



# 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 will not be 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 will help 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 .....