

CHOICE SHIELD

MY PLAN FOR PRESSURE

I NOTICE



What might pressure look or sound like? *Example: Everyone is doing it*



I CAN SAY

What could I say? *Example: No thanks*

I CAN DO

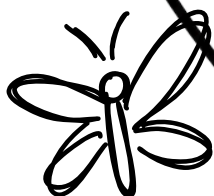


How could I move away or change the moment? *Example: stand with a friend*

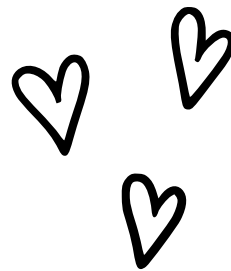
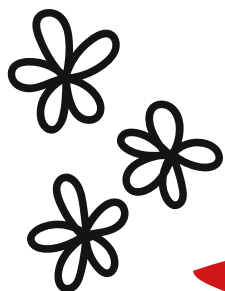


I CAN ASK

Who could help me? *Example: I could go and find a leader*



MY REASON TO SAY NO



TARIAN DEWIS

FY NGHYNLLUN AR GYFER PWYSAU

RWY'N SYLWI



Sut gallai pwysau edrych neu swnio?
Enghraifft: Mae pawb yn ei wneud



GALLAF DDWEUD

Beth alla i ei ddweud? Enghraifft: Na,
diolch

GALLAF WNEUD

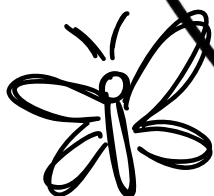


Sut alla i symud i ffwrdd neu newid
y sefyllfa? Enghraifft: sefyll gyda
ffrind



GALLAF OFYN

Pwy allai fy helpu? Enghraifft:
arweinydd



FY RHESWM DROS DDWEUD NA