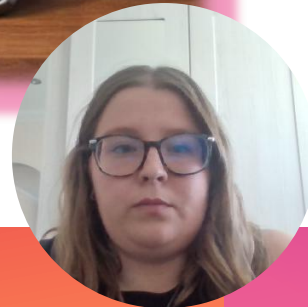




Our Group presentation on screen time

Caitlin, Ffion, Darren,
Kelly & Amy



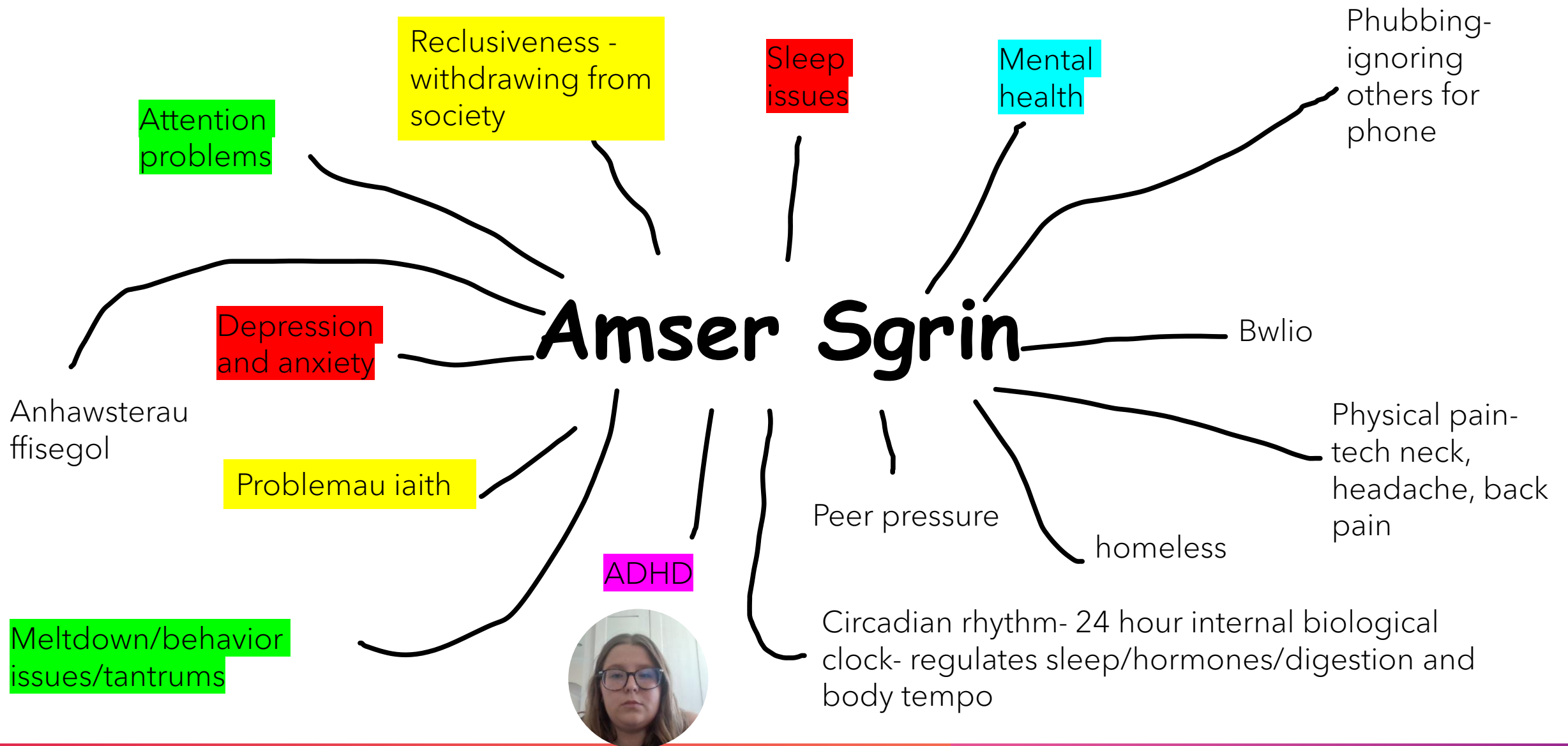
Caitlin

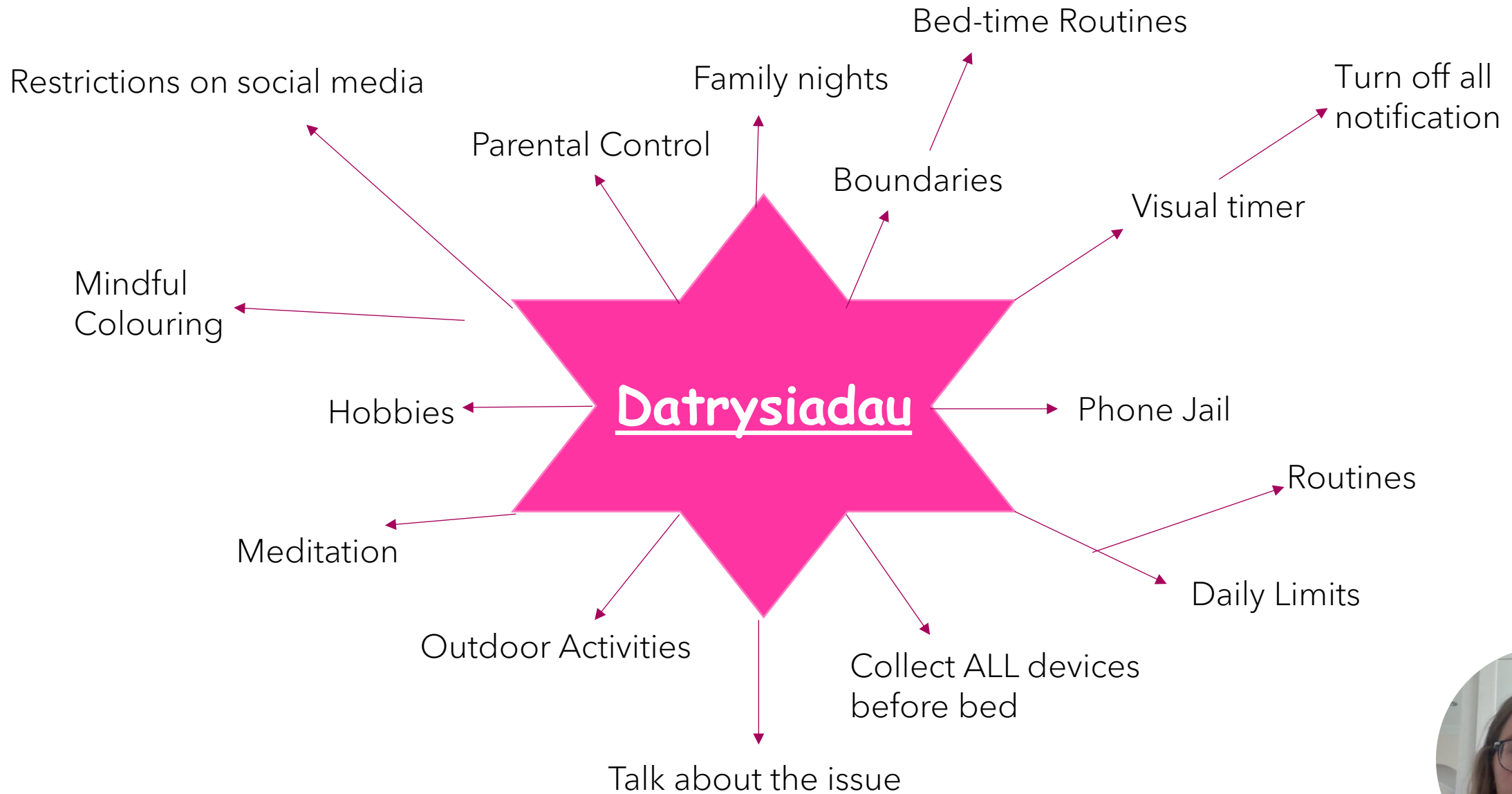
Ffion

Darren

Kelly

Amy





"Beth yw amser sgrîn"



Mae'r dyfeisiau'n cynnwys gliniaduron, consolau gêm, teleduoedd, tabledi, a ffonau.

Mae'r gweithgareddau'n cynnwys chwarae gemau, cyfryngau cymdeithasol, ffrydio, sgwrsio, a astudio academaidd.

Mae'r effaith yn Amrywiol: Mae effaith apiau cymdeithasol, addysgol, a difyr yn wahanol.





Behaviour



(Fitzpatrick et al., 2025)

Tantrum



(BBC Children in Need, 2024)

Melt-down



(Capanna-Ho)



1. Defnydd Sgrin Wythnosol (Price, 2025)
2. Chwyldro Ôl-Bandemig (Education Committee, 2024)
3. Pryderon Ymdrech Ymddygiad (Education Committee, 2024)

Attention Problems

Tarfu
Academaidd

(Feng, Ren and Shi,
2025)

Ymgysylltiad
Is

(thinking in education, 2025)

Tarfu Cyson

(Beberman et al., 2025)



Lleihau

Canolbwyntio

(Tech Culture, 2025)

Gorlwytho
Digidol

(Yanamandra et al., 2026)

Sylw Byrrach

(Chiang, 2025)



Caitlin - Datrysiadau



1

(Every Child, 2021)



(NSPCC, 2026)

2



(eSafety Commissioner, 2022)

3



Images -



Amser Sgrin a Datblygiad Iaith

Manteision Cadarnhaol



Anfanteision



DEFNYDD AM FYNR A MEDDYLGAR

(OpenAI, 2026)



(Happy, 2022)

Anhawsterau lleferydd

Oedi iaith





(sbailin@optonline.net, 2017)



Ffion- Datrysiadau

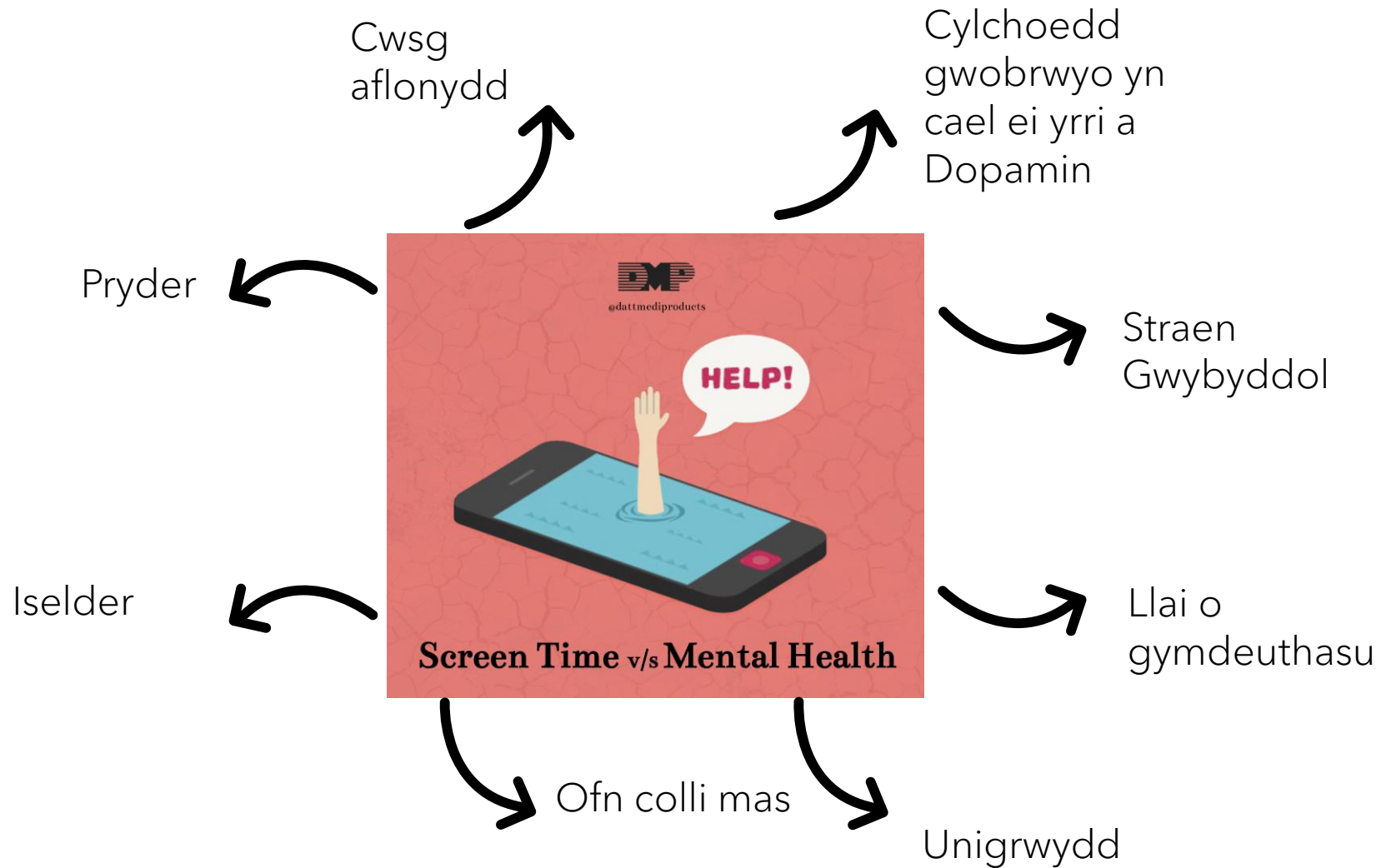


(Ribecca, 2021)



(HealtheD, 2025)

Darren- Iechyd Meddwl a Amser Sgrin



Darren - Effaith cadarnhaol



(Storyset.com, 2021)

Cyslltiad
cymdeithasol yn
lleihau unigrwydd



(muhamad khanif, 2023)

Mynediad I
gefnogaeth iechyd
meddwl



(Pngtree.com, 2026)

Cyfleuoedd
addysgol



(Colourbox | your royalty free
stock library, 2025)

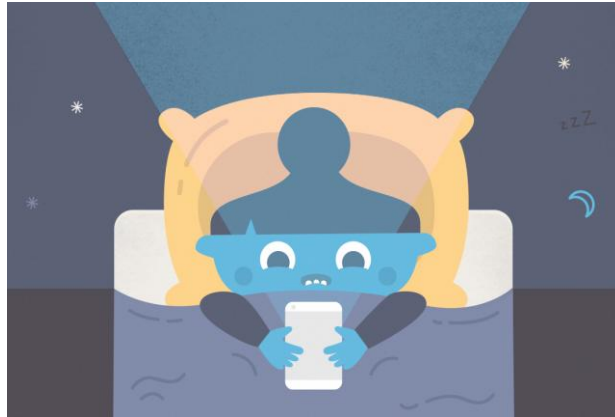
Rhyddhad straen
tymor byr

Darren - Effaith negyddol



(Limited, n.d.)

Mwy o bryder
ac iselder



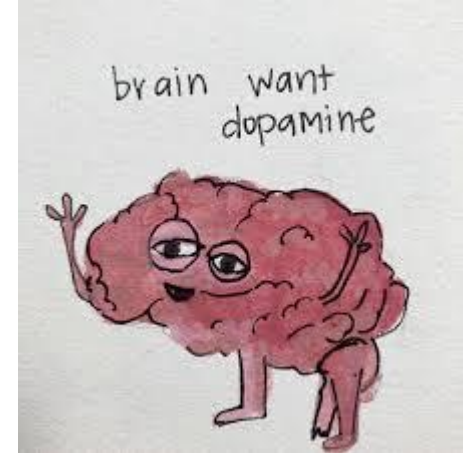
(By Your Headspace Mindfulness &
Meditation Experts, 2023)

Diffig cwsg oherwydd
amlygiad I olau glas



(Redbubble, 2025)

Rhychwant sylw
byr



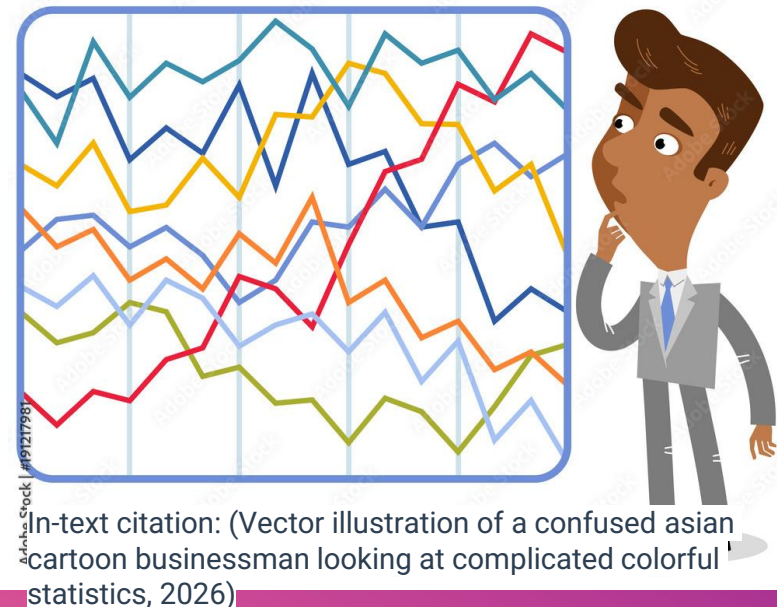
(HealthyEatsAndFitness,
2024)

Anghydbwysedd
Dopamin

Darren - Ystadegau

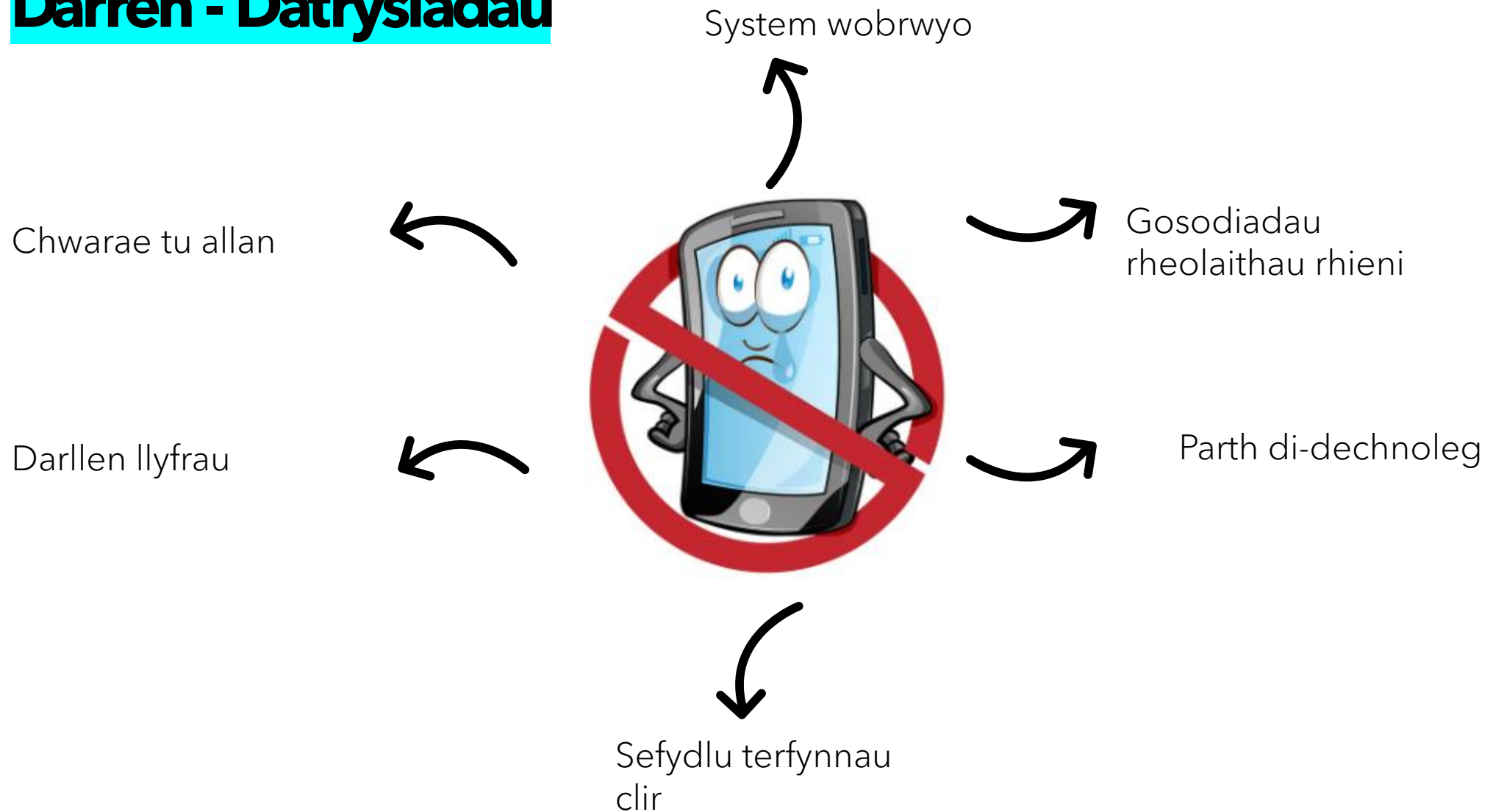
- More than 1 in 10 adolescents (11%) showed signs of problematic social media behaviour, struggling to control their use and experiencing negative consequences. Girls reported higher levels of problematic social media use than boys (13% vs 9%).
- Over a third (36%) of young people reported constant contact with friends online, with the highest rates among 15-year-old girls (44%).
- A third (34%) of adolescents played digital games daily, with more than 1 in 5 (22%) playing for at least 4 hours on days when they engage in gaming.
- 12% of adolescents are at risk of problematic gaming, with boys more likely than girls to show signs of problematic gaming (16% vs 7%).

(World Health Organization, 2024)

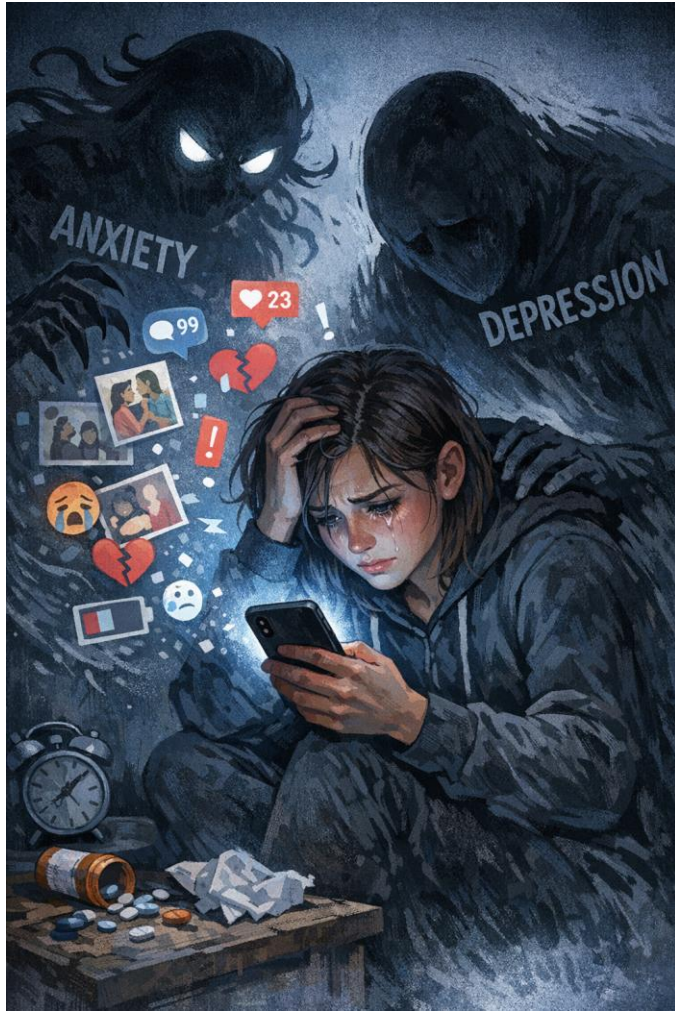
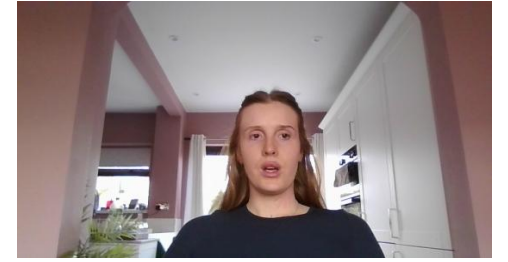


In-text citation: (Vector illustration of a confused asian cartoon businessman looking at complicated colorful statistics, 2026)

Darren - Datrysiadau



Amy - Depression and anxiety



(chatgpt,2026)

Cyfryngau cymdeithasol
Gweithgareddau corfforol
Newidiadau hwyliau

(World Health Organization, 2024)

Amy- sleep

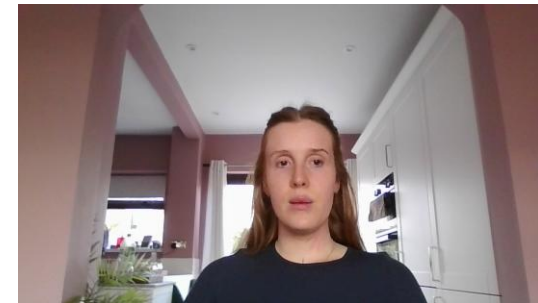


Amser sgrin uwch

Amsendiadau cysgu

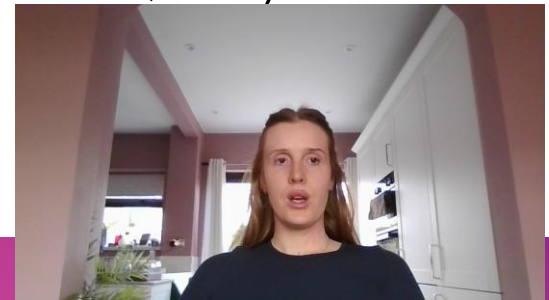
Cysgu byrrach

lechyd corfforol



(Harvard Health Publishing, 2025)

1. Mae 82% or pobl ifanc syn defnyddio ffon yn profi diffyg cysgu. (Sohn et al., 2021)
2. Cynnydd o 41% mewn cwsg gwael , pobl ifanc, dibyniaeth ar gysgu (Sohn et al., 2021)
3. Defnyddio sgrin cyn gwely (Bee O'Shea, Joanna Smith, n.d.)



Amy - SOLUTIONS

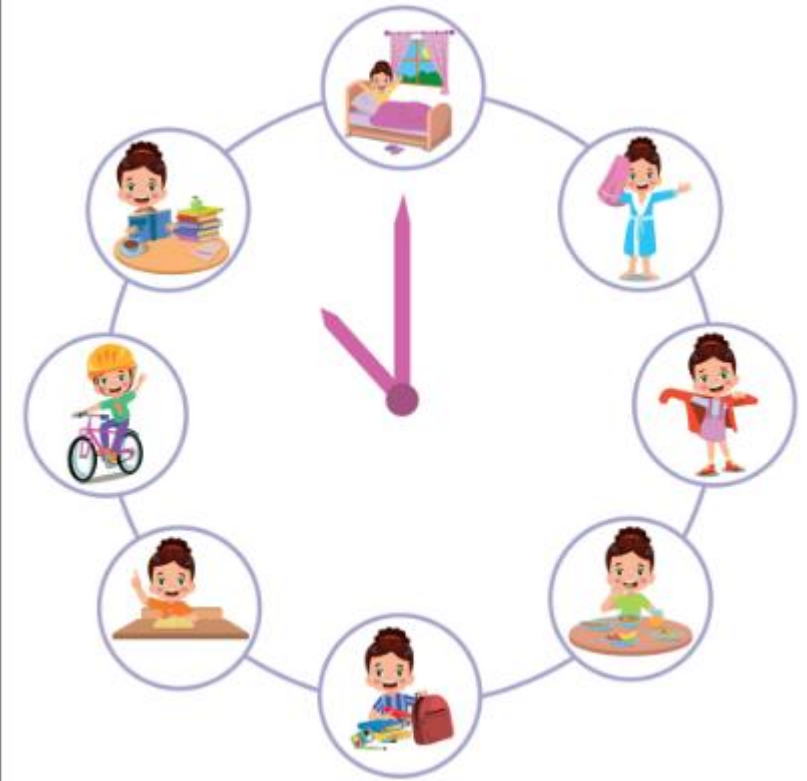
- ROUTINES
- COUNCELOR
- MONTHLY LOG OFF



<https://www.istockphoto.com/>



<https://www.safety signs4less.co.uk/>



<https://static.vecteezy.com/>

Kelly

Kelly

Kelly

Kelly

Rheolaeth rhieni



- Boundaries- app I gael I seto terfynau amser
- Un noson yr wythnos le mae y ffonau yn mynd I ffwrdd ac yn cael noson gemau- language development yn cael ei helpu

- Need 2 references



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