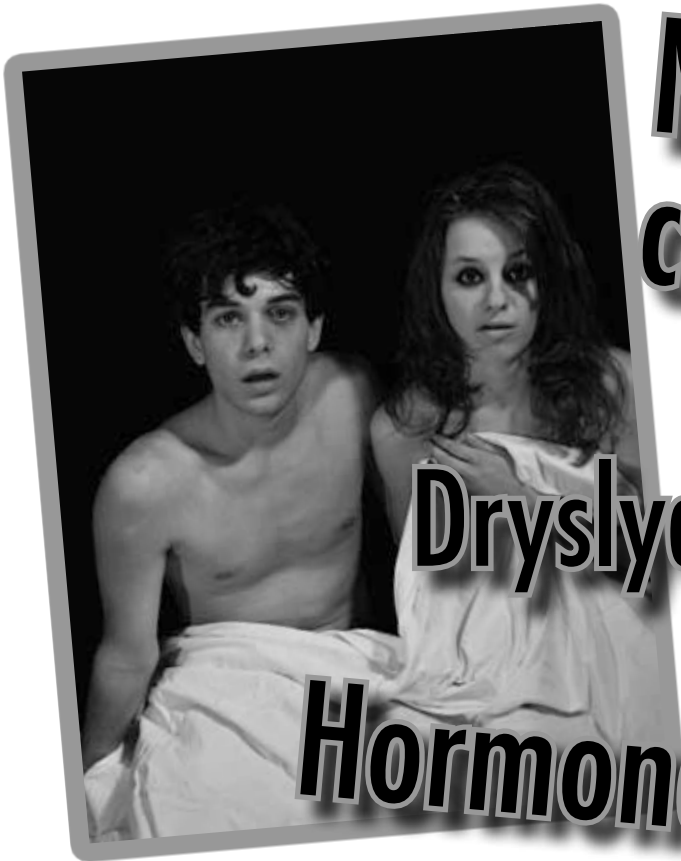


**Newidiadau  
corfforol**



**Dryslyd**

**Hormonau gwyllt!**



**TEIMLADAU  
RHYWLIOL**

**Priodas a pharch?**



**Merched! Bechgyn!  
Chwant?**



**'Llawenha yng ngwraig  
dy ieuentid... bydded  
i'w bronau dy foddhau  
bob amser.'  
(Diar. 5:18-19)**

