



## Huw Fyw

Beth i'w ddisgwyl a rhai rhybuddion cynnwys

Canllaw oed **Huw Fyw** yw 11+

Mae perfformiadau byw yn gallu peri gofid, ac weithiau mae'n ddefnyddiol i wybod yr hyn fydd yn digwydd o flaen llaw, fel bod modd i chi brosesu'r cynnwys cyn gwyllo'r sioe.

Cewch fanylion am rai o brif themâu **Huw Fyw** ar y daflen hon, er mwyn i chi allu penderfynu a yw'r ddrama'n addas i chi.

Mae rhai o'r themâu hyn yn bresennol trwy gydol y gwaith, tra bod eraill yn cael eu cyfeirio atynt unwaith neu ddwy:

- Iaith gref
- Cyfeiriadau at ryfel a thrais
- Anhwylder Straen Wedi Trawma (PTSD) ac euogrwydd goroesi
- Galar
- Defnydd o gyffuriau

Os hoffech drafod unrhyw elfen o'r uchod neu holi fwy o gwestiynau am gynnwys y ddrama, mae croeso i chi gysylltu â Ceri Williams (Pennaeth Marchnata a Chyfathrebu Theatr Cymru) ar [ceri.williams@theatr.com](mailto:ceri.williams@theatr.com)



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### What to expect and some content warnings

**Huw Fyw** has an age guidance of 11+

Live performance can cause difficult feelings, and it sometimes helps to know what's going to happen in advance so you can process the content before watching the show.

This handout details some of the key themes in **Huw Fyw**, so that you can make an informed decision about whether it is suitable for you.

Some of the themes run throughout the play, whilst others are only occasionally referenced or alluded to:

- Strong language
- References to war and violence
- Post-Traumatic Stress Disorder (PTSD) and survivor's guilt
- Grief
- Drug use

If you would like to discuss any of the above or have more questions about the content of the performance, please contact Ceri Williams (Theatr Cymru's Head of Marketing and Communications) on [ceri.williams@theatr.com](mailto:ceri.williams@theatr.com)