



\_Aaron

#knifefree

\_Yn y coleg cafodd  
Aaron help i osod  
nodau newydd. Tydy  
hi ddim yn hawdd  
bob tro, ond tydy hi  
ddim yn amhosib.

Darganfyddwch sut yn  
[knifefree.co.uk](http://knifefree.co.uk)

This is a true story, but to protect those involved, names have been changed and this image features actors.



\_Cameron

# #knifefree

\_ Roedd gwaith Cameron yn rhoi annibyniaeth iddo ac yn ei helpu i beidio â chario cyllell. Tydy hi ddim yn hawdd bob tro, ond tydy hi ddim yn amhosib.

Darganfyddwch sut yn [knifefree.co.uk](http://knifefree.co.uk)

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\_Charlie

# #knifefree

**\_ Mae tîm newydd Charlie yn ei helpu i beidio â chario cyllell. Tydy hi ddim yn hawdd bob tro, ond tydy hi ddim yn amhosib.**

**Darganfyddwch sut yn [knifefree.co.uk](http://knifefree.co.uk)**

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\_Meghan

A photograph of three young women sitting on a dark couch against a red curtain. They are all smiling and looking towards the camera. The woman on the left wears a bright yellow zip-up hoodie and light grey sweatpants. The woman in the middle wears a pink long-sleeved top and light green pants. The woman on the right wears a black tank top and blue jeans. The background is a dark room with a red curtain.

#knifefree

**Mae actio yn helpu  
Meghan i feithrin  
hyder a pheidio â  
chario cyllell. Tydy hi  
ddim yn hawdd bob  
tro, ond tydy hi ddim  
yn amhosib.**

**Darganfyddwch sut yn  
[knifefree.co.uk](http://knifefree.co.uk)**

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Sean

# #knifefree

Fe wnaeth bocsio  
helpu Sean i beidio  
â chario cyllell. Tydy  
hi ddim yn hawdd  
bob tro, ond tydy hi  
ddim yn amhosib.

Darganfyddwch sut yn  
[knifefree.co.uk](http://knifefree.co.uk)

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