



Plant a phobl ifanc sydd angen gofal a chymorth

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Ymwadiad: Mae'r crynodeb tystiolaeth hon yn cynnwys llenyddiaeth berthnasol a nodwyd o chwiliadau ar y pwnc uchod, nid yw'n rhestr gynhwysfawr, mae'n cyflwyno canfyddiadau allweddol ac nid argymhellion ar gyfer ymarfer.

Crynodeb o'r dystiolaeth

Trosolwg

Mae'r adroddiad hwn yn edrych ar y materion sy'n wynebu plant a phobl ifanc sydd angen gofal a chymorth. Mae plant sydd angen gofal a chymorth yn cwmpasu ystod eang o wahanol boblogaethau, poblogaethau a gynhwysir yn yr adroddiad hwn yw:

- Plant a phobl ifanc sydd wedi profi bod mewn gofal
- Plant a phobl ifanc â chyflyrau iechyd hirdymor
- Plant a phobl ifanc anabl
- Plant a phobl ifanc ag anghenion emosiynol ac iechyd meddwl
- Pobl ifanc sy'n feichiog neu'n rhieni
- Plant a phobl ifanc sydd â phrofiad o'r system cyfiawnder ieuencid

Materion allweddol yn ôl poblogaeth

Plant a phobl ifanc sydd wedi profi bod mewn gofal

Gall plant a phobl ifanc wneud yn dda mewn gofal. Canfu astudiaeth yng Nghymru fod llawer o blant a phobl ifanc sydd â phrofiad gofal wedi cael canlyniadau iechyd addysgol, cymdeithasol, corfforol a rhywiol cadarnhaol diolch i'r gefnogaeth a gawsant.¹ Fodd bynnag, gall plant mewn gofal wynebu llawer o heriau. Gall y rhain gynnwys:

- Profi profiadau / trawma niweidiol yn ystod plentyndod¹⁻³
- Aflonyddwch sy'n effeithio ar ymlyniad cynnar¹
- Anawsterau iechyd meddwl a lles emosiynol¹⁻⁸
- Anawsterau dod o hyd i gartref hirdymor / parhaol o ansawdd da^{1-3,6}
- Dod o hyd i ofalwyr sy'n gallu cefnogi eu hanghenion cymhleth^{1,2,6}
- Bod yn anhapus â'u lleoliadau¹
- Llwyddiannau / canlyniadau addysgol is, yn enwedig y rhai sy'n mynd i ofal ychydig cyn dechrau'r ysgol^{4,6,9}
- Bod yn fwy tebygol o dderbyn gwaharddiadau ysgol dros dro a parhaol^{7,9}
- Bod mewn perygl o fynd ar goll^{2,4,6}
- Gorfod gadael cartref pan fyddant yn troi'n 18 oed⁴
- Anawsterau pontio i fod yn oedolyn⁶
- Bod mewn perygl o ddigartrefedd ar ôl gadael gofal⁴
- Eu plant eu hunain yn dod i ben mewn gofal⁴

- Profi stigma / rhagfarn ^{3,4}
- Mwy o anghenion iechyd, lles a thai fel oedolion ⁵
- Camddefnyddio sylweddau ^{5,6}
- Ymddygiadau iechyd gwael; ysmegu, alcohol, ac iechyd rhywiol ³
- Cyswllt â'r system cyfiawnder troseddol ⁵
- Gwahanu ac ymddieithrio oddi wrth frodyr a chwiorydd ²
- Tarfu ar gyfeillgarwch a rhwydweithiau cymorth eraill ²
- Tarfu ar addysg; symud ysgolion, colli ysgol ^{2,9}
- Bod ymhell o gartref ²
- Anawsterau i ffurfio perthynas ddiogel â chyfoedion, gofalwyr, ac ati ^{2,8}
- Mwy o risg o gam-drin corfforol, ymbincio a chamfanteisio'n rhywiol ^{2,6}
- Bod yn fwy tebygol o brofi bwlio / cam-drin gan gyfoedion ⁶
- Oedi datblygiadol, anghenion addysgol arbennig a / neu anableddau ⁵⁻⁷
- Cael problemau ymddygiadol ^{3,5,7,8}
- Diffyg mynediad i fannau awyr agored ⁷
- Tynnu'n ôl, anhawster cael ei leddfu, neu glynu gormodol ⁸

Efallai y bydd plant mewn gofal yn ymddangos i gael canlyniadau gwaeth o'i gymharu â'r boblogaeth gyffredinol, ond nid yw hyn o reidrwydd yn wir o'i gymharu â grwpiau eraill o blant sydd wedi cael profiadau tebyg.² Fodd bynnag, mae'n dal yn bwysig cydnabod yr anawsterau y gall plant sydd wedi profi gofal eu cael.

Efallai y bydd rhai plant yn profi canlyniadau gwell, er enghraifft os cânt eu rhoi mewn gofal perthnasol (neiniau a theidiau, brodyr a chwiorydd hŷn) yn hytrach na gofal maeth nad yw'n berthynas.⁷ Tra gall newidiadau lleoliad mynych, treulio mwy o amser mewn gofal, ac ymdrechion ailuno aflwyddiannus effeithio ymhellach ar y plentyn neu'r person ifanc.⁷

Plant sy'n agored i gamddefnyddio sylweddau

Mae plant sydd wedi bod yn agored i sylweddau cyn eu geni yn debygol o fod yn hysbys i'r gwasanaethau cymdeithasol a / neu fod o dan eu gofal, er enghraifft mewn lleoliadau maeth.^{10,11} Mae'r plant hyn hefyd yn fwy tebygol o fod wedi profi camdriniaeth.¹¹ Efallai y bydd angen cymorth ychwanegol ar blant sy'n agored i sylweddau:

- Hyrwyddo cyswllt rhieni ¹²
- Materion datblygiadol ¹²
- Iechyd meddwl ¹²

- Adfyd cymdeithasol sy'n cyd-ddigwydd ¹⁰
- Sgîl-ffeithiau o sylweddau, fel tynnu'n ôl ¹⁰

Pobl ifanc wedi'u mabwysiadu ar ôl amser mewn gofal

Gall pobl ifanc mabwysiedig brofi teimladau o foddhad gyda pherthnasoedd da gyda rhieni geni a rhieni maeth / mabwysiedig.¹³ Fodd bynnag, gall llawer o blant sy'n cael eu mabwysiadu ar ôl bod mewn gofal broblemau. Gall y rhain gynnwys:

- Teimladau cymysg fel dicter, anwyldeb, colled, euogrwydd, neu bryder ¹³
- Teimlo'n cael eu gwrthod / eu gadael ¹³
- Chwilfrydedd os nad ydyn nhw'n gwybod neu nad ydynt wedi cael unrhyw gyswllt â'u rhieni geni ¹³
- Difaterwch a diffyg diddordeb os nad ydyn nhw'n gwybod neu nad ydynt wedi cael unrhyw gyswllt â'u rhieni geni ¹³

Plant a phobl ifanc â chyflyrau iechyd hirdymor

Gall plant a phobl ifanc sy'n byw gyda chyflyrau iechyd hirdymor ddangos defnydd gwych o fecanweithiau ymdopi, hunan-ffeithiolrwydd, addasadwyedd a gwytnwch.¹⁴ Roedd rhai yn teimlo bod byw gyda chyflwr iechyd wedi cryfhau eu perthnasoedd teuluol a'u gwneud yn fwy aeddfed.¹⁵ Fodd bynnag, mae llawer o blant / pobl ifanc yn profi problemau oherwydd byw gyda chyflwr iechyd. Gall y rhain gynnwys:

- Anawsterau lluosog a allai waethygu symptomau eraill ¹⁶
- Cael trafferth cymryd rhan mewn bywyd bob dydd / gweithgareddau cyfyngedig ¹⁴⁻¹⁶
- Byw gyda phoen ¹⁵
- Ynysu oddi wrth gyfoedion / ffrindiau ¹⁵
- Teimlo'n ddibynnol ar deulu / gofalwyr ¹⁵
- Stigma / rhagfarn / gwahaniaethu / gelyniaeth ^{15,16}
- Anhawster pontio o wasanaethau plant i wasanaethau i oedolion ^{15,16}
- Peidio â theimlo'n gwranddo arno ¹⁶
- Straen neu hyd yn oed trawma o driniaeth / mynd i'r ysbyty / poen ^{14,15}
- Hunan-barch isel ¹⁴
- Diffyg cymorth cymdeithasol ¹⁴
- Lles seicolegol (gorbryder, iselder) ^{14,15,17}
- Llai o ansawdd bywyd yr effeithir arnynt gan hyd salwch, symptomau a phoen

¹⁴

- Effaith ar ddatblygiad ¹⁷
- Effaith ar addysg ^{15,17}
- Problemau gyda'r ysgol; anghrediniaeth o boen, polisiau cyfyngol, diffyg addasu ¹⁵
- Teimladau; tristwch, rhwystredigaeth, dicter, iselder, pryder, unigrwydd, siom, teimladau o golled, ac ofn ¹⁸
- Poeni am rieni / teulu ¹⁸

Gall teuluoedd plant a phobl ifanc â chyflyrau iechyd hirdymor hefyd brofi anawsterau, er enghraifft:

- Ynysu cymdeithasol / cyfyngu ar fywyd cymdeithasol ^{15,16}
- Materion iechyd meddwl a chorfforol ^{15,16,19}
- Efallai y bydd anghenion brodyr a chworydd yn cael eu hanwybyddu / diffyg sylw ^{15,16}
- Gofal dameidiog gyda chyfathrebu gwael rhwng gwasanaethau ¹⁶
- Llywio'r system ¹⁶
- Ansicrwydd am y dyfodol ²⁰
- Teimladau gan gynnwys; ofn, trallod, gorbryder, diymadferth, rhwystredig, euogrwydd ^{15,20}
- Effaith ar waith / cyllid ^{15,19}
- Ofn barnu / diffyg cydymdeimlad / bod yn anghrediniol ¹⁵

Plant a phobl ifanc anabl

Er bod plant a phobl ifanc ag anableddau yn wynebu llawer o broblemau, maent hefyd yn cael profiadau cadarnhaol. Er enghraifft, canfu bod plant a oedd ag amgylcheddau cadarnhaol a chefnogol mewn gofal plant neu ysgol yn canfod bod yr amgylcheddau hyn weithiau'n newid bywyd iddynt.²¹

Gall plant a phobl ifanc anabl brofi problemau. Gall y rhain gynnwys:

- Mynediad a mwynhau grwpiau / clybiau ²²
- Poeni am yr ysgol ²²
- Cyrchu amgylcheddau dysgu addas ²¹⁻²³
- Ysgolion nad ydynt yn gwneud addasiadau rhesymol ar eu cyfer ²¹
- Colli allan ar agweddau ar eu haddysg oherwydd eu hanabledd ^{21,24}
- Mwy tebygol o fod yn absennol, wedi lleihau amserlen, neu gael eu heithrio ^{21,25}

- Llai o ganlyniadau / cyrhaeddiad addysgol ^{21,22}
- Rhwystrau a diffyg cyfleoedd i symud ymlaen i'r gwaith ²²
- Poeni am y ffordd maen nhw'n edrych ²²
- Anghenion sylfaenol, poeni am arian, bwyd, a chael lle i fyw ²²
- Bwlio / gwahaniaethu ^{21,22,24,25}
- Creu a chynnal cyfeillgarwch ^{22,24}
- Unigrwydd ^{25,26}
- Mewn mwy o berygl o gam-drin ²⁶
- Teimlo'n anniogel ^{22,25,27}
- Anawsterau wrth gael gafael ar gymorth, gan gynnwys oedi wrth gael mynediad at wasanaethau ^{22,25}
- Iechyd meddwl a lles ^{21,22}
- Hygyrchedd ac argaeledd trafndiaeth gyhoeddus ²²
- Nid yw eu barn yn cael eu gwranddo ^{21,24,25}
- Efallai y bydd yn anoddach iddynt rannu pryderon / cyfathrebu ²⁶

Gall teuluoedd plant anabl hefyd wynebu heriau. Mae'r rhain yn cynnwys:

- Anawsterau dod o hyd i dai priodol ²²
- Anawsterau wrth gael cymorth ^{21-23,25}
- Anawsterau dod o hyd i ysgolion priodol a gofal plant ^{21,25}
- Mynediad cyfyngedig i ddarpariaethau Cymraeg ²¹
- Gorfod brwydro dros anghenion plentyn ^{21,24}
- Anawsterau ariannol / argyfwng costau byw (dyledion, hepgor prydau bwyd) ^{21,23,28,29}
- Y gallu i aros mewn cyflogaeth ²¹
- Heriau iechyd (blinder, poen cyhyrsgerberbydol, problemau cwsg) ²⁹
- Iechyd meddwl (iselder, gorbryder, teimladau o anobaith, straen) ^{21,29}
- Ynysu cymdeithasol, anawsterau cynnal perthnasoedd ²⁹
- Stigma a gwahaniaethu ²⁹
- Bai rhieni ^{21,24}
- Chwalfa teuluoedd ²¹
- Effaith ar frodyr a chwiorydd (colli allan, aflonyddu ar gwsg) ²¹
- Peidio â chael gwranddo arno / cymryd o ddifrif ^{21,25}

Mae'n bwysig nodi y gallai cael mynediad at y gefnogaeth gywir a digonol helpu i leihau nifer a difrifoldeb y problemau y mae'r plant / pobl ifanc hyn a'u teuluoedd yn eu hwynebu.²¹

Dall / golwg rhannol

Gall plant a phobl ifanc sy'n ddall neu'n rhannol eu golwg wynebu problemau. Gall y rhain gynnwys:

- Bod angen uchel ond peidio â deall eu hanghenion ²¹
- Anghyfartaledd mewn mynediad at gymorth arbenigol ²¹

Byddar / colli clyw

Gall plant sy'n fyddar wynebu rhai heriau unigryw. Gall y rhain gynnwys:

- Diffyg darpariaethau sy'n gyfeillgar i fyddar ^{21,30}
- Amgylcheddau acwstig problemus ³⁰
- Mae'r teulu sydd angen cymorth i helpu'r plentyn fel byddardod yn anghyfarwydd iddynt ^{21,30-32}
- Oedi lleferydd ac iaith ³³
- Canlyniadau addysg ^{32,33}
- Datblygiad cymdeithasol ac emosiynol a diffyg cefnogaeth i ddatblygu ^{32,33}
- Mynediad cyfyngedig at gymorth (lleferydd ac iaith, iaith arwyddion) ^{30,31,33}
- Diffyg cyfoedion byddar, sy'n effeithio ar eu hunaniaeth fyddar ^{30,31}
- Lleoliadau gwledig yn gwaethygu problemau gyda chymorth a chyfoedion ³¹
- Iechyd meddwl a diffyg cymorth i fyddar mewn gwasanaethau iechyd meddwl ³²
- Risg uwch o gam-drin rhywiol ³²

Defnyddwyr cadair olwyn

Gall plant sy'n defnyddio cadair olwyn fod â phroblemau penodol. Gall y rhain gynnwys:

- Amgylcheddau sy'n hygyrch i gadeiriau olwyn ²¹
- Mynediad at gadair olwyn briodol ³⁴
- Mynediad at offer priodol (desg ar uchder cywir, ac ati) ³⁴
- Liffiau allan o drefn ³⁴
- Methu defnyddio'r un llwybrau â phlant eraill i fynd i mewn i'r ysgol a llywio'r ysgol (gorfod mynd allan ym mhob tywydd) ³⁴
- Anawsterau gyda gweithgareddau ysgol (tripiau, amseroedd chwarae, prydau ysgol, nofio) ³⁴

Anableddau Dysgu

Gall plant a phobl ifanc brofi problemau penodol. Mae'r rhain yn cynnwys:

- Gwasanaethau nad ydynt yn diwallu anghenion y plentyn / person ifanc ³⁵
- Rhieni sydd â llawer o gyfrifoldeb i drefnu a mynd ar drywydd gofal ³⁵
- Rhieni yn teimlo nad ydynt yn gwrandao hefyd ac yn anobeithiol: ³⁵
- Iechyd meddwl yn anoddach i'w adnabod, felly yn aml yn cael ei anwybyddu neu heb ei ddiagnosisio ³⁶

Awtistiaeth

Gall plant ag awtistiaeth fod ag anghenion penodol. Gall y rhain gynnwys:

- Angen cael cefnogaeth uwch ²¹
- Costau gofal plant uwch ²¹
- Rheoli materion ymddygiadol ²¹
- Amseroedd aros am ddiagnosis ^{21,25,37,38}
- Diffyg cefnogaeth ³⁸
- Mynediad at wasanaethau Cymraeg / asesu ³⁷
- Anhapusrwydd yn yr ysgol / ysgol nad yw'n diwallu anghenion ³⁸
- Mwy tebygol o gollir ysgol (absennol, gwaharddiadau) ³⁸
- Gorfod ymladd dros yr hyn sydd ei angen arnynt (tribiwnlysoedd SEND, diagnosis) ³⁸
- Materion iechyd meddwl a mynediad at gymorth ³⁸
- Anghydraddoldebau iechyd – disgwyliad oes llai ³⁸

Anhwylder diffyg sylw a gorfywiogrwydd (ADHD)

Gall plant ag ADHD fod ag anghenion penodol. Gall y rhain gynnwys:

- Amseroedd aros am ddiagnosis ³⁷
- Mynediad at wasanaethau Cymraeg / asesu ³⁷
- Sylwi eu bod yn wahanol i blant eraill ³⁹
- Problemau ymddygiadol / cael eu labelu'n ddrwg ³⁹
- Bai rhieni ³⁹
- Gwaharddiadau o'r ysgol ³⁹

Diabetes

Gall plant â diabetes wynebu problemau penodol. Mae'r rhain yn cynnwys:

- Diffyg gwybodaeth am brydau ysgol ^{21,40}
- Diffyg dealltwriaeth o'r cyflwr ^{21,40}
- Colli addysg a chyrhaeddiad llai ⁴⁰
- Gwahardd o glybiau ar ôl ysgol, teithiau ysgol a gweithgareddau ⁴⁰

Plant a phobl ifanc ag anghenion emosiynol ac iechyd meddwl

Gall plant a phobl ifanc ag anawsterau iechyd meddwl gael eu heffeithio gan lawer o wahanol faterion. Gall rhai o'r rhain gynnwys:

- Peidio â derbyn y gefnogaeth gywir ar yr adeg iawn ⁴¹⁻⁴³
- Diffyg rhaglenni atal ac ymyrraeth gynnar ⁴⁴
- Amseroedd aros hir i gael mynediad at gymorth ^{41,42,44-46}
- Iechyd meddwl yn gwaethygu wrth aros am gymorth ⁴⁵
- Atgyfeiriadau at wasanaethau iechyd meddwl yn cael eu gwrthod ^{44,46}
- Effaith ar eu bywyd cymdeithasol ^{43,45}
- Effaith ar eu haddysg ^{42,43,47}
- Effaith ar gyflogaeth yn y dyfodol ⁴⁷
- Effaith ar eu hiechyd corfforol ^{45,47}
- Peidio â themlo'n hapus nac yn ddiogel yn yr ysgol ^{42,43}
- Gwledigrwydd a mynediad at wasanaethau ⁴⁸
- Stigma neu wahaniaethu ^{41,44,45}
- Mynediad annheg i gymorth – i rai grwpiau neu mewn ardaloedd penodol ⁴⁵
- Cael trothwyon uchel ar gyfer cefnogaeth, neu orfod cyrraedd pwynt argyfwng yn gyntaf ⁴²
- Heb ei gymryd o ddifrif / diffyg cydraddoldeb rhwng iechyd corfforol a meddyliol ⁴²
- Problemau gyda'r trawsnewidiad o wasanaethau plant i oedolion ^{44,46}
- Problemau iechyd meddwl sy'n parhau neu'n dychwelyd i fod yn oedolyn ⁴⁷

Archwilir pwnc iechyd meddwl plant yn fanylach yn y crynodeb o dystiolaeth iechyd meddwl plant – a gyhoeddir ar yr [adran Ymchwil ac ystadegau ar wefan Bwrdd Partneriaeth Rhanbarthol Gogledd Cymru](#).

Pobl ifanc sy'n feichiog neu'n rhieni

I rai pobl ifanc gall dod yn rhiant fod yn brofiad trawsnewidiol sy'n gwella bywyd y person ifanc, gan eu cymell i wneud newidiadau cadarnhaol a thyfu mewn aeddfedrwydd. Mae gan bobl ifanc y potensial i fod yn rhieni cariadus ac ymroddedig.⁴⁹

“Rwy'n cael magu [fy mab] i fyny mewn amgylchedd lle rwy'n tyfu cymaint ag y mae o'n tyfu, ac rydyn ni'n dysgu profiadau newydd gyda'n gilydd”.

(Daeth Keeley, 18, mam i un plentyn, yn fam yn 18 oed).⁴⁹

Gall dod yn rhiant fod yn brofiad cadarnhaol i rai ond i eraill gall fod yn heriol. Er ei bod yn bwysig ystyried y risgiau a'r heriau sy'n wynebu rhieni ifanc, ni allwn gymryd yn ganiataol bod pob risg oherwydd bod yn rhiant ifanc ond mewn gwirionedd gall fod oherwydd amddifadedd cymdeithasol sy'n bodoli eisoes.^{50–52}

Gall pobl ifanc sy'n feichiog wynebu nifer o broblemau a gallant brofi canlyniadau gwaeth o'u cymharu â menywod beichiog sy'n oedolion. Gall rhai o'r materion sy'n wynebu'r bobl ifanc hyn gynnwys:

- Risg uwch o farwolaeth amenedigol⁵³
- Risg uwch o bwysau geni isel^{52–54}
- Risg uwch o enedigaeth cynamserol^{52–54}
- Risg uwch o farwolaeth newyddenedigol^{52–55}
- Mae tadau ifanc yn aml yn teimlo eu bod wedi'u 'gadael allan' mewn apwyntiadau^{51,52}
- Profi stigma / stereoteipiau^{49,50}
- Gall brofi teimladau o gywilydd, pryder neu ofn barnu⁴⁹
- Beichiogrwydd yn cael ei ystyried yn annymunol gan eraill⁵⁰
- Efallai y byddwch yn profi siom gan y teulu⁴⁹
- Mwy tebygol o gael diffygion maeth / diffyg haearn⁵²
- Mwy tebygol o ysmygu⁵²

Gall rhieni ifanc wynebu llawer o broblemau neu efallai y bydd angen mwy o gefnogaeth na rhieni hŷn. Gall y rhain gynnwys:

- Risg uwch o broblemau iechyd meddwl (iselder ôl-enedigol, iselder, hunan-barch isel)^{51,52,56}
- Mwy o angen am gymorth / cyngor rhianta⁵⁶

- Angen rhywun i siarad â nhw / cymorth gan gymheiriaid ^{52,56}
- Angen cymorth gyda sgiliau bywyd ychwanegol, megis rheoli cyllid ⁵⁶
- Angen cymorth gyda pherthnasoedd / rheoli gwrthdaro ⁵⁶
- Bod yn fwy tebygol o fyw mewn tldi / cael anawsterau ariannol ^{50,52}
- Bod yn fwy tebygol o fod yn ddi-waith neu gael cyflogau is ^{50,52}
- Anawsterau wrth gael mynediad at fudd-daliadau ⁵⁷
- Gadael addysg / llai o gyflawniadau addysgol ⁵⁰⁻⁵²
- Risg o feichiogrwydd pellach ⁵¹
- Profi stigma / stereoteipiau / barn ^{49,58}
- Bod yn fwy tebygol o fod yn ynysig yn gymdeithasol ⁵⁰
- Bod yn fwy tebygol o brofi problemau tai a / neu dai o ansawdd gwael ^{49,50,57}
- Bod yn fwy tebygol o fod yn rhieni unigol ⁵⁰
- Teimlo'n llethu, yn flinedig neu'n amharod ⁵⁸
- Bod yn fwy tebygol o gael pryderon diogelu wedi'u codi ⁵¹
- Ofn ymyrraeth gwaith cymdeithasol ⁴⁹

Gall plentyn rhieni ifanc hefyd wynebu anawsterau neu broblemau eu hunain, gall y rhain gynnwys y plentyn:

- Mewn perygl uwch o dderbyn i'r ysbyty heb ei gynllunio ^{54,55,59}
- Mewn mwy o berygl o ddod yn rhiant yn ei ardegau ⁵⁰
- Mwy tebygol o brofi anawsterau yn yr ysgol ⁵¹

COVID-19 a rhieni ifanc

Canfuwyd bod y pandemig wedi effeithio ar rieni ifanc, gan gynnwys cyfrannu at bryderon ynghylch COVID, effeithio ar les meddyliol, a chyfyngu ar y cymorth amenedigol yr oeddent yn gallu cael gafael arnynt.⁶⁰

Pobl ifanc sydd â phrofiad o'r system cyfiawnder ieuencid

Gall pobl ifanc sydd â phrofiad o'r system cyfiawnder ieuencid fod ag ystod o anghenion. Gallai'r rhain gynnwys:

- Mwy o debygolrwydd o droseddau yn y dyfodol ⁶¹
- Profiad o anfantais / tldi sylweddol ⁶¹⁻⁶⁶
- Bod yn debygol o fod wedi profi profiadau niweidiol yn ystod plentyndod a thrawma ^{61,64,65}
- Camfanteisio'n rhywiol a throreddol blaenorol ^{61,63}
- Stigma, gwahaniaethu a thriniaeth wahaniaethol ⁶¹

- Tarfu ar addysg (absenoldebau, gwaharddiadau) ^{61–65,67}
- Cyrhaeddiad addysgol is ^{63,64}
- Cael anghenion dysgu ychwanegol (niwroamrywiaeth, anabledd dysgu) ^{62,64–66}
- Materion lleferydd, iaith a chyfathrebu ⁶⁸
- Hunan-barch isel ⁶⁴
- Anawsterau ymddygiadol neu emosiynol (trais, dicter) ⁶⁴
- Problemau iechyd meddwl (hunan-niweidio, syniadau hunanladdiad) ^{64,65}
- Sgiliau cymdeithasol gwael ⁶⁴
- Teuluoedd camweithredol / rhianta (arddulliau rhianta, goruchwyliaeth, agweddau at droseddu / heddlu / addysg, hanes teuluol, camddefnyddio alcohol / sylweddau, trais domestig, profedigaeth, system cyfiawnder troseddol hanes teuluol) ^{64,65}
- Colli perthnasoedd cadarnhaol ⁶¹
- Camddefnyddio sylweddau ^{61,64,65}
- Dod i gysylltiad â chymunedau sy'n troseddu ^{61,64}
- Risg uchel o erledigaeth a cham-drin ⁶¹
- Angen cymorth gyda chyfathrebu a gwybyddiaeth yn y llys ⁶⁹
- Lleiafrifoedd ethnig a gynrychiolir yn anghymesur ymhlith troseddwyr ifanc ^{63,67}
- Gall plant iau ei chael hi'n anoddach ymdopi yn y ddalfa (ymladd, ymosodiadau, hunan-niweidio) ⁶¹

Mae rhai ymchwil yn dangos y gall cael mwy nag un her gynyddu'r risg o droseddu, er enghraifft byw mewn tlodi a byw gyda niwroamrywiaeth. Fodd bynnag, mae'n bwysig nodi y gellir atal hyn gyda chefnogaeth a lleihau tlodi.⁶⁶

Gall perthnasoedd â gweithwyr proffesiynol wneud gwahaniaeth i fywydau pobl ifanc. Pan fyddant yn teimlo eu bod yn cael eu gwerthfawrogi a'u deall, gall alluogi eu datblygiad. Gall hon fod yr unig berthynas gadarnhaol ym mywyd y person ifanc.⁷⁰

Er y gall y plant hyn fod mewn mwy o berygl o droseddu neu aildroseddu, gellir lleihau'r siawns hyn o droseddu gyda'r gefnogaeth gywir ar waith.^{66,70–72}

Strategaethau chwilio

Cynhaliwyd chwiliadau Google sylfaenol i nodi adroddiadau ar gyfer Cymru a'r Deyrnas Unedig ar gyfer pob un o'r grwpiau poblogaeth lle bo'n berthnasol, ac yna defnyddiwyd chwiliadau uwch o Scopus ar gyfer pob poblogaeth, gweler y termau chwilio a ddefnyddiwyd ar gyfer Scopus isod.

Plant a phobl ifanc sydd wedi profi bod mewn gofal

Infant OR infants OR newborn *OR new-born* OR baby OR babies OR toddler* OR boy OR boys OR boyhood OR girl* OR kid OR kids OR child OR children* OR schoolchildren OR schoolchild OR "school child" OR "school children" OR adolescen* OR juvenil* OR youth* OR preteen* OR teen* OR young (abstract)
AND

"foster care*" OR "child in need" OR "children in need" OR "child protection" OR "social services" OR "social work" OR "care of the local authority" OR "edge of care" OR "looked after child*" OR "child in care" OR "children in care" OR "residential care" OR care-experienced (abstract)

Plant a phobl ifanc â chyflyrau iechyd hirdymor

Infant OR infants OR newborn *OR new-born* OR baby OR babies OR toddler* OR boy OR boys OR boyhood OR girl* OR kid OR kids OR child OR children* OR schoolchildren OR schoolchild OR "school child" OR "school children" OR adolescen* OR juvenil* OR youth* OR preteen* OR teen* OR young (abstract)
AND

"long-term health" OR "long-term illness" OR "long-term condition" OR life-limiting OR terminal OR "chronic illness" OR "chronic health" OR "chronic condition*" OR "chronically ill" OR "chronic disease*" OR "chronic disorder*" OR "chronic medical condition*" OR "long-term disease" OR "ongoing health" OR "Lifelong health condition*" OR degenerative (abstract)
AND

needs OR support OR help OR issues OR problems OR difficult* OR concern OR outcome* (abstract)

AND

england OR scotland OR wales OR ireland OR "united kingdom" OR UK OR Britain (affiliation country)

Plant a phobl ifanc anabl

Infant OR infants OR newborn *OR new-born* OR baby OR babies OR toddler* OR boy OR boys OR boyhood OR girl* OR kid OR kids OR child OR children* OR schoolchildren OR schoolchild OR "school child" OR "school children" OR adolescen* OR juvenil* OR youth* OR preteen* OR teen* OR young (abstract)

AND

"autism" OR "autistic" OR "learning disabilit*" or "learning difficult*" or "learning disorder*" or "intellectual disabilit*" or "learning difficult*" or "learning disorder*" OR "asperger*" OR "behavior disorder*" OR "behaviour disorder*" OR "cerebral palsy" OR "Down syndrome" OR "spina bifida" OR "Fragile X Syndrome" OR "Pervasive developmental disorder*" OR "mental retardation" OR "mentally retarded" OR "prader willi" OR "ADHD" OR "ADD" OR "Attention Deficit Hyperactivity Disorder" OR "Attention Deficit Disorder" OR "Kleefstra syndrome" OR "physical disabilit*" OR "wheelchair user*" OR "spinal cord injur*" OR "spinal injur*" OR "cerebral palsy" OR "muscular dystroph*" OR "multiple sclerosis" OR mobility OR "physically disabled" OR disabilit* OR "cerebral palsy" OR "muscular dystrophies" OR "muscular dystrophy" OR "multiple sclerosis" OR disabled OR "sensory impair*" OR "hearing impair*" OR deaf OR deafness OR "hearing loss" OR "hard of hearing" OR "low vision" OR blind OR blindness OR "visual* impair*" OR "vision impair*" OR "sight impair*" OR "sensory disability*" OR deafblind OR "sensory loss" OR deafblind* OR "dual-sensory" OR disability OR disabled OR disabilities (abstract)

AND

needs OR support OR help OR issues OR problems OR difficult* OR concern OR outcome* (abstract)

AND

england OR scotland OR wales OR ireland OR "united kingdom" OR UK OR Britain (affiliation country)

Plant a phobl ifanc ag anghenion emosiynol ac iechyd meddwl

boy OR boys OR boyhood OR girl* OR kid OR kids OR child OR children* OR schoolchildren OR schoolchild OR "school child" OR "school children" OR adolescen* OR juvenil* OR youth* OR preteen* OR teen* OR young (abstract)

AND

"mental health" OR "mental illness*" OR "mental disorder*" OR "emotional instability*" OR "anxiety disorder*" OR "mentally ill" OR "mental ill health" OR

depression OR "depressive disorder*" OR "psychiatric disorder*" OR "trauma-related disorder*" OR "post-traumatic" OR "psychotic"

Pobl ifanc sy'n feichiog neu'n rhieni

"underage pregnanc*" OR "young mum*" OR "young dad*" OR "young parent*" OR "teen* mum*" OR "teen* dad*" OR "teen* parent*" OR "teen* mother*" OR "teen* father*" OR "teen* pregnanc*" OR "pregnant teen*" OR "adolescent pregnan*" OR "pregnant adolescen*" (abstract)

AND

needs OR support OR help OR issues OR problems OR difficult* OR concern OR outcome* (abstract)

AND

england OR scotland OR wales OR ireland OR "united kingdom" OR UK OR Britain (affiliation country)

Pobl ifanc sydd â phrofiad o'r system cyfiawnder ieuenctid

boy OR boys OR boyhood OR girl* OR kid OR kids OR child OR children* OR schoolchildren OR schoolchild OR "school child" OR "school children" OR adolescen* OR juvenil* OR youth* OR preteen* OR teen* OR young (abstract)

AND

"youth justice" OR "juvenile justice" OR "criminal justice" OR "youth offender*" OR "youth court" (abstract)

AND

england OR scotland OR wales OR ireland OR "united kingdom" OR UK OR Britain (affiliation country)

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