Cymunedau Digidol Cymru
Hyder Digidol, Iechyd a Lles

Digital Communities Wales
Digital Confidence, Health and Well-being

Darparwyd gan
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Foundation Skills Questions

Cwestiynau Sgiliau Sylfaenol

* 1. Rate your own digital confidence. 1 = low confidence, 5 = high confidence.

Rhowch sgôr i'ch hyder digidol eich hun. 1 = ddim yn hyderus, 5 = hyderus iawn

1	2	3	4	5
◯	◯	◯	◯	◯

* 2. Let us know what you can do with the devices list. Select all that apply.

Rhowch wybod i ni beth allwch chi ei wneud gyda'r rhestr dyfeisiau. Dewiswch bopeth sy'n berthnasol.

	Smartphone / iPhone Ffôn clyfar / iPhone	Tablet / iPad Tabled / iPad	Desktop computer Cyfrifiadur	Laptop Gliniadur	None Dim un o'r uchod
Can you turn on the following devices? Allwch chi droi y dyfeisiau canlynon ymlaen?	☐	☐	☐	☐	☐
Can you use accessibility tools on your device to make it easier to use? e.g. increase text size. Allwch chi ddefnyddio offer	☐	☐	☐	☐	☐

hygyrchedd ar eich dyfais i'w gwneud hi'n haws i'w defnyddio? e.e. cynyddu maint y testun.					
Can you use the controls on your device? e.g. turn up the volume/using a keyboard. Allwch chi ddefnyddio'r rheolyddion ar eich dyfais? e.e. troi'r sain i fyny.	☐	☐	☐	☐	☐
Can you interact with the home screen? e.g. I can locate text messages or emails. Allwch chi ryngweithio â'r sgrin gartref ar eich dyfais? e.e. Ddod o hyd i negeseuon testun.	☐	☐	☐	☐	☐
Can you connect a device to a safe and secure Wi-Fi network? E.g. I can connect to Wi-Fi in my home. A allwch chi gysylltu'ch dyfais â rhwydwaith Wi-Fi diogel? e.e. Gallaf gysylltu â Wi-Fi yn fy nhŷ.	☐	☐	☐	☐	☐

* 3. Do you own or have access to any of the below personal devices? Select all that apply

Ydych chi’n berchen ar unrhyw un o’r dyfeisiau personol isod, neu oes modd i chi ddefnyddio unrhyw rai ohonynt? Dewiswch bob un perthasol.

- [ ] Smartphone / iPhone
  Ffôn clyfar / iPhone
- [ ] Laptop
  Gliniadur
- [ ] Tablet / iPad
  Tabled / iPad
- [ ] Desktop Computer
  Cyfrifiadur
- [ ] Other (please specify)
  Arall (nodwch)

  _____
- [ ] None of the above
  Dim un o'r uchod

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* 4. If you don't currently use digital devices are there any reasons you don't? Are the barriers to you being online? Select all that apply.

Os nad ydych chi'n defnyddio dyfeisiau digidol ar hyn o bryd, oes unrhyw resymau nad ydych chi? Dewiswch bob un perthasol.

- [ ] Don't own/have access to a device.
  Does dim dyfais y gallaf fi ei defnyddio.
- [ ] Don't know how to use a device.
  Dwi ddim yn gwybod sut i ddefnyddio dyfais.
- [ ] Lack confidence using the internet.
  Diffyg hyder yn defnyddio'r rhyngrwyd.
- [ ] Poor broadband/internet connection.
  Cysylltiad band eang/rhyngrwyd gwael.
- [ ] Other (please specify).
  Arall (nodwch).

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Essential Skills: Communication.

Sgiliau Hanfodol: Cyfathrebu.

The skills required to communicate, collaborate, and share information.

Y sgiliau i gyfathrebu, cydweithredu, a rhannu gwybodaeth.

* 5. Do you use any of the below social media sites? Select all that apply.

Ydych chi'n defnyddio unrhyw un o'r gwefannau cymdeithasol isod? Dewiswch bob un sy'n berthnasol.

- [ ] Facebook
- [ ] TikTok
- [ ] Twitter
- [ ] Snapchat
- [ ] Instagram
- [ ] LinkedIn
- [ ] WhatsApp
- [ ] Other (please specify).
  Arall (nodwch).

  [ ]
- [ ] None of the above.
  Dim o'r uchod.

* 6. Which of the following can you confidently do?

Pa un o'r canlynol allwch chi ei wneud yn hyderus?

	Yes Gallaf	No Na	With help Gyda rhywfaint o help	I would like to learn how to do this Hoffwn ddysgu sut i wneud hyn
Can you send an email? Allwch chi anfon e-byst?	◯	◯	◯	◯
Are you able to add attachments to emails? Ydych chi'n gallu ychwanegu atodiadau i e-byst?	◯	◯	◯	◯
Are you able to view or download attachments to emails you receive? Ydych chi'n gallu gweld neu lawrlwytho yr atodiadau e-byst rydych chi'n eu derbyn?	◯	◯	◯	◯
Are you able to create an account on websites that require a username and password? Ydych chi'n gallu creu cyfrif ar wefannau sydd angen enw defnyddiwr a chyfrinair?	◯	◯	◯	◯

* 7. Can you use the following video calling platforms?

Allwch chi ddefnyddio'r platfformau galwadau fideo canlynol?

	Yes Gallaf	No Na	With help Gyda rhywfaint o help	I would like to learn how to do this Hoffwn ddysgu sut i wneud hyn
Zoom	◯	◯	◯	◯
Microsoft Teams	◯	◯	◯	◯
Facetime	◯	◯	◯	◯
WhatsApp	◯	◯	◯	◯
Facebook Messenger	◯	◯	◯	◯
Skype	◯	◯	◯	◯
Google Hangouts	◯	◯	◯	◯

* 8. Are you comfortable hosting online meetings and events?

Ydych chi’n gyffyrddus yn cynnal cyfarfodydd a digwyddiadau ar-lein?

◯ Yes
Ydw

◯ No
Nac-ydw

◯ With help
Gyda rhywfaint o help

◯ I'd like to learn how to do this
Hoffwn ddysgu sut i wneud hyn

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Essential Skills: Handling Information and Content.

Sgiliau Hanfodol: Trin Gwybodaeth a Chynnwys.

* 9. Which of the following can you confidently do?

Pa un o'r canlynol allwch chi ei wneud yn hyderus?

	Yes Gallaf / Ydw	No Na / Nac-ydw	With help Gyda rhywfaint o help	I would like to learn how to do this Hoffwn ddysgu sut i wneud hyn
Are you able to download a file from the internet, save it and find it later? Ydych chi'n gallu llawrlwytho ffeil o'r we, ei gadw a'i ddarganfodyn nes ymlaen?	○	○	○	○
Are you able to add a webpage to your list of bookmarks or favourites? Ydych chi'n gallu ychwanegu tudalen we i'ch rhestr o nodau tudalen neu i'ch ffefrynnau?	○	○	○	○
Do you use digital tools to manage your health and				

well-being online? E.g. using smart devices (smart watches); booking health appointments online; using mental health apps etc.				
Ydych chi'n defnyddio adnoddau digidol i reoli'ch iechyd a'ch lles ar-lein? E.e. defnyddio dyfeisiau clyfar (oriawr clyfar); trefnu apwyntiadau iechyd ar-lein; defnyddio apiau iechyd meddwl ac ati.	○	○	○	○

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Essential Skills: Transacting.

Sgiliau Hanfodol: Trafod.

The skills required to register and apply for services, buy and sell goods and services, and administer and manage transactions online.

Y sgiliau i gofrestru a gwneud cais am wasanaethau, prynu a gwerthu nwyddau a gwasanaethau, a gweinyddu a rheoli trosglwyddiadau arian ar-lein.

* 10. Which of the following can you confidently do?

Pa un o'r canlynol allwch chi ei wneud yn hyderus?

	Yes Gallaf / Ydw	No Na / Nac-ydw	With help Gyda rhywfaint o help	I would like to learn how to do this Hoffwn ddysgu sut i wneud hyn
Are you able to purchase items online? Ydych chi'n gallu prynu eitemau ar-lein?	○	○	○	○
Are you able to use the internet to save money or to manage day-to-day expenses? Ydych chi'n gallu defnyddio'r rhyngrwyd i arbed arian neu i reoli costau o ddydd i ddydd?	○	○	○	○
Are you comfortable managing your money online, e.g. online banking, applying for financial support etc.? Ydych chi'n gyffyrddus yn rheoli'ch arian ar-lein, e.e. bancio arlein, gwneud cais am gymorth ariannol ac ati?	○	○	○	○

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Essential Skills: Problem Solving.

Sgiliau Hanfodol: Datrys Problemau.

The skills required to find solutions to problems using digital tools and online services.

Y sgiliau i ddod o hyd i atebion i broblemau gan ddefnyddio offer digidol a gwasanaethau ar-lein.

* 11. How confident are you at finding information using a search engine? E.g. Google, Bing. 1 = low confidence, 5 = high confidence

Pa mor hyderus ydych chi i ddod o hyd i wybodaeth gan ddefnyddio peiriant chwilio? E.e. Google, Bing. 1 = ddim yn hyderus, 5 = hyderus iawn.

1	2	3	4	5
○	○	○	○	○

* 12. Which of the following can you confidently do?

Pa un o'r canlynol allwch chi ei wneud yn hyderus?

	Yes Gallaf	No Na	With help Gyda rhywfaint o help	I would like to learn how to do this Hoffwn ddysgu sut i wneud hyn
Can you use online chat to ask for help with a website or app? Allwch chi ddefnyddio sgwrsio ar-lein i ofyn am help gyda gwefan neu ap?	○	○	○	○
Can you use the internet to find out how to fix				

something around your home? Allwch chi ddefnyddio'r we i ddarganfod sut i drwsio rhywbeth o amgylch eich cartref?	○	○	○	○
Are you able to fill out a form online? Ydych chi'n gallu llenwi ffurflen ar-lein?	○	○	○	○
Are you able to use online maps to find local places and attractions? Ydych chi'n gallu defnyddio mapiau ar-lein i ddod o hyd i lefydd ac atyniadau lleol?	○	○	○	○

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Health and Wellbeing

Iechyd a Lles

* 13. Do you use the following digital tools to manage your health and well-being online?

Ydych chi'n defnyddio'r adnoddau digidol canlynol i reoli'ch iechyd a'ch lles ar-lein?

	Yes Ydw	No Nac-ydw	With help Gyda rhywfaint o help	I would like to learn Hoffwn ddysgu sut i wneud hyn
Mental health, e.g. Mindfulness apps, etc. Iechyd meddwl, e.e. apiau Ymwybyddiaeth Ofalgar, ac ati	○	○	○	○
Physical health, e.g. exercise or tracking apps, Smart Watches etc. Iechyd corfforol, e.e. apiau ymarfer neu dracio, oriawr clyfar ac ati	○	○	○	○
Healthy eating Bwyta'n iach	○	○	○	○
Health advice, e.g. NHS 111 Wales, symptom checkers Cyngor ar	○	○	○	○

iechyd, e.e. GIG 111 Cymru, gwirio symptomau				
Health services, e.g. GP appointments, prescriptions, etc. Gwasanaethau iechyd, e.e. apwyntiadau meddyg teulu, presgripsiynau, ac ati	○	○	○	○
Can you use technology and/or the internet to help you manage day to day life? Ydych chi'n gallu defnyddio technoleg a/neu'r rhyngrwyd i'ch helpu chi i reoli eich bywyd bob dydd?	○	○	○	○

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Helping Others.

Helpu Eraill.

* 14. Would you be interested in supporting others to get the most of being online?

A fyddai gennych chi ddiddordeb mewn cynorthwyo eraill i fynd ar-lein?

- ◯ Yes
  Byddai
- ◯ No
  Na fyddai

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Helping Others.

Helpu Eraill.

* 15. How confident are you when helping others with their computers and devices? 1 = low confidence, 5 = high confidence.

Pa mor hyderus ydych chi wrth helpu eraill gyda'u cyfrifiaduron a'u dyfeisiau? 1 = ddim yn hyderus, 5 = hyderus iawn.

1	2	3	4	5
○	○	○	○	○

* 16. Would you be interested in supporting others to get online?

A fyddai gennych chi ddiddordeb mewn cynorthwyo eraill i fynd ar-lein?

- [ ] Yes - Family
  Do – Teulu
- [ ] Yes - Friends
  Do – Ffrindiau
- [ ] Yes - Colleagues
  Do – Cydweithwyr
- [ ] Yes - Members of the public
- [ ] Other (please specify).
  Arall (nodwch).

* 17. Do you or the people you suppport have any accessibilty needs when using Digital devices?

Oes gennych chi neu’r bobl rydych chi’n eu cefnogi unrhyw anghenion hygyrchedd wrth ddefnyddio dyfeisiau digidol?

- ◯ Yes
  Oes
- ◯ No
  Nac oes

* 18. Do you support people who communicate in English as a second Language?

Ydych chi’n cefnogi pobl sy’n cyfathrebu yn Saesneg fel ail iaith?

- ◯ Yes
  Ydw
- ◯ No
  Nac-ydw

* 19. Rate your critical thinking skills, e.g. problem-solving, researching online etc. 1 = low skills, 5 = high skills.

Sgoriwch eich sgiliau meddwl critigol, e.e. datrys problemau, ymchwilio ar-lein ac ati. 1 = ddim yn hyderus, 5 = hyderus iawn.

1	2	3	4	5
◯	◯	◯	◯	◯

* 20. Could you support someone else to carry out a job search online?

Allech chi gefnogi rhywun arall i chwilio am swydd ar-lein?

Yes Gallaf	No Na	With help Gyda rhywfaint o help	I'd like to learn how to do this Hoffwn ddysgu sut i wneud hyn
◯	◯	◯	◯

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Inspiring Activities.

Gweithgareddau Ysbrydoli.

* 21. Which of the following can you confidently do?

Pa un o'r canlynol allwch chi ei wneud yn hyderus?

	Yes Gallaf / Ydw / Oes	No Na / Nac-ydw / Nac oes	With help Gyda rhywfaint o help	I would like to learn how to do this Hoffwn ddysgu sut i wneud hyn
Are you comfortable using innovative technologies to encourage people to get online? E.g. Virtual Reality, Smart Speakers, etc. Ydych chi'n gyffyrddus yn defnyddio technoleg arloesol i annog pobl i fynd ar-lein? E.e. Realiti Rhithwr, Siaradwyr Craff, ac ati.	○	○	○	○
Are you interested in reminiscence or keeping occupied tools that are available online? E.g. Accessing music, television, and				

films; Using tools and resources for hobbies, etc. Oes gennych chi ddiddordeb mewn hel atgofion neu mewn cadw offer defnyddiol sydd ar gael ar-lein? E.e. gwrando ar gerddoriaeth, a gweld teledu a ffilmiau; defnyddio offer ac adnoddau ar gyfer diddordebau ac ati	○	○	○	○
Are you comfortable creating online content, or helping others do the same to encourage online engagement? Ydych chi'n gyffyrddus yn creu cynnwys ar-lein, neu'n helpu eraill i wneud yr un peth i annog pobl i gysylltu â'i gilydd ar-lein?	○	○	○	○
Can you access music and video services online? Allwch chi ddefnyddio gwasanaethau cerddoriaeth a fideo ar-lein?	○	○	○	○

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Welsh Language

Yr Iaith Gymraeg

* 22. Are you a Welsh language speaker?

Ydych chi'n siaradwr Cymraeg?

- ◯ Yes - Fluent / Conversational
  Ydw – Rhugl / Llafar
- ◯ Yes - Learner
  Ydw – Dysgwr
- ◯ No
  Nac ydw
- ◯ I'd like to learn
  Hoffwn ddysgu

* 23. How often do you do the following? 1 = never, 5 = all of the time.

Pa mor aml ydych chi'n gwneud y canlynol? 1 = byth, 5 = drwy'r amser.

	1	2	3	4	5
Use the internet through the medium of Welsh. Defnyddio'r rhyngrwyd drwy gyfrwng y Gymraeg.	◯	◯	◯	◯	◯
Choose to use Welsh versions of websites if available. Dewis ddefnyddio fersiynau Cymraeg o wefannau os ydynt ar gael.	◯	◯	◯	◯	◯

* 24. Would you like to learn how to find more Welsh resources online?

Fyddech chi’n hoffi dysgu sut i ddod o hyd i fwy o adnoddau Cymraeg ar-lein?

◯ Yes
Byddwn

◯ No
Na fyddwn