NEW! Safe & Sound Wales is now LIVE! 🎉

1 July 2026

New Website for Parents and Carers Launches Today!

Hi there,

We're delighted to share that a new website for parents and carers, **Safe & Sound Wales** is now live.

This new website has been developed by Our Voice Our Journey, funded through the Welsh Government's

Mae Gwefan Newydd i Rieni a Gofalwyr yn Lansio Heddiw!

Shwmae,

Rydym wrth ein bodd yn rhannu bod gwefan newydd i rieni a gofalwyr, **Diogel a Saff Cymru**, nawr yn fyw.

Mae'r wefan newydd hon wedi'i datblygu gan Ein Llais Ein Taith, wedi'i hariannu drwy raglen Trais yn erbyn

Violence Against Women, Domestic Abuse and Sexual Violence (VAWDASV) programme, to support parents and carers across Wales to prevent and respond to harm affecting children and young people.

Menywod, Cam-drin Domestig a Thrais Rhywiol (VAWDASV)
Llywodraeth Cymru, i gefnogi rhieni a gofalwyr ledled Cymru i atal ac ymateb i niwed sy'n effeithio ar blant a phobl ifanc.

[Visit Safe & Sound Wales]

[Ymweld â Diogel a Saff Cymru]

Why we created it

Through our work, we hear again and again that parents and carers are trying their best to support their children through a world that feels more complex than ever.

From harmful online influences and misogyny, to unhealthy relationships, coercive control and sexual harm — many of the issues linked to gender-based violence are showing up earlier in young people's lives, and often in ways that are difficult to recognise.

At the same time, parents often tell us:

- I don't know if i'm overreacting
- I'm not sure what the signs are
- I don't know how to start that conversation

Safe & Sound Wales has been created to meet that need.

Pam y gwnaethom ei greu

Drwy ein gwaith, rydym yn clywed dro ar ôl tro fod rhieni a gofalwyr yn gwneud eu gorau i gefnogi eu plant drwy fyd sy'n teimlo'n fwy cymhleth nag erioed.

O ddylanwadau ar-lein niweidiol a chasineb at fenywod, i berthnasoedd afiach, rheolaeth orfodol a niwed rhywiol, mae llawer o'r materion sy'n gysylltiedig â thrais ar sail rhywedd yn ymddangos yn gynharach ym mywydau pobl ifanc, ac yn aml mewn ffyrdd sy'n anodd eu hadnabod.

Ar yr un pryd, mae rhieni yn aml yn dweud wrthym:

- Nid wyf yn gwybod a wyf yn ymateb yn ormodol
- Nid wyf yn siŵr beth yw'r arwyddion

A preventative, relational approach

At the heart of **Safe & Sound Wales** is a simple idea: that preventing harm isn't just about reacting to crises, it's about building the conditions for safety, trust and open communication.

That means helping families to reflect, relate, respect and repair and supporting parents to feel more confident having the conversations that really matter.

> "Safe & Sound Wales provides really clear, supportive, non-judgemental advice on a comprehensive list of things that are hugely impacting parents and carers and their children and young people. "
>
> —
>
> **Alice, a parent from South Wales**

- Nid wyf yn gwybod sut i ddechrau'r sgwrs honno

Mae Diogel a Saff Cymru wedi'i greu i ateb yr angen hwnnw.

Dull ataliol, perthynol

Wrth wraidd **Diogel a Saff Cymru** mae syniad syml: nad yw atal niwed yn ymwneud â dim ond ymateb i argyfyngau yn unig, ond ei fod yn ymwneud ag adeiladu'r amodau ar gyfer diogelwch, ymddiriedaeth a chyfathrebu agored.

Mae hynny'n golygu helpu teuluoedd i fyfyrio, perthyn, parchu ac adfer, a chefnogi rhieni i deimlo'n fwy hyderus wrth gael y sgyrsiau sy'n wirioneddol bwysig.

> "Mae Diogel a Saff Cymru yn darparu cyngor clir iawn, cefnogol a di-farn ar restr gynhwysfawr o bethau sy'n effeithio'n fawr ar rieni a gofalwyr a'u plant a'u pobl ifanc."
>
> —
>
> **Rhannodd Alice, rhiant o Dde Cymru**

Help us spread the word!

We'd love for you to explore the site, share it with your networks, and help us reach the parents and carers who might need it.

Download our comms kit

If you have any feedback, we'd love to hear from you. Get in touch by emailing us at hello@ourvoiceourjourney.org.uk

Thank you, as always, for being part of this work.

The Our Voice Our Journey Team

Helpwch ni i ledaenu'r gair!

Byddem wrth ein bodd pe baech yn archwilio'r wefan, ei rhannu gyda'ch rhwydweithiau, a'n helpu i gyrraedd y rhieni a'r gofalwyr a allai fod ei hangen.

Lawrlwytho ein pecyn cyfathrebu

Os oes gennych unrhyw adborth, byddem wrth ein bodd yn clywed gennych. Cysylltwch â ni drwy anfon e-bost at hello@ourvoiceourjourney.org.uk

Diolch, fel bob amser, am fod yn rhan o'r gwaith hwn.

Tîm Ein Llais Ein Taith