

## Significant factors

The research found only the following 5 areas that were statistically significant to CSE:

More likely:

- Being female.
- Previous experience of familial sexual abuse, regardless of gender. Emotional abuse for males.
- Number of moves in living circumstances.
- Primarily negative relationships with peers and/or no friendships.

Less likely:

- Positive relationships with peers.
- High number of agencies involved.

## Ffactorau arwyddocaol

Yn ôl yr ymchwil, y 5 maes canlynol yn unig oedd yn arwyddocaol yn ystadegol i'r prosiect Camfanteisio'n Rhywiol ar Blant (CSE):

Yn fwy tebygol:

- Bod yn fenyw.
- Profiad blaenorol o gam-drin rhywiol yn y teulu, waeth beth fo'i ryw. Cam-drin emosiynol i ddynion.
- Wedi symud amgylchiadau byw sawl tro.
- Perthnasoeedd negyddol yn bennaf â chyfoedion a/neu ddim ffrindiau.

Llai tebygol:

- Perthnasoeedd cadarnhaol gyda chymheiriad.
- Nifer fawr o asiantaethau'n cymryd rhan.

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Young people participating in the research described how there are too many workers involved, and they find it hard to attach any trust to these relationships.

There can be too many people for a child or a young person to have a relationship with. All of these people cannot feature as a 'significant person' in a young person's life. Young people can get lost within this network of multiple professionals.

Disgrifiodd y bobl ifanc a gymerodd ran yn yr ymchwil sut mae gormod o weithwyr yn cymryd rhan, ac maent yn ei chael yn anodd ymddiried yn y perthnasoedd hyn.

Gall fod gormod o bobl er mwyn i blentyn neu berson ifanc fagu perthynas â nhw. Ni all pob un o'r bobl hyn fod yn 'berson pwysig' ym mywyd person ifanc. Gall pobl ifanc fynd ar goll heb y rhwydwaith hwn o nifer o weithwyr proffesiynol.

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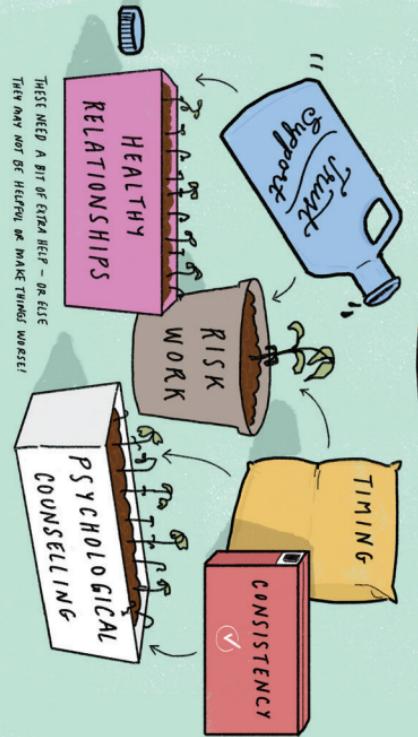
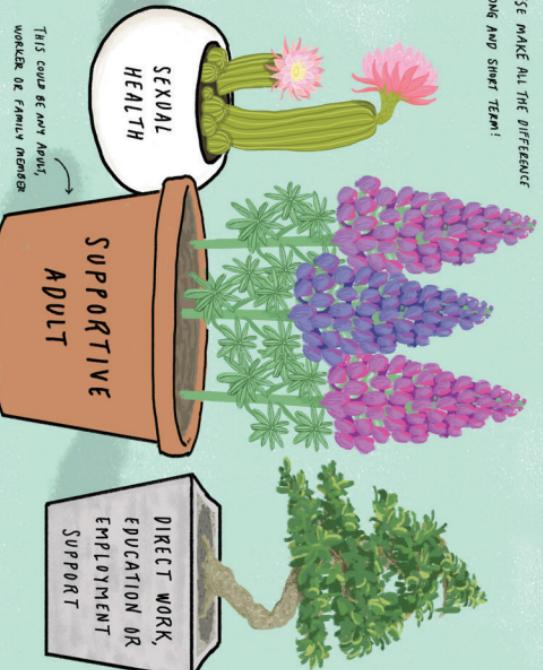
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THESE MAKE ALL THE DIFFERENCE

- LONG AND SHORT TERM!



Having a supportive adult in their lives had the most positive impact for young people.

Direct work, such as spending time with a young person, engaging them in activities, or addressing their confidence , was also most likely to help. Sexual health work was positive for these reasons too.

Psychological counselling and healthy relationships or risk based work, need to be at the right time, consistent, and supported by a trusted adult to be positive.

Cael oedolyn cefnogol yn eu bywydau gafodd yr effaith fwycif cadarnhaol ar bobl ifanc.

Gwaith uniongyrchol, megis treulio amser gyda pherson ifanc, ennyn ei ddiddordeb mewn gweithgareddau, neu fynd i'r afael â'i hyder oedd fwyaf tebygol o helpu. Roedd gwaith iechyd rhywiol yn gadarnhaol am y rhesymau hyn hefyd.

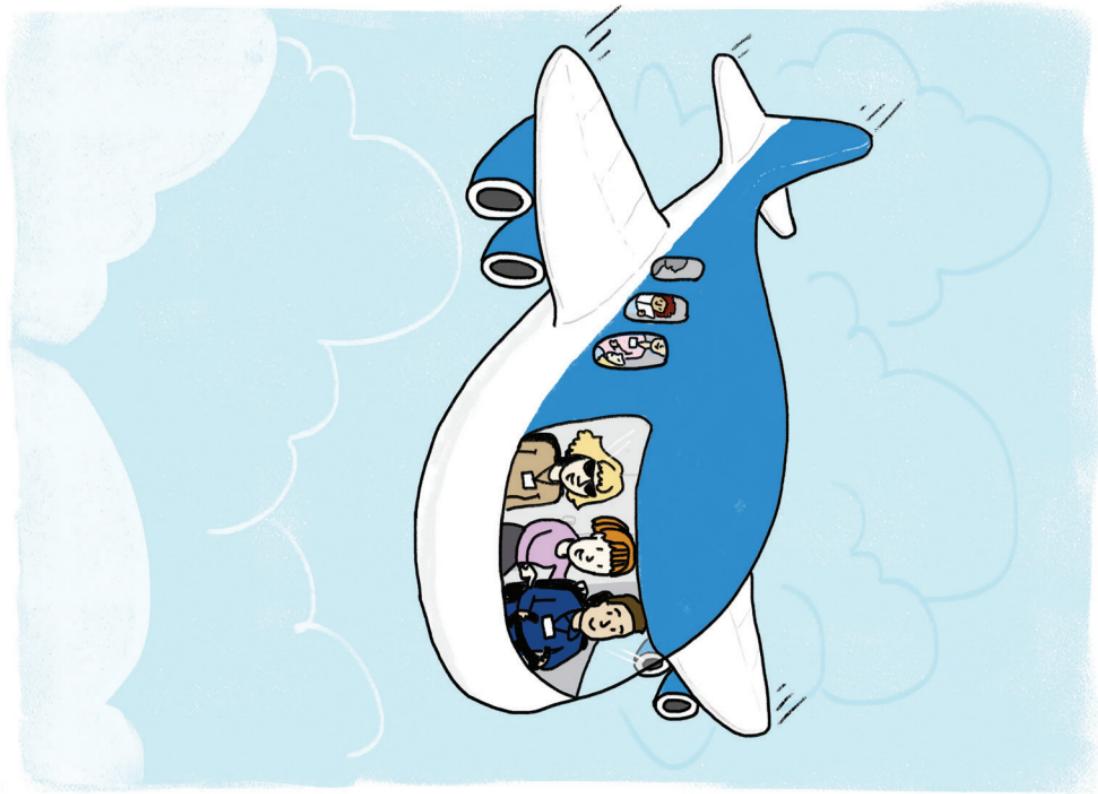
Mae angen i gwntsela seicolegol a pherthnasoedd iach neu waith sy'n seiliedig ar beryglon, fod ar yr adeg iawn, yn gyson, ac mae angen i oedolyn y gellir ymddiried ynddo ei gefnogi i fod yn gadarnhaol.

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There is a need to make sure that everyone is on board with how best to support and work with a young person. Foster carers, residential workers, and youth workers, can play an essential role in supporting young people, and should be a key part of that decision-making.

The young person needs to be involved, and feel informed and in control of what is happening. One professional who is most likely to have that significant relationship should coordinate that support, where possible.

Mae angen sicrhau bod pawb yn gwybod y ffordd orau o gefnogi a gweithio gyda pherson ifanc. Gall gofalwyr maeth, gweithwyr preswyl, a gweithwyr ieuenciad, chwarae rôl hanfodol wrth gefnogi pobl ifanc, a dylent fod yn rhan allweddol o'r broses o wneud penderfyniadau.

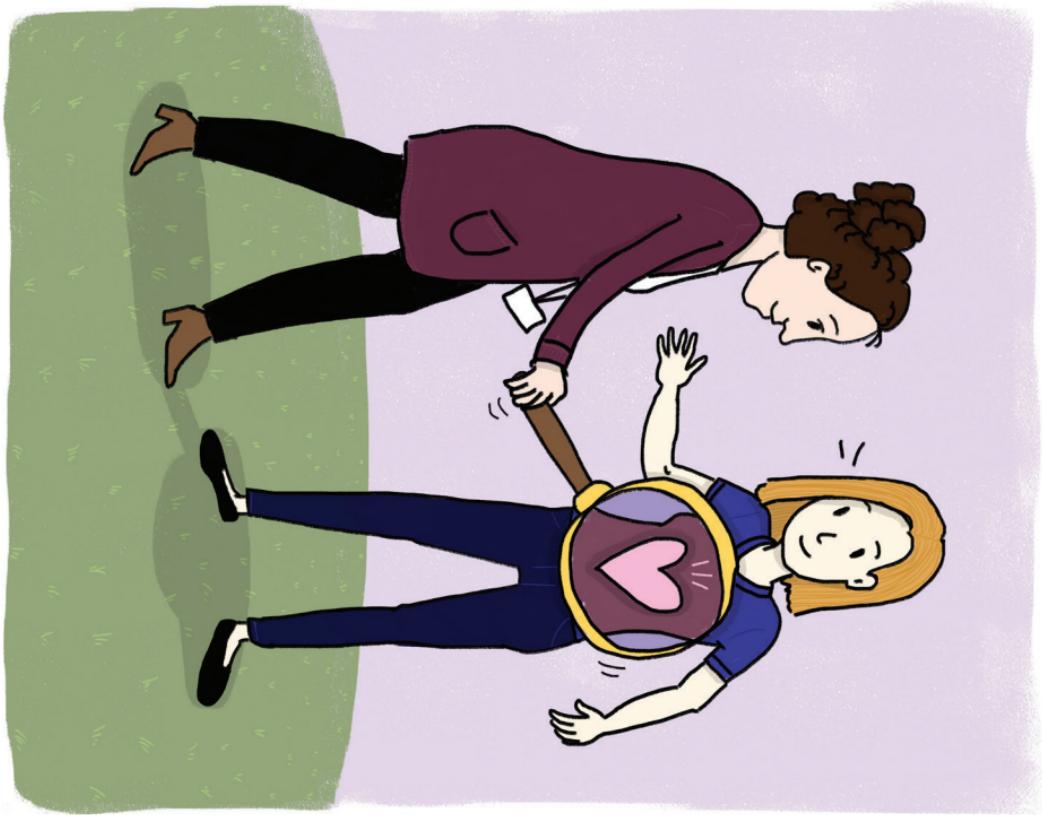
Mae angen i'r person ifanc gymryd rhan, a theimlo'n wybodus a rheoli'r hyn sy'n digwydd. Dylai un gweithiwr proffesiynol, sydd fwyaf tebygol o gael y berthynas arwyddocaol honno, gydlynur gefnogaeth, lle bo hynny'n bosibl.

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Young people were angry at the bodily or behavioural attention they received, and the seemingly limited concern for them and their happiness. Too many relationships for young people can be centred primarily around their risk and their harm.

Support should be driven by a focus on wellbeing, understanding the things that matter to a young person, and on changing things for them and their circumstances.

Roedd pobl ifanc yn flin am y sylw corfforol neu ymddygiadol a gawsant, a'r diffyg gofal amdanyn nhw a'u hapusrwydd yn ôl pob golwg. Gall gormod o berthnasoedd i bobl ifanc ganolbwytio yn bennaf ar eu perygl a'u niwed.

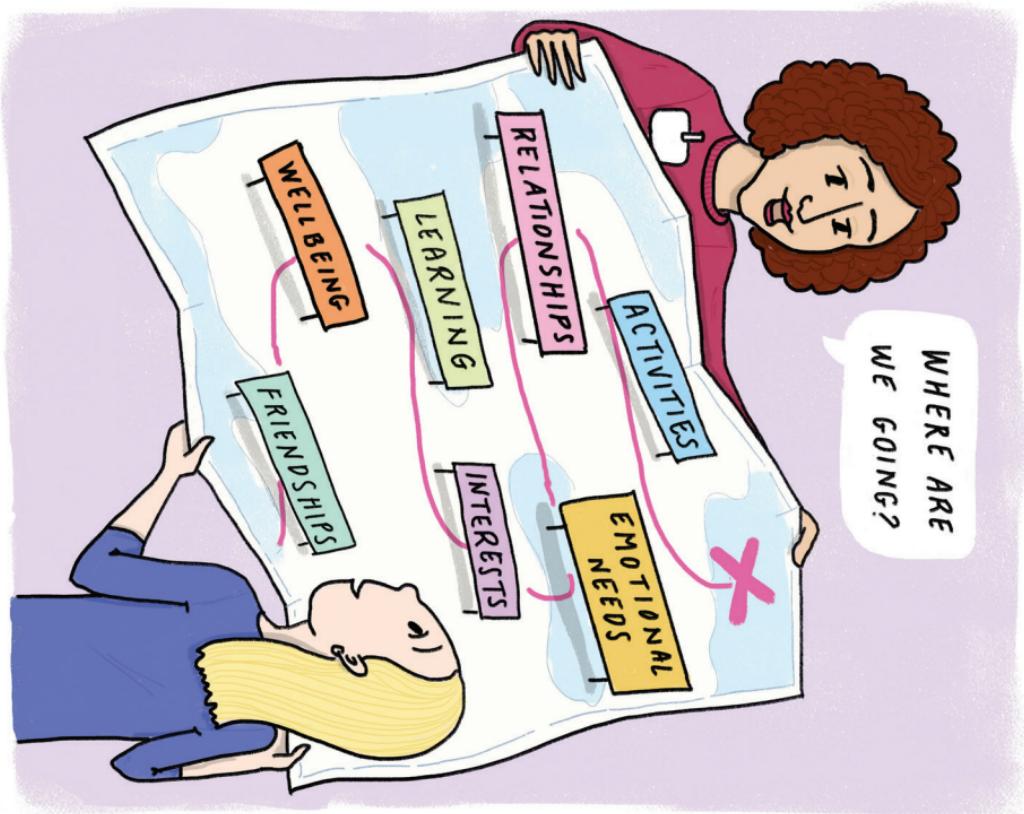
Dylai'r gefnogaeth ganolbwytio ar les, dealltwriaeth o'r pethau sy'n bwysig i berson ifanc, a newid pethau iddyn nhw a'u hamgylchiadau.

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Key areas that matter for young people are:

- happiness and wellbeing;
- strengthening relationships with significant others and key workers;
- developing relationships with peers;
- supporting or help developing interests, hobbies and involvement in activities.

Dyma'r meysydd allweddol sy'n bwysig i bobl ifanc:

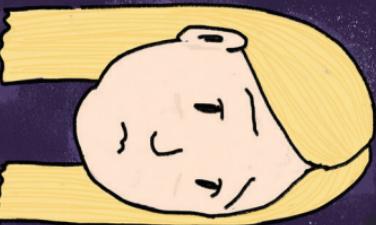
- hapusrwydd a lles;
- cryfhau perthnasoedd gyda phobl bwysig eraill a gweithwyr allweddol;
- datblygu perthnasoedd gyda chyfoedion;
- cefnogi neu helpu i ddatblygu diddordebau, hobiau a'u cael i gymryd rhan mewn gweithgareddau.

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You know he  
doesn't really  
like you...

BUT I DON'T  
HAVE  
ANYONE  
ELSE

ALL MY  
RELATIONSHIPS  
ARE  
RUBBISH

I  
DON'T  
WANT  
TO BE ALONE

NO ONE  
REALLY  
LIKES  
ME

'Healthy relationships' work or risk-based educative approaches to interventions for sexual exploitation do not counter the problem of CSE, when used as a sole intervention or response. CSE does not (just) stem from young people's lack of understanding about relationships and risks.

This work should always be supported through 1:1 consistent work, and by work to address young people's needs.

Nid yw gwaith 'perthnasoedd iach' na dulliau addysgiadol sy'n seiliedig ar beryglon tuag at ymyriadau ar gyfer camfanteisio'n rhywiol yn atal y broblem o gamfanteisio'n rhywiol ar blant (CSE), pan y'i defnyddir fel unig ymyriad neu ymateb. Nid yw CSE yn deillio o ddiffyg dealltwriaeth person ifanc am berthnasoedd a pheryglon.

Dylid cefnogi'r gwaith hwn bob amser drwy waith cyson un-i-un, a thrwy waith i fynd i'r afael ag anghenion pobl ifanc.

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