



# Physical punishment & you



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.