



# 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 call Childline free on 0800 1111.

Or you can talk to an adult you trust, like a teacher or nurse.

Or you can talk to the person below.

You can talk to .....