

# Experiences of physical punishment

## As described by primary school children



Commissioner  
Y for Children &  
Young People

# What do you want grownups to know?



it hurts when  
they yell

– 8 year old boy

I get spanked on the bum  
and slapped Abused when  
I make a mistake

– 10 year old boy

that just because we are young  
does not give them a right to hurt us  
and to let them know we have voices too.

– 9 year old girl

If you tell us  
'violence is not the answer'  
then stop abusing.

Don't force me into anything,

I'm a child, not a punching bag. – 10 year old girl

that being frustrated is ok  
but hitting your child / kid  
is not.

– 10 year old girl

im not a punchin bag.  
And that I dont enjoy  
being yelled at every day

- 12 year old boy



it really herts ~~was~~  
when you slap us

– 10 year old boy

That I don't like  
getting yelled at.

– 9 year old girl

they did a good Job  
getting rid of the cane.

– 8 year old boy

that hurting kids isnt the way  
to parent you need to talk  
to them about it

– 10 year old girl

That im just a child and  
Sometimes the expectations are to high.  
And it dose't help if you  
yell!

- 11 year old girl

that if we behave badly  
we should get a scolding  
but not physically hurt us



– 9 year old girl

that when they yell it  
really hurts my ears.

– 8 year old girl

kids don't like  
when grownups  
yell at them.

– 11 year old girl



that my parents ~~think~~  
think that I am lying  
but i am not.

And they hit me. – 8 year old girl

# What could make things better?

I watch K-pop to  
release my stress



I also read anime or  
manga to calm myself  
down when my parents  
Yell at ME

Parents don't  
slap children

– 10 year old boy

Giving kids  
smacks was illegal

– 9 year old boy

My parents stop  
hitting me when they  
get mad at me. ☺

– 9 year old girl

Grownups tell children, Not Yell.

People can understand that.

The World doesn't Revolve Around them.

– 12 year old girl

parents listen to their kids and  
understand them and what is making  
them be bad instead of just  
taking something away straight away.

– 10 year old girl

**This booklet draws on responses from students aged 8–12 years who participated in my annual Student Voice Postcards initiative via their school.**

Quotes are unedited and appear in students' own handwriting, in response to open-ended questions about their lives.

Since commencing this initiative in 2019, I have received 46,683 postcards from South Australian students aged 8–12 years, across 487 Government, Catholic, and Independent primary schools.

These postcards have enabled me to better understand what children are doing, what matters to them, and what concerns they have. The postcards are just one way to ensure South Australia is meeting its obligations under the United Nations Convention on the Rights of the Child, specifically in relation to providing children with opportunities to express their views on all matters affecting them (Article 12).

For further information visit  
<https://commissionerspostcards.com.au/>



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