



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 is
not 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.