



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 a teacher or nurse.

Or you can call Childline free on 0800 1111.