



Gofal Cymdeithasol **Cymru**  
Social Care **Wales**

## Ymarferydd Gwasanaethau Cymdeithasol

Deall damcaniaethau a modelau a'u  
perthynas ag ymarfer sy'n  
canolbwyntio ar yr unigolyn/plentyn a  
dulliau sy'n seiliedig ar hawliau

### Social Services Practitioner

Understand theories and models and their  
relationship to person/child centred practice  
and rights based approaches





## Sgiliau Astudio / Study Skills



Cyfeirnod / Referencing



Darllen / Reading



Ysgrifenu / Writing



Myfyrdod Beirniadol /  
Critical Reflection



Cyfathrebiad /  
Communication



Gwaith Grŵp / Group Work



Cyflwyniad / Presentation



Ymchwil / Research



Sgiliau rhyngpersonol /  
Interpersonal Skills



Gofal Cymdeithasol Cymru  
Social Care Wales

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[www.socialcare.wales](http://www.socialcare.wales)



Yn ôl ym  
Gymdeithas Cymru  
Government of  
Wales

## Sgiliau Astudio Cudd / Hidden Study Skills

Peidiwch ag anghofio bod amrywiaeth o sgiliau wedi'u gwreiddio, gan gynnwys...

Trefniadaeth

Cadw amser

Cynllunio

Cymryd nodyn

Cynllunio Traethawd

Gwrandawriad

Datrys problemau

Penderfyniadau

Cwestiynu

Siarad yn effeithiol

Cyfathrebu llafar

Efallai y bydd rhai o'r rhain yn rhan o'ch sgiliau rhyngpersonol hefyd.

Don't forget there are a range of skills embedded including...

Organisation

Time keeping

Planning

Note taking

Essay planning

Listening

Problem solving

Decision making

Questioning

Effective speaking

Verbal communication

Some of these may form part of your Interpersonal Skills too.

2.3 Mae'r adran hon yn edrych ar brofiadau niweidiol yn ystod plentyndod a'r ffactorau posibl a allai effeithio ar ddatblygiad niwrolegol a'r ymennydd (straen gwenwynig).

2.3 This section looks at adverse childhood experiences and the possible factors that might affect neurological and brain development (toxic stress).

## Facilitator notes

### Welsh

Sleid yn ymwneud ag AC 2.3: Y ffactorau posibl a Phrofiadau Niweidiol yn ystod Plentyndod a allai effeithio ar ddatblygiad niwrolegol ac ymennydd mewn perthynas â thwf corfforol, emosiynol a gwybyddol

#### ***Deddfwriaeth a chanllawiau cysylltiedig***

- Deddf Gwasanaethau Cymdeithasol a Llesiant (Cymru) 2014 a chanllawiau statudol cysylltiedig a
- Chodau Ymarfer
- Deddf Rheoleiddio ac Arolygu Gofal Cymdeithasol (Cymru) 2016 a rheoliadau cysylltiedig a chanllawiau statudol
- Deddf Plant 1989 a 2004
- Deddf Anghenion Dysgu Ychwanegol a'r Tribiwnlys Addysg (Cymru) 2018

**<http://www.legislation.gov.uk/anaw/2018/2/contents/enacted>**

- Deddf Hawliau Dynol (1998) **<https://www.legislation.gov.uk/ukpga/1998/42/contents>**
- Datganiad Cyffredinol ar Hawliau Dynol (arweiniodd hyn at y confensiwn Ewropeaidd, a wnaeth yn ei dro arwain at yr HRA)
- Confensiwn y Cenhedloedd Unedig ar Hawliau'r Plentyn 1989
- Egwyddorion y Cenhedloedd Unedig ar gyfer Pobl Hÿn 1991
- Confensiwn y Cenhedloedd Unedig ar Hawliau Pobl ag Anableddau 2006
- Confensiwn y Cenhedloedd Unedig ar Hawliau Pobl ag Anableddau (UNCRPD)
- Egwyddorion y Cenhedloedd Unedig ar gyfer Pobl Hÿn
- Confensiwn y Cenhedloedd Unedig ar Ddileu Pob math o Wahaniaethu yn Erbyn Menywod (CEDAW)
- Confensiwn y Cenhedloedd Unedig ar Hawliau'r Plentyn (CCUHP)

- Cyfamod Rhyngwladol ar Hawliau Sifil a Gwleidyddol (yn rhwymo llofnodwyr)
- Cyfamod Rhyngwladol ar Hawliau Economaidd, Cymdeithasol a Diwylliannol (yn rhwymo llofnodwyr).
- Confensiwn ar Ddileu Pob math o Wahaniaethu Hiliol
- Deddf Iechyd Meddwl (1983) a ddiwygiwyd 2007

<https://www.legislation.gov.uk/ukpga/1983/20/contents>

- **Cod Ymarfer Deddf Iechyd Meddwl Cymru (2016)**

<https://gweddi.gov.wales/topics/health/nhswales/mental-healthservices/law/code-of-practice/?lang=en>

- **Mesur Iechyd Meddwl (Cymru) 2010**

<https://www.legislation.gov.uk/mwa/2010/7/contents>

- Trefniadau Diogelu Rhyddid (LiPS)
- Y Ffordd Gywir: Dull Gweithredu seiliedig ar Hawliau plant (Comisiynydd Plant Cymru 2017)
- Gofyn a Gweithredu: Cam-drin Domestig, Trais Rhywiol a Thrais yn erbyn Menywod

<https://livefearfree.gov.wales/policies-and-guidance/ask-and-act?lang=en>

- Concordat Gofal Argyfwng: Gwella gofal a chymorth i bobl a gedwir dan a.135/136 Deddf Iechyd Meddwl

<https://gweddi.gov.wales/docs/dhss/publications/161109concordaten.pdf>

- Deddf Cydraddoldeb (2010)

<http://www.legislation.gov.uk/ukpga/2010/15/contents>

Rheoliadau Deddf Cydraddoldeb 2010 (Dyletswyddau Statudol) (Cymru) 2011

[www.legislation.gov.uk/wsi/2011/1064/pdfs/wsi\\_20111064\\_mi.pdf](http://www.legislation.gov.uk/wsi/2011/1064/pdfs/wsi_20111064_mi.pdf)

- Rheoliad Diogelu Data Cyffredinol

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/711097/guide-to-the-general-data-protection-regulation-gdpr-1-0.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/711097/guide-to-the-general-data-protection-regulation-gdpr-1-0.pdf)

- **Deddf yr Iaith Gymraeg (1993)**

<https://www.legislation.gov.uk/ukpga/1993/38/contents>

- **Mesur y Gymraeg (Cymru) 2011**

<http://www.legislation.gov.uk/mwa/2011/1/contents/enacted>

- Deddf Diogelu Rhyddidau 2012

<https://www.gov.uk/government/publications/protection-of-freedoms-bill>

## **English**

Slide relating to AC 2.3: The possible factors and Adverse Childhood Experiences which could affect neurological and brain development in relation to physical, emotional and cognitive growth

### **Related legislation and guidance**

- Social Services and Well-Being (Wales) Act 2014 and associated statutory guidance and
- Codes of Practice
- Regulation and Inspection of Social Care (Wales) Act 2016 and associated regulations and statutory guidance
- Children Act 1989 and 2004

- Additional Learning Needs and Education Tribunal (Wales) Act 2018

<http://www.legislation.gov.uk/anaw/2018/2/contents/enacted>

- Human Rights Act (1998) <https://www.legislation.gov.uk/ukpga/1998/42/contents>
- Universal Declaration on Human Rights (this led to the European convention, which in turn
- led to the HRA)
- United Nations Convention on the Rights of the Child 1989
- United Nations Principles for Older Persons 1991
- United Nations Convention on the Rights of Persons with Disabilities 2006
- UN Convention on the Rights of Persons with Disabilities (UNCRPD)
- UN Principles for Older People
- UN Convention on the Elimination of all forms Discrimination Against Women (CEDAW)
- UN Convention on the Rights of the Child (UNCRC)
- International Covenant on Civil and Political Rights (binding on signatories)
- International Covenant on Economic, Social, and Cultural Rights (binding on signatories)
- Convention on the Elimination of all forms of Racial Discrimination
- Mental Health Act (1983) amended 2007

<https://www.legislation.gov.uk/ukpga/1983/20/contents>

- **Mental Health Act Code of Practice for Wales (2016)**

<https://gweddill.gov.wales/topics/health/nhswales/mental-healthservices/law/code-of-practice/?lang=en>

- **Mental Health (Wales) Measure 2010**

<https://www.legislation.gov.uk/mwa/2010/7/contents>

- Liberty Protection Safeguards (LiPS)
- The Right Way: A children's Rights Approach (Children's Commissioner for Wales 2017)
- Ask and Act: Domestic Abuse, Sexual Violence and Violence against Women

<https://livefearfree.gov.wales/policies-and-guidance/ask-and-act?lang=en>

- Crisis Care Concordat: Improving care and support for people detained under s.135/136

Mental Health Act

<https://gweddill.gov.wales/docs/dhss/publications/161109concordaten.pdf>

- Equality Act (2010)

<http://www.legislation.gov.uk/ukpga/2010/15/contents>

- Equality Act 2010 (Statutory Duties) (Wales) Regulations 2011

[www.legislation.gov.uk/wsi/2011/1064/pdfs/wsi\\_20111064\\_mi.pdf](http://www.legislation.gov.uk/wsi/2011/1064/pdfs/wsi_20111064_mi.pdf)

- General Data Protection Regulation

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/711097/guide-to-the-general-data-protection-regulation-gdpr-1-0.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/711097/guide-to-the-general-data-protection-regulation-gdpr-1-0.pdf)

- **Welsh Language Act (1993)**

<https://www.legislation.gov.uk/ukpga/1993/38/contents>

- Welsh Language (Wales) Measure 2011

<http://www.legislation.gov.uk/mwa/2011/1/contents/enacted>

- Protection of Freedoms Act 2012

<https://www.gov.uk/government/publications/protection-of-freedoms-bill>

Y ffactorau posibl a Phrofiadau Niweidiol yn ystod Plentyndod a allai effeithio ar ddatblygiad niwrolegol ac ymennydd mewn perthynas â thwf corfforol, emosiynol a gwybyddol

The possible factors and Adverse Childhood Experiences which could affect neurological and brain development in relation to physical, emotional and cognitive growth



## Facilitator notes

### Welsh

Cyswllt Fideo - <https://youtu.be/YiMjTzCnbNQ>

Sleid yn ymwneud ag AC 2.3: Y ffactorau posibl a Phrofiadau Niweidiol yn ystod Plentyndod a allai effeithio ar ddatblygiad niwrolegol ac ymennydd mewn perthynas â thwf corfforol, emosiynol a gwybyddol

Fideo ar Brofiadau Niweidiol yn ystod Plentyndod (fersiwn Gymraeg yn gynwysedig).

### English

Video Link – <https://youtu.be/YiMjTzCnbNQ>

Slide relating to AC 2.3: The possible factors and Adverse Childhood Experiences which could affect neurological and brain development in relation to physical, emotional and cognitive growth



Video on Adverse Childhood Experiences (Welsh version included).

## ACEs: mynychder yng Nghymru

- Mae tua hanner yr holl oedolion yng Nghymru wedi profi o leiaf un ACE.
- Erbyn iddynt gyrraedd 49 oed, dywedodd 24.9% o unigolion â phedwar ACE neu fwy eu bod wedi cael diagnosis o un neu fwy o glefydau cronig.
- Mae'r ffigur yn 6.9% yn y rhai heb unrhyw ACE.
- Roedd y rhai a oedd wedi profi pedwar ACE neu fwy; bedair gwaith yn fwy tebygol o fod yn yfwr risg uchel; chwe gwaith yn fwy tebygol o fod wedi cael rhyw dan 16 oed, o fod wedi cael neu achosi beichiogrwydd anfwriadol yn yr ardegau, ac o ysmegu; ac roeddent un ar bymtheg gwaith yn fwy tebygol o fod wedi defnyddio crac cocên neu heroin.

## ACEs: prevalence in Wales

- Approximately half of all adults in Wales have experienced at least one ACE.
- By the age of 49 years, 24.9% of individuals with four or more ACEs reported having been diagnosed with one or more chronic diseases.
- The figure is 6.9% in those with no ACEs.
- Those who had experienced four or more ACEs were: four times more likely to be a high-risk drinker; six times more likely to have had sex under the age of 16 years, to have had or caused unintended teenage pregnancy, and to smoke; and were sixteen times more likely to have used crack cocaine or heroin.

## Facilitator notes

### Welsh

Sleid yn ymwneud ag AC 2.3: Y ffactorau posibl a Phrofiadau Niweidiol yn ystod Plentyndod a allai effeithio ar ddatblygiad niwrolegol ac ymennydd mewn perthynas â thwf corfforol, emosiynol a gwybyddol

**Cyfeiriad:** *Adolygiad o bolisi Adolygu Profiadau Niweidiol yn ystod Plentyndod (ACE): adroddiad | LLYW.CYMRU* (Maw 2021).

Mae Profiadau Niweidiol yn ystod Plentyndod (ACEs) yn cyfeirio at ddogwyddiadau neu amgylchiadau trawmatig sy'n digwydd yn ystod plentyndod a all arwain at ganlyniadau gwaeth ar hyd cwrs bywyd. Mae ACEs yn cynnwys cam-drin plant (cam-drin ac esgeuluso corfforol ac emosiynol) a phrofiadau ehangach o gamweithredu yn y cartref (trais domestig, rhieni'n gwahanu, camddefnyddio sylweddau, salwch meddwl neu garcharu rhieni). Gall y profiadau hyn arwain at lesiant corfforol a meddyliol, canlyniadau addysgol, perthnasoedd ag eraill a ffyniant economaidd gwaeth. Gallant hefyd gynyddu'r tebygolrwydd o ddod i gysylltiad â'r system cyfiawnder troseddol. Mae astudiaethau o bob cwr o'r byd, gan gynnwys Cymru, yn cysylltu ACEs yn gyson â thebygolrwydd uwch o ddatblygu ystod o glefydau cronig, fel salwch anadlol, clefyd cardiofasgwlaidd neu ganser, a chyda llesiant meddwl gwaeth. Maent yn dangos bod y risg yn cynyddu'n esbonyddol felly, wrth i nifer yr ACEs gynyddu, felly hefyd y tebygolrwydd o ddod ar draws canlyniadau gwaeth. Fodd bynnag, cysylltiad yn hytrach na phenderfynol yw'r cysylltiad. Ni fydd y rhai sy'n profi ACEs, hyd yn

oed ACEs lluosog, o reidrwydd yn mynd ymlaen i brofi canlyniadau gwaeth. Mae hyn oherwydd bod llawer o ffactorau eraill a all ddylanwadu ar ganlyniadau bywyd rhywun. Er na ellir defnyddio ACEs i ragweld pwy fydd neu na fydd yn mynd ymlaen i brofi canlyniadau gwaeth, gellir eu defnyddio i nodi mynychder posibl canlyniadau gwaeth ar lefel poblogaeth.

Cyfeiriad: Crynodeb cefndirol: Adolygiad o bolisi Adolygu Profiadau Niweidiol yn ystod Plentyndod (ACE): adroddiad mewn perthynas â

Fideo ACES: <https://www.youtube.com/watch?v=YiMjTzCnbNQ>

### **English**

Slide relating to AC 2.3: The possible factors and Adverse Childhood Experiences which could affect neurological and brain development in relation to physical, emotional and cognitive growth

**Reference:** *Review of Adverse Childhood Experiences (ACE) policy: report | GOV.WALES* (Mar 2021).

Adverse Childhood Experiences (ACEs) refer to traumatic events or circumstances which happen in childhood which can lead to poorer outcomes across the life course. ACEs include child maltreatment (physical and emotional abuse and neglect) and wider experiences of household dysfunction (domestic violence, parental separation, substance misuse, mental illness or parental incarceration). These experiences can result in poorer physical and mental well-being, educational outcomes, relationships with others and economic prosperity. They can also increase the likelihood of coming into contact with the criminal justice system. Studies from around the world, including Wales, consistently link ACEs to a greater likelihood of developing a range of chronic diseases, like respiratory illnesses, cardiovascular disease or cancers, and with poorer mental well-being. They indicate the risk increases exponentially so, as the number of ACEs increases, so does the likelihood of encountering poorer outcomes. However, the link is an association rather than deterministic. Those who experience ACEs, even multiple ACEs, will not necessarily go on to experience poorer outcomes. This is because there are many other factors which can influence someone's life outcomes. While ACEs cannot be used to predict who will or won't go on to experience poorer outcomes, they can be used to identify the potential prevalence of poorer outcomes at a population level.

Reference: Background summary: Review of Adverse Childhood Experiences (ACE) policy: report in relation to

ACES video: <https://www.youtube.com/watch?v=YiMjTzCnbNQ>

## ACEs: mynychder yng Nghymru

- Mae'r rhai sydd â phedwar ACE neu fwy pymtheg gwaith yn fwy tebygol o fod wedi cyflawni trais yn erbyn person arall yn y 12 mis diwethaf ac ugain gwaith yn fwy tebygol o fod wedi cael eu carcharu ar unrhyw adeg yn eu bywyd.
- Mae Llywodraeth Cymru, ynghyd â chyrff eraill, gan gynnwys Comisiynydd Cenedlaethau'r Dyfodol, yn gweithio i leihau achosion o ACEs yn genedlaethol.

## ACEs: prevalence in Wales

- Those with four or more ACEs are fifteen times more likely to have committed violence against another person in the last 12 months and twenty times more likely to have been incarcerated at any point in their life.
- Welsh Government, along with other bodies, including the Future Generations Commissioner, are working to reduce instances of ACEs nationally.

### Facilitator notes

#### Welsh

Sleid yn ymwneud ag AC 2.3: Y ffactorau posibl a Phrofiadau Niweidiol yn ystod Plentyndod a allai effeithio ar ddatblygiad niwrolegol ac ymennydd mewn perthynas â thwf corfforol, emosiynol a gwybyddol

**Cyfeiriad:** *Adolygiad o bolisi Adolygu Profiadau Niweidiol yn ystod Plentyndod (ACE): adroddiad | LLYW.CYMRU (Maw 2021).*

Mae gan Ddeddf Cenedlaethau'r Dyfodol bum blaenoriaeth allweddol:

1. Cefnogi datblygiad a chyfrannu at Hyb Cymorth ACEs – rhaglen waith o dan bartneriaeth Cymru Well Wales sy'n datblygu ac yn rhannu arbenigedd ar fynd i'r afael ag ACEs er mwyn cefnogi gweithredoedd pob corff cyhoeddus
2. Datblygu partneriaeth gyda'r system cyfiawnder troseddol drwy secondiad rhan-amser gyda Gwasanaeth Carchardai a Phrawf Ei Mawrhydi yng Nghymru i weithio'n agos gyda'r ganolfan ACEs
3. Cefnogi cais Cronfa Trawsnewid yr Heddlu i'r Swyddfa Gartref a sicrhodd £6.78 miliwn i hwyluso'r gwaith o drawsnewid plismona yng Nghymru i ddull aml-asiantaeth wedi'i lywio gan ACE sy'n galluogi ymyrraeth gynnar ac atal achosion sylfaenol. Bydd y rhaglen hon yn cynyddu'r dull gweithredu a fabwysiadwyd gan Hyb Cymorth Cynnar Maesteg
4. Gweithio gyda Chyfnwidfa Arfer Da Swyddfa Archwilio Cymru i gynhyrchu adnoddau dysgu ar gyfer cyrff cyhoeddus gan gynnwys gweminarau

5. Rhoi cyngor i fyrddau gwasanaethau cyhoeddus ar fynd i'r afael ag ACEs drwy'r broses cynllunio llesiant

### **English**

Slide relating to AC 2.3: The possible factors and Adverse Childhood Experiences which could affect neurological and brain development in relation to physical, emotional and cognitive growth

**Reference:** *Review of Adverse Childhood Experiences (ACE) policy: report* | GOV.WALES (Mar 2021).

The Future Generations Act has five key priorities:

1. Supporting the development of and contributing to an ACEs Support Hub – a programme of work under the Cymru Well Wales partnership that is developing and sharing expertise on tackling ACEs in order to support the actions of all public bodies
2. Developing a partnership with the criminal justice system through a part-time secondment with Her Majesty's Prisons and Probation Service in Wales to work closely with the ACEs hub
3. Supporting the Police Transformation Fund application to the Home Office which secured £6.78 million to facilitate the transformation of policing in Wales to a multi-agency, ACE-informed approach that enables early intervention and root cause prevention. This programme will scale-up the approach that has been taken by the Maesteg Early Help Hub
4. Working with the Wales Audit Office Good Practice Exchange to produce learning resources for public bodies including webinars
5. Providing advice to public services boards on tackling ACEs through the well-being planning process

Meddyliwch yn gyflym!  
Pa ffactorau ydych chi'n  
meddwl sy'n cyfrannu  
at brofiadau niweidiol  
yn ystod plentyndod?

Quick think!  
What factors do you think  
contribute to adverse  
childhood experiences?



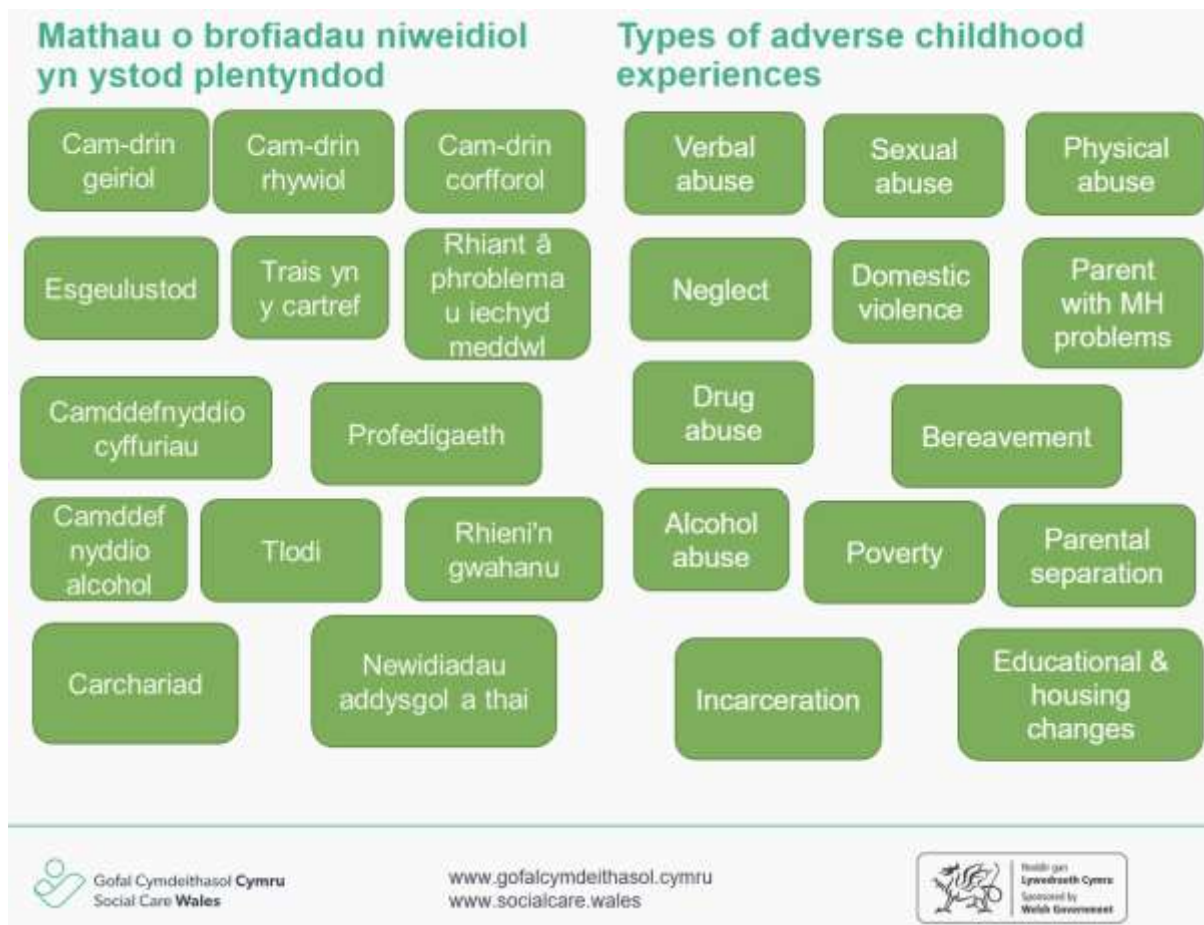
## Facilitator notes

### **Welsh**

Slide yn ymwneud ag AC 2.3: Y ffactorau posibl a Phrofiadau Niweidiol yn ystod Plentyndod a allai effeithio ar ddatblygiad niwrolegol ac ymennydd mewn perthynas â thwf corfforol, emosiynol a gwybyddol  
Ymarfer

### **English**

Slide relating to AC 2.3: The possible factors and Adverse Childhood Experiences which could affect neurological and brain development in relation to physical, emotional and cognitive growth  
Exercise



## Facilitator notes

### Welsh

Slide yn ymwneud ag AC 2.3: Y ffactorau posibl a Phrofiadau Niweidiol yn ystod Plentynod a allai effeithio ar ddatblygiad niwrolegol ac ymennydd mewn perthynas â thwf corfforol, emosiynol a gwybyddol

<https://phw.nhs.wales/topics/adverse-childhood-experiences/>

Mae'r ddolen hon yn cynnwys rhagor o wybodaeth am faterion eraill megis y rhai sydd wedi profi carchar a digartrefedd.

### English

Slide relating to AC 2.3: The possible factors and Adverse Childhood Experiences which could affect neurological and brain development in relation to physical, emotional and cognitive growth

<https://phw.nhs.wales/topics/adverse-childhood-experiences/>

This link has further information regarding other issues such as those who have experienced prison and homelessness.

## Profiadau niweidiol yn ystod plentyndod: sut dylem ni eu hystyried?

- Nid yw Profiadau Niweidiol yn ystod Plentyndod yn anochel.
- Lle bo modd, dylai ffocws gwaith ACEs fod ar atal adfyd plentyndod rhag digwydd yn y lle cyntaf.
- Dylid hefyd osgoi ffocws cul ar ymddygiad rhieni yn unig. Mae atal profiadau niweidiol yn ystod plentyndod yn gofyn am roi sylw i gyd-destunau cymdeithasol ac economaidd ehangach bywyd teuluol.
- Deall bod ymatebion sympathetig i drawma yn helpu unigolion i adeiladu gwydnwch.
- Ni ddylid ystyried ACEs fel rhai penderfynol.

Julie Morgan AS

Dirprwy Weinidog Iechyd a Gwasanaethau Cymdeithasol  
(Mawrth 2021)

## Adverse childhood experiences: how should we view them?

- Adverse Childhood Experiences are not inevitable.
- Where possible, the focus of ACEs work should be on preventing childhood adversity from happening in the first place.
- A narrow focus only on parental behaviours should also be avoided. Preventing adverse childhood experiences requires attention to the wider social and economic contexts of family life.
- Understand that sympathetic responses to trauma help individuals build resilience.
- ACEs should not be viewed as deterministic.

Julie Morgan MS

Deputy Minister for Health and Social Service (Mar 2021)



[www.gofalcymdeithasol.cymru](http://www.gofalcymdeithasol.cymru)  
[www.socialcare.wales](http://www.socialcare.wales)



## Facilitator notes

### Welsh

Sleid yn ymwneud ag AC 2.3: Y ffactorau posibl a Phrofiadau Niweidiol yn ystod Plentyndod a allai effeithio ar ddatblygiad niwrolegol ac ymennydd mewn perthynas â thwf corfforol, emosiynol a gwybyddol

### English

Slide relating to AC 2.3: The possible factors and Adverse Childhood Experiences which could affect neurological and brain development in relation to physical, emotional and cognitive growth



## Ymatebion corfforol i ACEs

- Mae amlygiad cyson, cronig a heb ei reoli i straen, yn arwain at ymatebion ffisiolegol negyddol.
- Mae cyfradd curiad calon ac anadlu'r plentyn yn cynyddu o ganlyniad i actifadu adrenalin a cortisol (ymateb Brwydro neu Ffoi).
- Mae actifadu dro ar ôl tro yn effeithio ar system imiwneidd y plentyn, gan eu gwneud yn fwy agored i afiechyd, salwch a chlefydau.
- Gall ACEs achosi newidiadau mewn mynegiant genynnau (epigeneteg). Mae profiadau sy'n gysylltiedig â maeth, ymarfer corff, ysmegu a straen yn effeithio ar sut mae'r genynnau hyn yn gweithio ac maent yn gysylltiedig â gweithrediad metabolaidd. Credir bod ACEs yn effeithio ar botensial y genyn, a gall achosi gwybyddiaeth, dysgu, mynegiant a datblygiad corfforol a meddyliol negyddol.

## Physical responses to ACEs

- Frequent, chronic and uncontrolled exposure to stress, results in negative physiological responses.
- The child's heart rate and breathing increase as a result of adrenaline and cortisol activation (Fight or Flight response).
- Repeated activation affects the child's immune system, making them more vulnerable to sickness, illness and disease.
- ACEs can cause changes in gene expression (epigenetics). Experiences linked to nutrition, exercise, smoking and stress affect how these genes work and are linked metabolic functioning. ACEs are believed to affect the potential of the gene, and can cause negative cognition, learning, expression and physical and mental development.

## Facilitator notes

### Welsh

Slaid yn ymwneud ag AC 2.3: Y ffactorau posibl a Phrofiadau Niweidiol yn ystod Plentynod a allai effeithio ar ddatblygiad niwrolegol ac ymennydd mewn perthynas â thwf corfforol, emosiynol a gwybyddol

I grynhoi, mae profiadau niweidiol yn ystod plentynod wedi'u cysylltu'n gryf, a hynny'n seiliedig ar dystiolaeth, â chanlyniadau negyddol ar draws oes. Gall canlyniadau corfforol arwain at glefyd y galon, strôc, canser, gordewdra, diabetes neu unrhyw salwch cronig arall. Gallai canlyniadau iechyd meddwl gynnwys salwch seicotig, neu unrhyw broblem iechyd meddwl arall (PTSD, OCD, anhwylder gorbryder cymdeithasol a chyffredinol, ffobiâu, ac anhwylderau bwyta). Mae cysylltiad cryf rhwng materion caethiwed ac ACEs.

Mae straen parhaus yn arwain at:

cur pen

cyfog

diffyg traul

anadlu bas neu oranadlu

chwysu

crychguriadau'r galon

doluriau a phoenau.

I grynhoi, gall ACEs arwain at broblemau iechyd cardiaidd, niwrolegol, anadlol, gastroberfeddol a chyhyrol.

### **English**

Slide relating to AC 2.3: The possible factors and Adverse Childhood Experiences which could affect neurological and brain development in relation to physical, emotional and cognitive growth

In summary, adverse childhood experiences are strongly, and evidence based, linked to negative outcomes across the life-span. Physical outcomes might result in heart-disease, strokes, cancer, obesity, diabetes or any other chronic illness. Mental health outcomes might include psychotic illnesses, or any other mental health problem (PTSD, OCD, social and general anxiety disorder, phobias, and eating disorders).

Addiction issues are strongly associated with ACEs.

Continuous stress leads to:

headaches

nausea

indigestion

shallow breathing or hyperventilating

sweating

heart palpitations

aches and pains.

In summary, ACEs can lead to cardiac, neurological, respiratory, gastro-intestinal and muscular health problems.

## Ymatebion emosiynol a gwybyddol i ACEs

- Mae ACEs yn cyfrannu at aflonyddwch mewn prosesu gwybyddol:
- Mwy o sylw i ysgogiadau bygythiol.
- Profiad cynyddol o unigrwydd.
- Mwy o ddatreoleiddio Echel-HPA/ llai o reolaeth ar ysgogiad ('blinder adrenal').
- Mae newidiadau swyddogaethol i ranbarthau allweddol yr ymennydd sy'n gysylltiedig â straen ac emosiwn (cortecs cingiwlaidd blaen, amygdala a hipocampws) yn digwydd dros brofiadau dirdynol parhaus.
- Yn arwain at newidiadau i weithrediad ffisiolegol a seicolegol.

## Emotional and cognitive responses to ACEs

- ACEs contribute to disturbances in cognitive processing:
  - Heightened attention toward threatening stimuli.
  - Increased experience of loneliness.
  - Increased HPA-Axis dysregulation/ reduced impulse control ('Adrenal fatigue').
  - Functional alterations to key stress and emotion associated brain regions (anterior cingulate cortex, amygdala and hippocampus) occur over persistent stressful experiences.
  - Resulting in changes to physiological and psychological functioning.

## Facilitator notes

### Welsh

Sleid yn ymwneud ag AC 2.3: Y ffactorau posibl a Phrofiadau Niweidiol yn ystod Plentyndod a allai effeithio ar ddatblygiad niwrolegol ac ymennydd mewn perthynas â thwf corfforol, emosiynol a gwybyddol

**(Cyfeiriad: <https://www.youtube.com/watch?v=sgoIF-yOD80>)**

Mae plant sy'n cael eu magu mewn amgylcheddau lle mae straenwyr sylweddol, neu hyd yn oed straenwyr ysgafn - ond sy'n ailadroddus ac yn barhaus - yn absenoldeb clustogi digonol (amddiffyniad), mewn perygl mawr o ddatblygu ymatebion straen camweithredol.

Ni fydd gan blentyn sy'n or-wyliadwrus lawer o amser i ganolbwyntio ar ddigwyddiadau amgylcheddol eraill nad ydynt yn fygythiol, gan arwain at statws effro parhaus.

Gall unigrwydd olygu nad yw plant yn ymddiried mewn eraill, a gall hyn arwain at broblemau ymlyniad, fel anhawster i ffurfio perthnasoedd newydd.

Mae echel HPA yn golygu echel hypothalamig-bitwidol-adrenal sy'n llwybr signalau rhwng eich ymennydd a'r chwarennau adrenal. Fe'i gelwir hefyd yn 'Flinder Adrenal', nad yw'n ddiagnosis meddygol gwirioneddol. Gwaith yr hypothalamws yw cynnal homeostasis a chadw cwsg, syched, tymheredd a systemau eraill y corff mewn cyflwr cyson. Mae'r hypothalamws yn dehongli signalau o'r corff ac yn dweud wrth y signal pitwidol bod hormonau'n cael eu rhyddhau trwy'r corff. Pan fydd yr hypothalamws yn dehongli straen, mae'r pitwidol yn dweud wrth

y chwarennau adrenal i ryddhau hormonau straen. Yr adrenalau yw'r chwarennau bach sy'n eistedd uwchben yr arenau sy'n rhyddhau'r hormon straen cortisol ac adrenalin mewn ymateb "brwydro neu ffoi". Mae "brwydro neu ffoi" hefyd yn cyfeirio at gyflwr dan straen neu pan fo'r system nerfol sympathetig yn drech.

Straen cronig yn achosi tanio bron yn gyson o'r echel HPA yw'r hyn sy'n arwain at gamweithrediad echel HPA. Os yw'r system yn pwmpio cortisol yn gyson, hyd yn oed pan fo'r bygythiadau i ddiogelwch yn fach, mae'r system yn cael ei ddsensiteiddio i'r signalau straen. Y canlyniad yw ymateb straen nad yw'n gweithio'n iawn. Mae hyn yn digwydd o ganlyniad i ddinistrio niwronau.

Gall llai o reolaeth ysgogiad ddigwydd pan fydd rheolaeth straen yn methu (ymateb), a allai arwain at bobl yn ymddwyn yn fyrbwyll a heb brosesu gwybyddol effeithiol.

### **Rhanbarthau'r ymennydd sy'n gysylltiedig â straen ac**

**emosiwn:** mae'r amygdala a'r hipocampws yn ymwneud yn arbennig â sut rydym yn rheoli ofn a bygythiadau. Dros gyfnodau o straen hirfaith, mae'r amygdala a'r hipocampws yn crebachu o ganlyniad i ormod o niwronau sy'n niweidio glwtamin yn yr ymennydd. Mae'r hipocampws yn ardal o'r ymennydd sy'n hanfodol ar gyfer swyddogaethau fel dysgu, cof a hwyliau

### **English**

Slide relating to AC 2.3: The possible factors and Adverse Childhood Experiences which could affect neurological and brain development in relation to physical, emotional and cognitive growth

**(Reference: <https://www.youtube.com/watch?v=sgoIF-yOD80>)**

Children who grow up in environments where there are significant stressors, or even mild stressors- but which are repetitive and persistent- in the absence of adequate buffering (protection), are at high risk of developing dysfunctional stress responses. A child who is hyper-vigilant will have little time to concentrate on other environmental occurrences which are non-threatening, resulting in persistent alert status.

Loneliness can result in children not trusting others, and this can lead to attachment issues, such as difficulty forming new relationships.

HPA axis stands for hypothalamic-pituitary-adrenal axis which is a signaling pathway between your brain and adrenal glands. It is also known as 'Adrenal Fatigue', which is not an actual medical diagnosis. The job of the hypothalamus is to maintain homeostasis and keep the body's sleep, thirst, temperature and other systems in a steady state. The hypothalamus interprets signals from the body and tells the pituitary signal of the release of hormones throughout the body. When the hypothalamus interprets stress, the pituitary signals the adrenal glands to release stress hormones. The adrenals are the small glands that sit above the kidneys that release the stress hormone cortisol and adrenaline in a "fight or flight" response. "Fight or flight" also refers to a stressed state or when the sympathetic nervous system is dominant.

Chronic stress causing almost constant firing of the HPA axis is what leads to HPA axis dysfunction. If the system is constantly pumping out cortisol, even when the threats to safety are minor, the system gets desensitised to the stress signals. The result is a stress response that isn't functioning properly. This occurs as a result of neurons being destroyed.

Reduced impulse control can occur when the management of stress breaks down (reaction), potentially resulting in people acting impulsively and without effective cognitive processing.

**Stress and emotion associated brain regions:** the amygdala and hippocampus are particularly concerned with how we manage fear and threats. Over periods of prolonged stress, the amygdala and hippocampus shrink as a result of too much glutamine damaging neurons in the brain. The hippocampus is an area of the brain vital for functions such as learning, memory and mood

**Beth yw ymyrraeth  
gynnar?**

**What is early  
intervention?**

## Facilitator notes

### Welsh

Sleid yn ymwneud ag AC 2.3: Y ffactorau posibl a Phrofiadau Niweidiol yn ystod Plentyndod a allai effeithio ar ddatblygiad niwrolgol ac ymennydd mewn perthynas â thwf corfforol, emosiynol a gwybyddol

### English

Slide relating to AC 2.3: The possible factors and Adverse Childhood Experiences which could affect neurological and brain development in relation to physical, emotional and cognitive growth

## Straen a thrawma

- 2.4 Y potensial i achosi niwed i ddatblygiad a llesiant cyffredinol trwy gydol oes.

## Stress and trauma

- 2.4 The potential to cause harm to overall development and wellbeing throughout the lifespan.

### Facilitator notes

#### Welsh

Sleid yn ymwneud ag AC 2.4: Potensial straen a thrawma i achosi niwed i ddatblygiad a llesiant cyffredinol trwy gydol oes

#### English

Slide relating to AC 2.4: The potential of stress and trauma to cause harm to overall development and wellbeing throughout the lifespan

## Straen: datblygiad a llesiant gydol oes

- Gellir ystyried straen yng nghydestun datblygiad personol mewn tri maes allweddol: straen cadarnhaol, straen goddefadwy a straen gwenwynig.
- Mae ymateb straen cadarnhaol yn rhan arferol a hanfodol o ddatblygiad iach. Nodweddir straen cadarnhaol gan gynydd byr yng nghyfradd y galon a lefelau hormonau. Mae enghreifftiau o straen cadarnhaol yn cynnwys y diwrnod cyntaf yn yr ysgol neu'r perfformiad piano cyntaf, yn enwedig os yw'r straen hwnnw'n eich cymell i baratoi mwy neu ymdrechu'n galetach.

## Stress: development and well-being across the lifespan

- Stress can be considered within the context of personal development in three key areas: positive stress, tolerable stress and toxic stress.
- A positive stress response is a normal and essential part of healthy development. Positive stress is characterised by brief increases in heart rate and hormone levels. Examples of positive stress include the first day of school or the first piano recital, particularly if that stress motivates you to prepare more or try harder.

### Facilitator notes

#### Welsh

Sleid yn ymwneud ag AC 2.4: Potensial straen a thrawma i achosi niwed i ddatblygiad a llesiant cyffredinol trwy gydol oes

#### English

Slide relating to AC 2.4: The potential of stress and trauma to cause harm to overall development and wellbeing throughout the lifespan

## Straen: datblygiad a llesiant gydol oes

- Mae ymateb straen goddefadwy yn actifadu systemau rhybuddio'r corff i raddau helaeth. Mae enghreifftiau o straen goddefadwy yn cynnwys damwain car brawychus neu gael eich derbyn i'r ysbyty. Os yw'r ysgogiad wedi'i gyfyngu gan amser ac wedi'i glustogi gan berthnasoedd ag oedolion sy'n helpu'r plentyn i addasu, mae'r ymennydd ac organau eraill yn gwella o'r hyn a allai fel arall fod yn effeithiau niweidiol.

## Stress: development and well-being across the lifespan

- Tolerable stress response activates the body's alert systems to a greater degree. Examples of tolerable stress include a frightening car accident or being admitted to hospital. If the activation is time-limited and buffered by relationships with adults who help the child adapt, the brain and other organs recover from what might otherwise be damaging effects.

### Facilitator notes

#### Welsh

Sleid yn ymwneud ag AC 2.4: Potensial straen a thrawma i achosi niwed i ddatblygiad a llesiant cyffredinol trwy gydol oes

#### English

Slide relating to AC 2.4: The potential of stress and trauma to cause harm to overall development and wellbeing throughout the lifespan



## Straen: datblygiad a llesiant gydol oes

Gall ymateb i straen gwenwynig ddigwydd pan fydd plentyn yn profi adfyd cryf, aml a/neu hirfaith sy'n arwain at newidiadau i'w gyflwr sylfaenol. Mae enghreifftiau o straen gwenwynig yn cynnwys cam-drin corfforol neu emosiynol, esgeulustod cronig, cam-drin sylweddau neu salwch meddwl gan roddwr gofal, dod i gysylltiad â thrais neu feichiau cronedig caledi economaidd teuluol.

## Stress: development and well-being across the lifespan

- Toxic stress response can occur when a child experiences strong, frequent and/or prolonged adversity which results in changes to their baseline state. Examples of toxic stress include physical or emotional abuse, chronic neglect, caregiver substance abuse or mental illness, exposure to violence or the accumulated burdens of family economic hardship.

### Facilitator notes

#### Welsh

Sleid yn ymwneud ag AC 2.4: Potensial straen a thrawma i achosi niwed i ddatblygiad a llesiant cyffredinol trwy gydol oes

#### English

Slide relating to AC 2.4: The potential of stress and trauma to cause harm to overall development and wellbeing throughout the lifespan

## Straen gydol oes

- Mae gan straen gwenwynig y potensial i newid cemeg ymennydd plentyn, anatomeg yr ymennydd a hyd yn oed mynegiant genynnau. Mae straen gwenwynig yn gwanhau pensaernïaeth yr ymennydd sy'n datblygu, a all arwain at broblemau gydol oes mewn dysgu, ymddygiad, ac iechyd corfforol a meddyliol.
- Yn gyffredin, nid yw plant sy'n profi straen yn cyflawni eu potensial academiaidd, emosiynol ac ymddygiadol.
- Gall dod i gysylltiad â straen arwain at gyflyrau iechyd cronig fel diabetes, clefyd y galon, clefyd rhwystrol cronig yr ysgyfaint, clefyd yr afu, a chanser (ymhlith llawer o gyflyrau iechyd oedolion eraill).

## Stress across the lifespan

- Toxic stress has the potential to change a child's brain chemistry, brain anatomy and even gene expression. Toxic stress weakens the architecture of the developing brain, which can lead to lifelong problems in learning, behavior, and physical and mental health.
- Commonly, children who experience stress do not fulfil their academic, emotional and behavioural potential.
- Exposure to stress can lead to chronic health conditions such as diabetes, heart disease, chronic obstructive pulmonary disease, liver disease, and cancer (among many other adult health conditions).

### Facilitator notes

#### Welsh

Sleid yn ymwneud ag AC 2.4: Potensial straen a thrawma i achosi niwed i ddatblygiad a llesiant cyffredinol trwy gydol oes

#### English

Slide relating to AC 2.4: The potential of stress and trauma to cause harm to overall development and wellbeing throughout the lifespan

## Trawma: datblygiad a llesiant gydol oes

- Beth yw 'trawma'?
- Mae trawma yn cael ei ddiffinio'n fras fel profi digwyddiad hynod straenus, gofidus neu frawychus. Gall digwyddiadau trawmatig ddigwydd i unrhyw un ar unrhyw adeg, a gall effeithiau trawma bara am amser hir.
- Gall trawma gynnwys teimlo'n:
  - ofnus
  - dan fygythiad
  - wedi'ch bychanu
  - wedi'ch gwrthod
  - wedi'ch gadael
  - yn annilys
  - yn anniogel
  - heb gefnogaeth
  - yn gaeth
  - llawn cywilydd
  - yn di-rym.

## Trauma: development and well-being across the lifespan

- What is 'trauma'?
- Trauma is broadly defined as experiencing a highly stressful, distressing or frightening event. Traumatic events can happen to anyone at any time, and the effects from trauma can last a long time.
- Trauma can include feeling:
  - frightened
  - under threat
  - humiliated
  - rejected
  - abandoned
  - invalidated
  - unsafe
  - unsupported
  - trapped
  - ashamed
  - powerless.

### Facilitator notes

#### **Welsh**

Slide yn ymwneud ag AC 2.4: Potensial straen a thrawma i achosi niwed i ddatblygiad a llesiant cyffredinol trwy gydol oes

Teimladau o drawma wedi'u cymryd o MIND: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/trauma/about-trauma/>

#### **English**

Slide relating to AC 2.4: The potential of stress and trauma to cause harm to overall development and wellbeing throughout the lifespan

Feelings of trauma taken from MIND: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/trauma/about-trauma/>

## Enghreifftiau o drawma

Trais domestig neu deuluol/ Trais canlyn

Trais cymunedol (saethu, mygio)

Cam-drin rhywiol neu gorfforol

Trychineb naturiol (llifogydd, daeargryn)

Damwain car difrifol

Marwolaeth annisgwyl

Anaf difrifol (ymosodiad gan gi, llosg)

Llawdriniaeth fawr

Cael gwybod am salwch difrifol / diagnosis

Rhyfel / trais gwleidyddol (gan gynnwys terfysgaeth)

## Examples of trauma

Domestic or family violence/ Dating violence

Community violence (shooting, mugging)

Sexual or physical abuse

Natural disaster (flood, earthquake)

Serious car accident

Unexpected death

Serious injury (dog attack, burn,

Major surgery

Infirm of a serious illness/ diagnosis

War/ political violence (inc. terrorism)

### Facilitator notes

#### Welsh

Slide yn ymwneud ag AC 2.4: Potensial straen a thrawma i achosi niwed i ddatblygiad a llesiant cyffredinol trwy gydol oes

#### (Nodyn i'r hwylusydd)

Cyn rhoi'r enghreifftiau, gellir cyflwyno'r sleid hon fel ymarfer.

#### English

Slide relating to AC 2.4: The potential of stress and trauma to cause harm to overall development and wellbeing throughout the lifespan

#### (Note to facilitator)

Before the examples are given, this slide can be presented as an exercise.

## Effeithiau trawma

- Ôl-fflachiadau – ail-fyw agweddau ar ddigwyddiad trawmatig neu deimlad fel petai'n digwydd nawr, a all ddigwydd p'un a yw unigolyn yn cofio manylion penodol amdano ai peidio.
- Pyliau o banig - math o ymateb ofn. Maen nhw'n or-ddweud o ymateb y corff i berygl, straen neu gyffro.
- Datgysylltiad – un ffordd y mae meddwl person yn ymdopi â straen llethol. Efallai y byddan nhw'n teimlo'n ddideimlad, 'yn ddigyswllt', wedi'u gwahanu oddi wrth eu corff neu fel petai'r byd o'u cwmpas yn afreal.

## The effects of trauma

- Flashbacks – reliving aspects of a traumatic event or feeling as if it is happening now, which can happen whether or not an individual remembers specific details of it.
- Panic attacks – a type of fear response. They're an exaggeration of the body's response to danger, stress or excitement.
- Dissociation – one way a person's mind copes with overwhelming stress. They might feel numb, 'spaced out', detached from their body or as though the world around them is unreal.

### Facilitator notes

#### **Welsh**

Slide yn ymwneud ag AC 2.4: Potensial straen a thrawma i achosi niwed i ddatblygiad a llesiant cyffredinol trwy gydol oes

Cyfeiriad: MIND. <https://www.mind.org.uk/information-support/types-of-mental-health-problems/trauma/effects-of-trauma/#CommonMentalHealthEffectsOfTrauma>

#### **English**

Slide relating to AC 2.4: The potential of stress and trauma to cause harm to overall development and wellbeing throughout the lifespan

Reference: MIND. <https://www.mind.org.uk/information-support/types-of-mental-health-problems/trauma/effects-of-trauma/#CommonMentalHealthEffectsOfTrauma>

## Effeithiau trawma

- Gor-gyffro – teimlo'n orbryderus iawn, ar binnau, methu ymlacio a chwilio'n gyson am fygythiadau neu berygl.
- Problemau cysgu – ei chael hi'n anodd cwmpo neu aros ynghwsg, teimlo'n anniogel yn y nos, neu deimlo'n orbryderus neu'n ofnus am gael hunllefau.
- Hunan-barch isel – gall trawma effeithio ar y ffordd y mae person yn gwerthfawrogi ac yn canfod ei hun.
- Hunan-niweidio – brifo fel ffordd o geisio ymdopi. Gallai hyn gynnwys niweidio rhannau o'r corff yr ymosodwyd arnynt neu a anafwyd yn ystod y trawma.

## The effects of trauma

- Hyperarousal – feeling very anxious, on edge, unable to relax and constantly looking out for threats or danger.
- Sleep problems – finding it hard to fall or stay asleep, feel unsafe at night, or feel anxious or afraid of having nightmares.
- Low self-esteem – trauma can affect the way a person values and perceive themselves.
- Self-harm – hurting as a way of trying to cope. This could include harming parts of the body that were attacked or injured during the trauma.

### Facilitator notes

#### Welsh

Sleid yn ymwneud ag AC 2.4: Potensial straen a thrawma i achosi niwed i ddatblygiad a llesiant cyffredinol trwy gydol oes

#### English

Slide relating to AC 2.4: The potential of stress and trauma to cause harm to overall development and wellbeing throughout the lifespan

## Effeithiau trawma

- Teimladau hunanladdol – gan gynnwys meddwl am ddod â'ch bywyd eich hun i ben, meddwl am ddulliau o hunanladdiad neu wneud cynlluniau i gymryd eich bywyd eich hun.
- Camddefnyddio alcohol a sylweddau – yn cael ei ddefnyddio i ymdopi ag emosiynau neu atgofion anodd.

## The effects of trauma

- Suicidal feelings – including being preoccupied by thoughts of ending one's own life, thinking about methods of suicide or making plans to take one's own life.
- Alcohol and substance misuse – used to cope with difficult emotions or memories.

### Facilitator notes

#### Welsh

**Sleid** yn ymwneud ag AC 2.4: Potensial straen a thrawma i achosi niwed i ddatblygiad a llesiant cyffredinol trwy gydol oes

#### English

Slide relating to AC 2.4: The potential of stress and trauma to cause harm to overall development and wellbeing throughout the lifespan

## Effeithiau eraill trawma:

- Gofalu amdanoch eich hun
- Cadw swydd
- Ymddiried mewn eraill
- Cynnal cyfeillgarwch neu berthnasoedd
- Cofio pethau a gwneud penderfyniadau
- Eich bywyd rhywiol
- Ymdopi â newid
- Mwynhau amser hamdden

## Other effects of trauma:

- Looking after yourself
- Holding down a job
- Trusting others
- Maintaining friendships or relationships
- Remembering things and making decisions
- Your sex life
- Coping with change
- Enjoying leisure time

### Facilitator notes

#### Welsh

Sleid yn ymwneud ag AC 2.4: Potensial straen a thrawma i achosi niwed i ddatblygiad a llesiant cyffredinol trwy gydol oes

#### English

Slide relating to AC 2.4: The potential of stress and trauma to cause harm to overall development and wellbeing throughout the lifespan



Potensial straen a thrawma i achosi niwed i ddatblygiad a llesiant cyffredinol trwy gydol oes  
Fideo: Childhood Trauma and the Brain | UK  
Trauma Council

<https://www.youtube.com/watch?v=xYBUY1kZpf8>

The potential of stress and trauma to cause harm to overall development and wellbeing throughout the lifespan

Video: Childhood Trauma and the Brain | UK  
Trauma Council

<https://www.youtube.com/watch?v=xYBUY1kZpf8>



[www.gofalcymdeithasol.cymru](http://www.gofalcymdeithasol.cymru)  
[www.socialcare.wales](http://www.socialcare.wales)



## Facilitator notes

### Welsh

Sleid yn ymwneud ag AC 2.4: Potensial straen a thrawma i achosi niwed i ddatblygiad a llesiant cyffredinol trwy gydol oes

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### English

Slide relating to AC 2.4: The potential of stress and trauma to cause harm to overall development and wellbeing throughout the lifespan

Video: Childhood Trauma and the Brain | UK Trauma Council

[Childhood Trauma and the Brain | UK Trauma Council](https://www.youtube.com/watch?v=xYBUY1kZpf8)



## Effeithiau hirdymor trawma plentyndod mewn oedolion

- Problemau iechyd corfforol cronig.
- Gorbryder hirdymor a phroblemau iechyd meddwl.
- Datblygiad ymennydd anghywir.
- Caethiwed a chamddefnyddio sylweddau.
- Newid genynnau.
- Marwolaeth gynharach.
- Materion ymlyniad a gwahanu.
- Trosglwyddo ACEs i'w plant eu hunain (ACEs cenedlaethau).
- Tebygolrwydd o lwyddiant addysgiadol, tai, cyflogaeth a sosio-ekonomaidd gwaeth.
- Gwydnwch gwaeth i straen.

## Long-term effects of childhood trauma in adults

- Chronic physical ill-health problems.
- Long-term anxiety & mental health problems.
- Improper brain development.
- Addiction & substance misuse.
- Gene alteration.
- Earlier mortality.
- Attachment and separation issues.
- Passing on ACEs to own children (Generational ACEs).
- Likelihood of poorer educational, housing, employment and socio-economic success.
- Poorer resilience to stress.

## Facilitator notes

### Welsh

Slide yn ymwneud ag AC 2.4 a 2.5: Potensial straen a thrawma i achosi niwed i ddatblygiad a llesiant cyffredinol trwy gydol oes a chysylltiadau rhwng profiadau o drawma a cham-drin, cyfnodau datblygu ac ymddygiad trwy gydol oes  
Cyfeiriadau: *Polisi Adolygu Profiadau Niweidiol yn ystod Plentyndod (ACE): Adroddiad* (Maw 2021). Llywodraeth Cymru.

### English

Slide relating to AC 2.4 & 2.5: The potential of stress and trauma to cause harm to overall development and wellbeing throughout the lifespan and Links between experiences of trauma and abuse, development stages and behaviour throughout the lifespan

References: *Review of Adverse Childhood Experiences (ACE) Policy: Report* (Mar 2021). Welsh Government.

