



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