bobl ifanc Cymru am gydraddoldeb i ferched.   Rydym ni’n cefnogi’r neges bwerys hyn ac yn sefyll gyda chi, **Urdd Gobaith Cymru**! ***#Heddwch2021***  *Take a moment to listen to this powerful message from the young people of Wales about equality for women and girls.*  *We support this message and stand with you,* ***Urdd Gobaith Cymru.******#Heddwch2021*** | Rhannu’r fideo neu ‘quote-tweet’ o gyfrif Urdd Gobaith Cymru NEU llun ohonoch yn gwneud symbol ‘=’ gyda’ch breichiau.  *Quote-tweet or share the video from Urdd Gobaith Cymru’s account OR a photo of you doing the ‘=’ symbol with your arms.* |
| "Hawliau merched yw hawliau dynol. Hawliau dynol yw hawliau merched. Ni allwn achub y byd os nad yw’r byd yn gyfartal.”  Diolch yn fawr iawn i bobl ifanc Cymru am rannu’r neges hyn; rydyn ni yn eich cefnogi ac yn sefyll gyda’n chwiorydd. **#Heddwch2021**  *“Women’s rights are human rights. Human rights are women’s rights. We can’t save the world until the world is equal.”*  *A very powerful message from the youth of Wales; we support their words and stand with our sisters around the world.* ***#Heddwch2021*** | "Hawliau merched yw hawliau dynol.  Hawliau dynol yw hawliau merched.  Ni allwn achub y byd os nad yw’r byd yn gyfartal.”  Diolch yn fawr iawn i bobl ifanc Cymru am rannu’r neges hyn; rydyn ni yn eich cefnogi ac yn sefyll gyda’n chwiorydd. **#Heddwch2021**  *“Women’s rights are human rights.*  *Human rights are women’s rights.*  *We can’t save the world until the world is equal.”*  *A very powerful message from the youth of Wales; we support their words and stand with our sisters around the world.* ***#Heddwch2021*** | Rhannu’r fideo neu ‘quote-tweet’ o gyfrif Urdd Gobaith Cymru NEU llun ohonoch yn gwneud symbol ‘=’ gyda’ch breichiau.  *Quote-tweet or share the video from Urdd Gobaith Cymru’s account OR a photo of you doing the ‘=’ symbol with your arms.* |
| Ers 99 mlynedd, does dim un rhyfel na pandemig wedi rhwystro pobl ifanc Cymru rhag rhannu eu Neges Heddwch gyda’r byd.  Dyma neges eleni. **#Heddwch2021**  *For 99 years, young people in Wales have shared an annual Peace Message with the world through thick and thin, wars and pandemics.*  *Here’s this year’s message.* ***#Heddwch2021*** | Ers 99 mlynedd, does dim un rhyfel na pandemig wedi rhwystro pobl ifanc Cymru rhag rhannu eu Neges Heddwch gyda’r byd.  Dyma neges eleni. **#Heddwch2021**  *For 99 years, young people in Wales have shared an annual Peace Message with the world through thick and thin, wars and pandemics.*  *Here’s this year’s message*. ***#Heddwch2021*** | Rhannu’r fideo neu ‘quote-tweet’ o gyfrif Urdd Gobaith Cymru NEU llun ohonoch yn gwneud symbol ‘=’ gyda’ch breichiau.  *Quote-tweet or share the video from Urdd Gobaith Cymru’s account OR a photo of you doing the ‘=’ symbol with your arms.* |
| Rhannwch hwn, bawb – mae neges pobl ifanc Cymru am gydraddoldeb i ferched yn llawer rhy bwysig i’w anwybyddu. **#Heddwch2021**  *This is too important to ignore. Please share this critical message from Wales’s young people about equality for women as far and wide as possible!* ***#Heddwch2021*** | Rhannwch hwn, bawb – mae neges pobl ifanc am Cymru am gydraddoldeb i ferched yn llawer rhy bwysig i’w anwybyddu. **#Heddwch2021**  *This is too important to ignore. Please share this critical message about gender equality from the youth of Wales as far as wide as possible!* ***#Heddwch2021*** | Rhannu’r fideo neu ‘quote-tweet’ o gyfrif Urdd Gobaith Cymru NEU llun ohonoch yn gwneud symbol ‘=’ gyda’ch breichiau.  *Quote-tweet or share the video from Urdd Gobaith Cymru’s account OR a photo of you doing the ‘=’ symbol with your arms.* |
| Eleni, fel bob blwyddyn ers 1922, mae pobl ifanc Cymru wedi rhannu neges o heddwch gyda’r byd.  Mae neges eleni wedi ei gyfieithu i 60 iaith, gan gynnwys [EICH IAITH].   Rydyn ni’n cefnogi eu galwad am gydraddoldeb i ferched. **#Heddwch2021**  *Today, like every year since 1922, the young people of Wales have shared a message of peace with the world.*   *This year their message is available in 60 languages including [YOUR LANGUAGE].*  *We support their call for equality for women and girls.* ***#Heddwch2021*** | Eleni, fel bob blwyddyn ers 1922, mae pobl ifanc Cymru wedi rhannu neges o heddwch gyda’r byd.  Mae neges eleni wedi ei gyfieithu i 60 iaith, gan gynnwys [EICH IAITH].   Rydyn ni’n cefnogi Neges Heddwch 2021 a galwad **Urdd Gobaith Cymru** am gydraddoldeb i ferched. **#Heddwch2021**  *Today, like every year since 1922, the young people of Wales have shared a message of peace with the world.*   *This year their message is available in 60 languages including [YOUR LANGUAGE].*  *We support this Peace and Goodwill Message and* ***Urdd Gobaith Cymru****’s call for equality for women and girls.* ***#Heddwch2021*** | Rhannu’r fideo neu ‘quote-tweet’ o gyfrif Urdd Gobaith Cymru NEU llun ohonoch yn gwneud symbol ‘=’ gyda’ch breichiau.  *Quote-tweet or share the video from Urdd Gobaith Cymru’s account OR a photo of you doing the ‘=’ symbol with your arms.* |