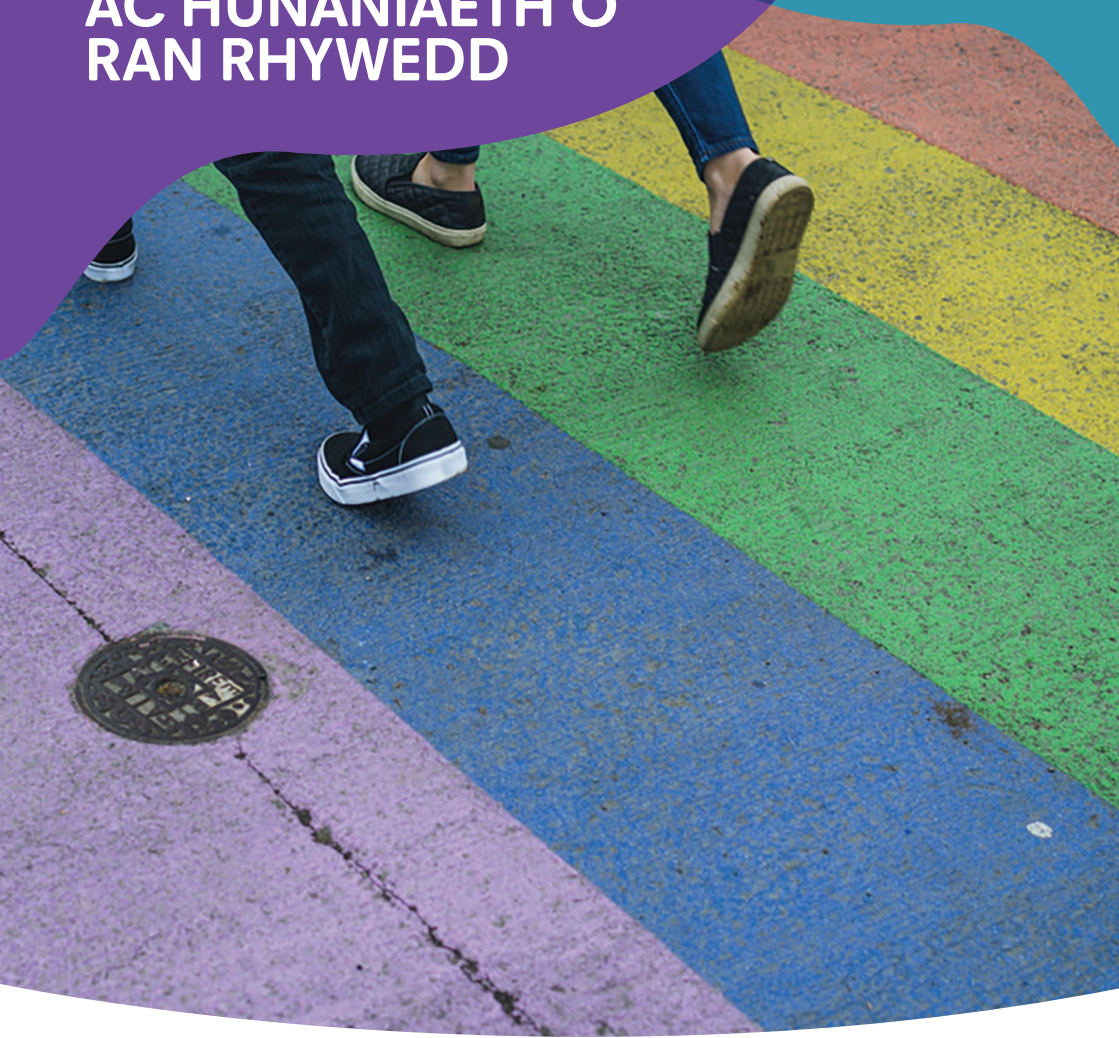


SEXUAL ORIENTATION AND GENDER IDENTITY

CYFEIRIADEDD RHYWIOL AC HUNANIAETH O RAN RHYWEDD



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Sexual Orientation refers to our sexual and/or romantic feelings and attraction towards the same gender or different genders. People describe their sexual orientation in many ways, and these are individual to each person. It can take a long time to explore, identify and accept our sexual orientation. This can start from a young age or, sometimes, later on in life.

Gender Identity describes someone's sense of their own gender. This might be the same as the gender they were assigned at birth, or it might be different. Lots of things make up your gender; including your body, how you feel about your gender and how you choose to live your life and express your gender. Some people may feel uncertain about what gender they are, some people may identify with both genders and some people may feel like neither. There is no such thing as a 'bad' gender and struggling with gender identity is more common than you might think.

Cyfeiriadedd Rhywiol – cyfeiria hyn at ein teimladau a'n hatyniadau rhywiol a/neu ramantaidd tuag at yr un rhywedd neu wahanol ryweddau. Mae pobl yn disgrifio eu cyfeiriadedd rhywiol mewn nifer o ffyrdd, ac maen nhw'n unigol i bob person. Gall gymryd amser hir i archwilio, uniaethu a derbyn eich cyfeiriadedd rhywiol. Gall hyn ddechrau o oedran ifanc neu, weithiau, yn ddiweddarach yn eich bywyd.

Hunaniaeth o ran Rhywedd – mae hyn yn disgrifio ymwybyddiaeth person o'r rhywedd ei hun. Gall hyn fod yr un peth â'r rhywedd yr aseiniwyd i berson ar enedigaeath, neu gallai fod yn wahanol. Mae llawer o bethau'n creu eich rhywedd; gan gynnwys eich corff, eich teimladau am eich rhywedd a sut ydych yn dewis byw eich bywyd a mynegi eich rhywedd. Gall rhai pobl deimlo'n ansicr ynghylch pa rywedd ydyn nhw, tra bydd eraill yn uniaethu â'r ddau rywedd ac eraill yn teimlo nad ydynt yn uniaethu â'r naill na'r llall. Does dim y fath beth â rhywedd 'drwg' ac mae brwydro â hunaniaeth o ran rhywedd yn fwy cyffredin nag y byddech chi'n ei dybio.

How might I be feeling?

Unfortunately, due to prejudice and stigma, many people may repress their sexual orientation and/or gender identity. They may also experience poor treatment from others. People who are questioning their sexual orientation and/or gender identity often report feelings of shame or feeling scared, especially during their 'coming out' process. Not having access to a safe space where a person can talk about how they are feeling or explore how they identify, coupled with the level of discrimination faced by LGBTQ+ communities, means many people can struggle with self-esteem, have difficulties with mental health and struggle with thoughts of suicide and/or self-harm.

Some people may also experience positive feelings as they come to accept their sexual orientation and/or gender identity. Being able to be themselves without prejudice or mistreatment and with support from peers, friends and family, will help a person to maintain their wellbeing and it may allow a person to feel a greater sense of freedom, be able to express themselves openly or to have more positive and healthy relationships. However, if you are struggling it's really important to know where to get support and learn about ways to help you cope and understand your feelings.

Pa deimladau allai fod gen i?

Yn anffodus, yn sigl rhagfarn a stigma, gall nifer o bobl guddio eu cyfeiriadedd rhywedd a/neu hunaniaeth o ran rhywedd. Gallant ddiodef triniaeth wael gan eraill hefyd. Mae pobl sy'n cwestiynu eu cyfeiriadedd a neu hunaniaeth o ran rhywedd yn aml yn adrodd am deimladau o gywilydd neu ofn, yn enwedig yn ystod y broses o 'ddod mas'. Wrth beidio â chael mynediad at le diogel ble y gall person siarad am ei deimladau neu archwilio ei hunaniaeth, ar y cyd â'r lefel o wahaniaethu mae cymunedau LHDT+ yn ei hwynebu, yn golygu y gall llawer o bobl frwydro â hunan-barch, cael trafferthion ag iechyd meddwl a brwydro â meddyliau am hunanladdiad a/neu hunan niweidio. Gall rhai pobl hefyd brofi teimladau cadarnhaol wrth iddynt ddod i dderbyn eu cyfeiriadedd a/neu hunaniaeth o ran rhywedd. Bydd y gallu i fod yr hyn ydyw heb ragfarn na chamdriniaeth ac â chefnogaeth oddi wrth gymheiriaid, ffrindiau a theulu, yn helpu person i gynnal ei lesiant, a gall alluogi'r person i deimlo mwy o ymwybyddiaeth o ryddid, o allu mynegi ei hun yn agored neu o gael perthnasoedd mwy cadarnhaol ac iach.

Fodd bynnag, os ydych yn ei chael hi'n anodd mae'n wirioneddol bwysig eich bod yn gwybod o ble i gael cymorth a dysgu am ffyrdd i'ch helpu i ymdopi a deall eich teimladau.

You are not alone

Someone being LGBTQ+ is not an excuse to bully or abuse them. Having a different sexual orientation and/or gender identity to others around you does not mean you are less worthy or that you are not entitled to acceptance and support.

Being LGBTQ+ is not wrong, nor is it a crime and something you ought to be punished for. These views are sadly still held by some, and have a direct impact on people's mental health and wellbeing. We are here to challenge those views, to say that there is nothing wrong or abnormal with being LGBTQ+.

New laws ensuring equality between people of different sexualities and genders show that society is moving in the right direction, ensuring everyone is treated equally and fairly. Awareness and equality campaigns are huge across the UK, and are attended and celebrated by thousands of LGBTQ+ people each year.

What is most important to know is that you do not need to manage this by yourself. Struggling with your sexual orientation and/or gender identity can be a really lonely and isolating experience, but it will not be this way forever. There is a huge community of LGBTQ+ people who have been through similar things you are experiencing today, and there are a lot of organisations who can support you. Things do get better, you are good enough and you are not alone.

Dwyt ti ddim ar ben dy hun

Nid yw'r ffaith fod rhywun yn LHDT+ yn esgus i'w fwlio neu ei gam-drin. Nid yw cael cyfeiriadedd a / neu hunaniaeth o ran rhywedd sy'n wahanol i eraill o'ch cwmpas yn golygu eich bod yn llai o berson ac nad oes hawl gennych gael eich derbyn a'ch cefnogi.

Nid yw bod yn LHDT+ yn anghywir, nid yw'n drosedd chwaith nac yn rhywbeth y dylech gael eich cosbi amdano. Yn anffodus mae rhai pobl yn parhau â'r safbwyntiau hyn gan effeithio'n uniongyrchol ar lesiant ac iechyd meddwl pobl. Rydym ni yma i herio'r safbwyntiau hynny, i ddweud nad oes dim byd o'i le neu'n abnormal am fod yn LHDT+.

Mae cyfreithiau newydd sy'n sicrhau cydraddoldeb rhwng pobl o wahanol rywioldeb a rhywedd yn dangos fod cymdeithas yn symud i'r cyfeiriad cywir, gan sicrhau fod pawb yn cael ei drin yn gyfartal ac yn deg. Mae ymgyrchoedd ymwybyddiaeth a chydaddoldeb yn enfawr ledled y DU gyda miloedd o bobl LHDT+ yn eu mynychu a'u dathlu bob blwyddyn.

Y peth pwysicaf i'w wybod yw nad oes angen i chi reoli hyn ar eich pen eich hun. Gall brwydro â chyfeiriadedd a / neu hunaniaeth o ran rhywedd fod yn brofiad gwirioneddol unig ac ynysig, ond ni fydd hyn yn para am byth. Mae yna gymuned enfawr o bobl LHDT+ sydd wedi bod drwy brofiadau tebyg i'r hyn rydych chi'n ei brofi heddiw, ac mae yna lawer o sefydliadau a all eich cefnogi chi. Mi fydd pethau'n gwella, rydych chi'n ddigon da a dydych chi ddim ar eich pen eich hun.



Supporting someone else

Sadly sometimes people who are LGBTQ+ experience bullying or abuse from others due to their sexual orientation and/or gender identity. Many young people contact our service for support after they have experienced struggles related to this that have contributed to thoughts of suicide. However, these young people also tell us about the importance of a supportive network of friends and family during their struggles and beyond these.

You can make an important difference in people's lives by showing acceptance and support in these crucial moments. Thank them for being open and for trusting you with their feelings. If an LGBTQ+ person you know is struggling with thoughts of suicide and you're not sure what to say – don't panic. Hearing "I don't know how to help you right now, but I am here for you, let's look for some support together" can bring a huge amount of comfort to a young person who might be experiencing some really difficult feelings. It's supportive, it's honest and it helps you both work towards getting the right help.

If you don't agree with the sexual orientation or gender identity of the person you are supporting, or this conflicts with your beliefs, consider that the young person may be struggling a lot themselves. It is important to prioritise their safety over your opinion of their identity. Remember that the most important thing to a young person who is coming out is a network of supportive family and friends. A Stonewall Report (LGBT in Britain: Health Report, 2018) found that one in eight LGBT people aged 18-24 (13 per cent) said that they have attempted to take their own life in the last year. The same report found that almost half of trans people (46 per cent) have thought about taking their own life in the last year. These are shocking statistics, and they show that people within these groups are more likely to have thoughts of suicide, especially if they don't receive any support.

Cefnogi rhywun arall

Yn affodus mae pobl sy'n LHDT+ yn profi bwlio neu gam-drin gan eraill yn sigl eu cyfeiriadedd a / neu hunaniaeth o ran rhywedd. Mae llawer o bobl ifanc yn cysylltu â'n gwasanaeth am gymorth ar ôl cael profiadau anodd sy'n berthnasol i hyn gan arwain at deimladau o hunanladdiad. Fodd bynnag, mae'r bobl hyn hefyd wedi dweud wrthym am bwysigrwydd rhwydwaith o ffrindiau a theulu sy'n eu cefnogi yn ystod eu brwydr a thu hwnt.

Gallwch wneud gwahaniaeth pwysig ym mywyd person drwy ddangos eich bod yn ei dderbyn ac yn ei gefnogi yn ystod y cyfnodau tyngedfennol hyn. Diolchwch i'r person am fod yn agored ac am ymddiried yn och â'i deimladau. Os oes yna berson LHDT+ rydych yn ei adnabod sy'n brwydro â meddyliau am hunanladdiad a dydych chi ddim yn siŵr beth i'w ddweud – peidiwch â phanico. Mae cysur mawr i'w gael wrth ddweud 'Dydw i ddim yn gwybod sut i dy helpu'r funud hon, ond dwi yma i ti, beth am chwilio am gymorth gyda'n gilydd'. Gall hyn fod o help enfawr i berson ifanc a allai fod yn profi teimladau hynod o anodd. Mae'n gefnogol, mae'n onest ac mae'n helpu'r ddau ohonoch i weithio tuag at yr help cywir.

Os nad ydych chi'n cytuno gyda chyfeiriadedd rhywedd neu hunaniaeth o ran rhywedd y person sy'n cael eich cefnogaeth, neu os yw'n gwrthdaro â'ch credoau, rhowch ystyriaeth i'r ffaith y gallai'r person ifanc fod yn brwydro'n fawr â hyn ei hun hefyd. Mae'n bwysig rhoi blaenoriaeth i'w ddiogelwch waeth beth yw eich safbwynt am ei hunaniaeth. Cofiwch mai'r peth mwyaf pwysig i berson ifanc sy'n dod mas yw cael rhwydwaith o deulu a ffrindiau cefnogol. Gwnaeth Adroddiad Stonewall (LHDT yn Mhrydain: Adroddiad Iechyd, 2018) ganfod fod un ym mhob wyth o bobl LGBT sy'n 18-24 oed (13 y cant) wedi dweud eu bod wedi ceisio cyflawni hunanladdiad yn ystod y flwyddyn flaenorol. Yn yr un adroddiad canfuwyd fod bron hanner pobl drawsryweddol (46 y cant) wedi meddwl am gyflawni hunanladdiad yn ystod y flwyddyn flaenorol. Mae'r ystadegau hyn yn frawychus ac maen nhw'n dangos fod pobl oddi fewn i'r grwpiau hyn yn fwy tebygol o gael teimladau am hunanladdiad yn enwedig os nad ydynt yn derbyn unrhyw gymorth.

What can I do to get support?

To get support the first step is telling someone how you feel. At PAPYRUS we know how much bravery and courage it takes to speak up when you are struggling. There are many organisations that can offer you support, whether you're questioning your gender or sexuality, experiencing thoughts of suicide or supporting someone you're worried about.

Support for LGBTQ+

LGBT Cymru Helpline

The LGBT Cymru Helpline is a free and professional service offering support and information to the LGBT community in Wales.

Telephone helpline – **0800 840 2069**

Email – info@lgbtcymruhelpline.org.uk

7pm – 9pm Mondays and Wednesdays

Umbrella Cymru

Umbrella Cymru is a gender and sexual diversity support specialist organisation that provides a range of services to people of any age across Wales.

Telephone helpline – **0300 302 3670**

Email – info@umbrellacymru.co.uk

SupportLine

Provides emotional support and details of agencies, counsellors, helplines, support groups across the UK.

Telephone helpline – **01708 765200**

Email – info@supportline.org.uk

EACH (Educational Action Challenging Homophobia)

National voluntary organisation which supports lesbians, gay men and their families. Helplines throughout the UK as well as parent groups. Run by parents of gay men and lesbians.

Actionline – **0808 100 0143**

Website – www.each.education.org.uk

FFLAG (Families and Friends of Lesbians and Gays)

Helpline – **0845 652 0311**

Website – www.fflag.org.uk

Beth allaf ei wneud er mwyn cael cymorth?

Er mwyn cael cymorth, y cam cyntaf yw dweud wrth rhywun sut rydych yn teimlo. Yn PAPYRUS, rydym yn gyarbod faint o ddewrder sydd ei angen i siarad pan fyddwch yn cael trafferth ymdopi. Ceir llawer o sefydliadau a all gynnig cymorth i chi, p'un ai eich bod yn cwestiynu eich rhyw neu'ch rhywedd, yn profi teimladau ynghylch hunanladdiad neu'n cefnogi rhywun yr ydych yn poeni amdano.

Cymorth ar gyfer LGBTQ+

LGBT Cymru Helpline

Llinell Ffôn Gymorth – **0800 840 2069**

E-bost – info@lgbtcymruhelpline.org.uk

7pm – 9 pm Nos Lun a Nos Fercher

Umbrella Cymru

Llinell Ffôn Gymorth – **0300 302 3670**

E-bost – info@umbrellacymru.co.uk

Llinell Gymorth

Darparu cymorth emosïynol a manylion asiantaethau, cynghorwyr, llinellau cymorth, grwpiau cymorth ledled y DU.

Llinell Ffôn Gymorth – **01708 765200**

E-bost – info@supportline.org.uk

EACH (Educational Action Challenging Homophobia)

Sefydlaidd gwirfoddol, cenedlaethol sy'n cynorthwyo lesbiaid, dynion hoyw a'u teuluoedd. Llinellau cymorth trwy'r DU yn ogystal â grwpiau ar gyfer rhieni. Mae'n cael ei redeg gan rieni dynion hoyw a lesbiaid.

Llinell Weithredu – **0808 100 0143**

Gwefan – www.each.education.org.uk

FFLAG (Families and Friends of Lesbians and Gays)

Llinell Gymorth – **0845 652 0311**

Gwefan – www.fflag.org.uk

LGBT Foundation

A national charity delivering advice, support and information services to lesbian, gay, bisexual and trans (LGBT) communities.

Helpline – **0345 330 3030**

Website – www.lgbt.foundation

Switchboard – The LGBT+ Helpline

LGBT+ helpline, message and email service. Trans-friendly and nonbinary-friendly. Confidential support and advice, this service is run by volunteers who self-define as LGBT+.

Helpline – **0300 330 0630**

(Opening hours: 10am – 10pm everyday)

Website – www.switchboard.lgbt

Support for Gender Identity

Beaumont Society

National 24hr helpline and other support for transvestites, transsexuals, their partners and families. Self-help organisation offering advice on cross dressing and gender dysphoria. Social functions, magazine for members.

Helpline – **01582 412220**

Website – www.beaumontsociety.org.uk

Sefydliad LHDT

Elusen genedlaethol sy'n darparu cyngor, cymorth a gwasanaethau gwybodaeth i gymunedau lesbiaidd, hoyw, deurywiol a thrawsrywiol.

Llinell Gymorth – **0345 330 3030**

Gwefan – www.lgbt.foundation

Switsfwrdd - The LGBT+ Helpline

Llinell gymorth LHDT+, gwasanaeth negeseuon ac e-bost. Cyfeillgar tuag at unigolion trawsryweddol ac anneauidd. Cymorth a chyngor cyfrinachol. Mae'r gwasanaeth hwn yn cael ei redeg gan unigolion sy'n diffinio eu hunain fel LHDT+.

Llinell Gymorth – **0300 330 0630**

(Oriau Agor: 10am – 10pm pob dydd)

Gwefan – www.switchboard.lgbt

Support for Gender Identity

Beaumont Society

Llinell Gynorth 24 awr genedlaethol a chymorth arall ar gyfer unigolion sy'n trawswisgo trawsryweddol, eu partneriaid a'u teuluoedd. Sefydliad hunan gymorth sy'n cynnig cyngor ar drawsisgo a dysfforia rhywedd. Digwyddiadau cymdeithasol, cylchgrawn i aelodau.

Llinell Gymorth – **01582 412220**

Gwefan – www.beaumontsociety.org.uk

Depend

Free confidential advice, information and support for all family members, spouses, partners and friends of transsexual people in the UK.

Website – www.depend.org.uk

Mermaids

Telephone information and listening service for children and teenagers with gender identity issues and their families.

Helpline – **0344 334 0550**

Website – www.mermaidsuk.org.uk

Depend

Cyngor cyfrinachol sy'n rhad ac am ddim ar gyfer pob aelod o'r teulu, eich priod, partneriaid a ffrindiau unigolion trawsryweddol yn y DU.

Gwefan – www.depend.org.uk

Mermaids

Gwybodaeth ar y ffôn a gwasanaeth gwranddo ar gyfer plant a phobl ifanc a'u teuluoedd sydd â phroblemau hunaniaeth o ran rhywedd.

Llinell Gymorth – **0344 334 0550**

Gwefan – www.mermaidsuk.org.uk

If I'm struggling with thoughts of suicide

Call HOPELINEUK on:
0800 068 4141

Opening hours:

Monday to Friday: 9am – 10pm

Saturday, Sunday and Bank Holidays: 2pm – 10pm

Our Suicide Prevention Advisers are here for you.

If you need support give us a call.

Rwy'n ei chael hi'n anodd rheoli teimladau o hunanladdiad

Ffoniwch HOPELINEUK ar:
0800 068 4141

Oriau Agor:

Llun i Gwener: 9am – 10pm

Dydd Sadwrn, Sul a Gwyliau'r Banc: 2pm – 10pm

Mae'n Cynghorwyr Atal Hunanladdiad yma i chi.

Os oes angen cymorth arnoch, rhowch alwad i

HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice

Os ydych chi'n cael teimladau am hunanladdiad neu'n pryderu am berson ifanc a allai fod yna gallwch gysylltu â HOPELINEUK am gymorth cyfrinachol a chyngor ymarferol.

HOPELINEUK

Call: **0800 068 4141**

Text: **07860 039 967**

Email: **pat@papyrus-uk.org**

Opening hours:

9am - 10pm weekdays

2pm - 10pm weekends

2pm - 10pm bank holidays

Our Suicide Prevention Advisers are ready to support you.

HOPELINEUK

Ffoniwch: **0800 068 4141**

Neges Destun: **07860 039 967**

E-bost: **pat@papyrus-uk.org**

Oriau agor:

9am - 10pm dyddiau'r wythnos

2pm - 10pm penwythnosau

2pm - 10pm gwyliau banc

Mae ein cynghorwyr atal hunanladdiad yn barod i'ch cynorthwyo.



Registered Charity Number - 1070896
Rhif Elusen Gofrestredig - 1070896