



# Physical punishment & you: questions and answers

What is  
physical  
punishment?

**There are lots of types of physical punishment.**

It can mean smacking, skelping, slapping and pinching.

But there are other types too.

What will  
happen on  
7 November  
2020?

**On 7 November 2020, the law on physical punishment changed.**

On that date, physical punishment became against the law in Scotland.

“Law” is a special name for rules for a country.

This law change means that physical punishment is no longer allowed in Scotland.

Who decided  
to make this  
change?

**In Scotland, changes to the law are made by the Scottish Parliament.**

The Scottish Parliament has 129 members.

It is their job to talk about the law.

And they decide if they want to make changes to it.

So the Scottish Parliament made this change to the law.

Is this about  
all types of  
physical  
punishment?

**Yes, this is about all types.**

There are lots of types of physical punishment.

From 7 November, none of it is allowed.



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**Why is the change happening?**

**Physical punishment is not good for you.**

This change is about making sure you are safe and happy.

In fact, lots of people have already stopped using physical punishment.

So some changes have already happened!

**Do I need to do anything?**

**These questions and answers are to let you know about this change.**

The change is all about you.

We think it is important that you know about this change.

So we just wanted to tell you about it.

**Who can I talk to about this?**

**If you are worried, it can be good to talk.**

You can talk to an adult who you trust.

That person might be your parent, carer or someone in your family.

Or they might be a teacher, nurse or police officer.

Or you can call Childline free on 0800 1111.

You can talk to .....