



# Physical punishment & you

**7**  
November  
**2020**

On 7 November 2020 a change will happen.

From that day, physical punishment will be against the law in Scotland.

This means it won't be allowed.

What's physical punishment?



Physical punishment has lots of meanings.

It can mean smacking, skelping, slapping and pinching.

But there isn't a set list.



Physical punishment isn't good for you.

That's why this change is happening.

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



Want to talk to someone?

You can talk to an adult you trust.

This might be a teacher or nurse.

Or you can call Childline on 0800 1111.