



# Physical punishment & you

**7**  
**November**  
**2020**

**On 7 November 2020 a  
change happened.**

On that date, physical  
punishment became against the  
law in Scotland.

This means it is not allowed.

**What is  
physical  
punishment?**



**Physical punishment  
has lots of meanings.**

It can mean smacking, skelping,  
slapping and pinching.

But there are other types too.



**Physical punishment  
isn't good for you.**

It's important that you grow up  
safe, happy and healthy.

This change helps make  
sure you can do that.



**Want to talk to someone?**

You can talk to an adult you trust.  
This might be your parent, carer,  
someone in your family, a teacher  
or nurse.

Or you can call Childline free  
on 0800 1111.

Or you can talk to the person  
below.

You can talk to .....