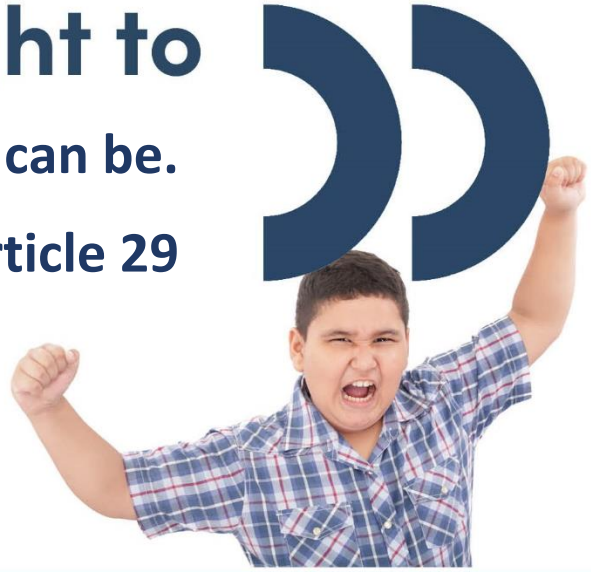
Clybiau Plant Cymru Kids' Clubs

I have the right to

be the best I can be.

Article 29



My Rights in my Out of School Club

Did you know that all children have rights which are protected by law? Children's rights are a list of the things you need to grow up feeling happy, healthy and safe. **The United Nations Convention on the Rights of the Child (UNCRC)** has articles that set out these rights. For more information please scan the QR code.

In my club, I can/will:

- Experience and develop my understanding of my fundamental rights.
- Have time and space to develop my social, emotional and physical talents and abilities through play.
- Be respected and respect others and the world around me.
- Be encouraged to develop to my full potential.
- Be treated with dignity.

Other ways my club can support my right:

- Provide for my individual needs and interests.
- Understand my and others' values and beliefs.
- Promote an understanding and appreciation of our different values and beliefs.
- Consistently provide time, space and effective resources for me to freely play and explore.

Playworkers can support this children's right by:

- Having a good understanding of my rights
- Help me respect myself and others.
- Promote respectful relationships.
- Give opportunities for physical, social and emotional play
- Support my understanding of the natural environment.

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Guidance for Playworkers

- Watch the videos about Children's Rights with the children, on the Children's Commissioner for Wales website (QR code above).
- Talk with children.
- Consider the examples in the boxes above of how children's rights can be supported in Out of School Clubs and allow them to add their own ideas in the boxes. You could try other participation methods to gain their thoughts - click here for ideas.

Consider how you can add what the children tell you into your policies. Relevant policies for this right include (Clybiau Plant Cymru Kids' Clubs 'members can access template policies in 'Stepping Out'):

- Equal Opportunities
- Play
- Environmental
- Antibullying

The development of this right within your setting could result in a child focused guidance through a poster, series of photographs or video and form part of a children's handbook/resource.

Further Information:

- Nature Zone and Grow Your Own Feast activity resource packs will help children explore and develop respect for the natural environment, Clybiau Plant Cymru Kids' Clubs' website/resources.
- United Nations Convention on the Rights of the Child (UNCRC) Symbols Resource
- 10 Ways the child's voice can shape the setting, Clybiau Plant Cymru Kids' Clubs

Did you know?

General Comments strengthen each Article (right), raising its importance and increasing accountability among countries that have signed up to the Convention. Those linked to this Article are:

General Comment 1 (2001) which includes the preparation of the child for responsible life in a free society, in the spirit of understanding, peace, tolerance, equality of sexes, and friendship among all peoples, ethnic, national and religious groups and persons of indigenous origin. Also the development of respect for the natural environment.

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Mae gennyf hawl i

Fy Hawliau i yn fy Nghlwb Allysgol i

A wyddech chi fod gan bob plentyn hawliau sy'n cael eu hamddiffyn gan y gyfraith? Hawliau plant yw rhestr o'r pethau sydd eu hangen arnoch i dyfu'n hapus, yn iach ac yn ddiogel. Mae gan **Gonfensiwn y Cenhedloedd Unedig ar Hawliau'r Plentyn (yr UNCRC)** erthyglau sy'n gosod i lawr yr hawliau yma. I wybod mwy, scaniwch y cod QR hwn.

Yn fy nghlwb, gallaf/mi fyddaf yn:

- Profi a datblygu fy nealltwriaeth o'm hawliau sylfaenol.
- Cael yr amser a'r lle i ddatblygu fy ngalluoedd cymdeithasol, emosiynol a chorfforol drwy chwarae.
- Cael fy mharchu, a pharchu eraill a'r byd o'm cwmpas.
- Cael anogaeth i ddatblygu i'm potensial llawn.
- Cael fy nhrin ag urddas.

Ffyrdd eraill y gall fy nghlwb gefnogi fy hawl:

- Darparu ar gyfer fy anghenion a'm diddordebau unigol.
- Deall fy ngwerthoedd a'm credoau fy hun a hynny o eiddo pobl eraill.
- Hybu dealltwriaeth a gwerthawrogiad o'n gwahanol werthoedd a chredoau.
- Rhoi yn gyson, yr amser, y lle a'r adnoddau effeithiol fel y gallaf i chwarae ac ymchwilio yn rhydd.

Gall Gweithwyr Chwarae gefnogi'r hawl plant hwn trwy:

- Bod â dealltwriaeth dda o'm hawliau.
- Fy helpu i'm parchu fy hunan ac eraill.
- Hyrwyddo perthnasoedd parchus.
- Rhoi cyfleoedd am chwarae corfforol, cymdeithasol ac emosiynol.
- Cefnogi fy nealltwriaeth o'r amgylchedd naturiol.

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Arweiniad i Weithwyr Chwarae

- Gwyliwch y fideos am Hawilau Plant gyda'r plant, ar wefan Comisiynydd Plant Cymru (gweler y cod QR uchod).
- Siaradwch â'r plant.
- Ystyriwch yr enghreifftiau yn y bocsys uchod o sut y gellir cefnogi hawliau plant mewn Clybiau Allysgol a rhowch gyfle iddyn nhw ychwanegu eu syniadau eu hunain yn y bocsys. Gallech roi cynnig ar ddulliau eraill o gyfranogi a gweld beth maen nhw'n ei feddwl. – cliciwch yma am syniadau.

Ystyriwch sut y gallwch ychwanegu at eich polilsïau yr hyn y mae'r plant yn ei ddweud wrthych. Ymhlith y polisïau perthnasol i'r hawl hon y mae (Gall y rhai sy 'n aelodau o Clybiau Plant Cymru Kids' Clubs weld y polisïau templed yn 'Camu Allan'):

- Cyfle Cyfartal
- Chwarae
- Amgylcheddol
- Polisi Gwrth-fwlio

Gallai datblygu'r hawl hon yn eich lleoliad arwain at ganllaw plentyn-ganolog drwy gyfrwng poster, cyfres o ffotograffau neu fideo, a dod yn rhan o lawlyfr/adnodd i'r plant.

Gwybodaeth Bellach:

- Bydd pecynnau adnodd gweithgaredd Tyfu'ch Gwledd eich Hun yn helpu plant i ymchwilio i'r amgylchedd naturiol a datblygu parch tuag ato. Gwefan ac andnoddau Clybiau Plant Cymru Kids' Clubs.
- Adnodd Symbolau Confensiwn y Cenhedoedd Unedig (UNCRC) ar Hawliau'r Plentyn
- 10 Ffordd y gall llais y plentyn lunio'r lleoliad

A wyddech chi?

Mae'r Sylwadau Cyffredinol yn cryfhau pob Erthygl (hawl), gan gynyddu ei phwysigrwydd a chynyddu atebolrwydd ymysg gwledydd sydd wedi ymrwymo i'r Confensiwn. Y rhai hynny sy'n gysylltiedig â'r Erthygl hon yw:

Sylw Cyffredinol 1 (2001) sy'n cynnwys paratoi'r plentyn ar gyfer bywyd cyfrifod mewn cymdeithas rydd, yn ysbryd dealltwriaeth, heddwch, goddefgarwch,cyfartaledd y rhyweddau a chyfeillgarwch ymysg yr holl bobloedd, pob grŵp ethnig, cenedlaethol a chrefyddol a phobl o dras frodorol. Hefyd, datblygiad parch at yr amgylchedd naturiol.

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