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Implementation of Sex Education for Elementary School Children Based on the Extension Program in Sidomakmur Village

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Abstract. *In Indonesia, sex education is an important part of education that aims to provide children with a proper understanding of the biological, psychological, and social aspects of sexuality. The purpose and benefits of this service are to improve the knowledge and understanding of elementary school children about basic sexuality, their reproductive health, and to help children recognize and prevent sexual harassment and violence that threaten them and indirectly reduce the number of sexual crimes in early childhood. With the community-based asset approach method (Asset Based Community Development-ABCD) which focuses on evaluating assets in the community that are considered as supporting steps to strengthen the community, data were collected by providing counseling in schools about early sexuality education. This paper presents a brief overview of the current situation of the implementation of sex education in Sidomakmur Village, Kendal Regency, Indonesia.*

Keywords: *Elementary School, Implementation, Sex Education.*

1 **Abstrak.** Pendidikan kesehatan adalah untuk mengubah pengetahuan, sikap dan keterampilan individu atau kelompok masyarakat di bidang kesehatan, mempromosikan dan mempertahankan pola hidup sehat, serta aktif dalam mencapai kesehatan yang optimal. Tujuan Penelitian ini yaitu untuk melihat “pengaruh pendidikan kesehatan kanker payudara terhadap pengetahuan, perilaku, dan keterampilan SADARI pada Wanita usia subur yang berkunjung ke PMB Utami Dewi di Cihideung Bogor tahun 2023”. Metode Penelitian ini adalah menggunakan Quasi Eksperimen dengan design penelitian rancangan one group pretest posttest. Maka sampel dalam penelitian ini berjumlah 30 responden. Instrument penelitian ini menggunakan kuesioner yang berisi pengetahuan, perilaku, dan keterampilan mengenai SADARI. Berdasarkan hasil uji paired sample t test menunjukkan nilai signifikansi 0,000 sehingga dapat disimpulkan bahwa “pendidikan kesehatan kanker payudara berpengaruh terhadap pengetahuan, perilaku dan keterampilan sadari pada wanita usia subur yang berkunjung ke Pmb Utami Dewi Di Cihideung Bogor Tahun 2023.

Kata kunci: Sekolah Dasar, Implementasi, Pendidikan Seks.

1. INTRODUCTION

Childhood sexual violence has become more frequent in recent years, this is sad for parents, educators and educational professionals because this of course has an impact on children's futures. Sexual violence against children during the COVID-19 pandemic has increased by 60% and the perpetrators are people closest to the child. This is caused by inappropriate parenting patterns. Children who are victims of divorce and parents who abandon their children are also causes of sexual violence against children. Apart from that, parental immaturity due to early marriage can also lead to violence in children. All of this is caused by parents' lack of understanding of their children's sex education. (rahayu, 2022).

Sex education is expressed by experts in various variations, including:

- 1) M. Bukhori, sex education is education that has a specific object in the field of sex as a whole.
- 2) Nina Surtiretna, sex education is an effort to provide knowledge about biological, psychological and psychosocial changes as a result of human growth and development. Sex education is basically an effort to provide knowledge about the function of reproductive organs by instilling morals, ethics and commitment to prevent misuse of these reproductive organs. Thus, sex education can also be called family life education. (Yani, 2023).

According to Hurlock (1978), there are six aspects of child development that are considered, namely:

- 1) Physical development.
- 2) Development of motor skills.
- 3) Language development.
- 4) Emotional development.
- 5) social development and;
- 6) game development.

Growth and development is a continuous process, so sex education for children needs to be repeated and continued. (Rosiana Dewi, 2020).

Violence against children and sexual deviation certainly cannot be separated from the Indonesian education system. Anies, Minister of Education and Culture, Baswedan, explained that sexual violence which often occurs among children occurs because adults tend to ignore the basic problems that can arise. In fact, adults need to take care of everything and people need to protect them to avoid possible problems. According to Anis Baswedan, perpetrators of violence against children and deviant acts are mostly adults. perpetrators of sexual crimes against children can be divided into three groups: parents, close relatives, people close to the household. This means that children who should feel safe and protected in their environment and with people they know actually become victims of the adults around them.

The opinion of some parents who consider sex education to children to be taboo turns out to be wrong. Sex education is not as narrow as many people think, but very broad. Sex education is closely related to how to educate children at home and at school. According to Suwaid, there are several ways to control children's sexual tendencies (Suwaid, 2010), including:

- 1) Teach children to ask permission when entering their parents' house or room.

- 2) Accustoming children to lower their gaze and cover their private parts.
- 3) individual beds for children.
- 4) Practice forced bathing.
- 5) explain gender differences. (Muhammad Abduh).

Based on an analysis of the existing conditions among the residents of Sidomakmur Village, Kendal Regency has the characteristics of education and the economy of the community which are still uneven, where parents pay less attention to sexual education for their children and give too much freedom to play with gadgets, resulting in a lack of supervision to control and provide education to them. his children. Based on the results of observations, the provision of education about basic sex at SDN 02 Kedungsuren, Sidomakmur Village, Kendal Regency is apparently minimal. For this reason, it is very important for elementary school students to be given basic knowledge about sex. Basic sex education is one way to prevent sexual abuse and violence against children. The aim and benefits of this service are to increase elementary school children's knowledge and understanding about basic sex, reproductive health, as well as to help children recognize and prevent sexual harassment and violence that threatens them and indirectly reduce the number of sexual crimes in early childhood.

Viewed from the developmental aspect, sex education is an effort to help students achieve developmental tasks in accordance with environmental norms and requirements (cultural aspect).

According to the author, for MI/SD students, aspects of development that are directly related to sexuality are personal development (psychological dimension), gender awareness (psychological dimension), and maturation of peer relationships (social side). (Rosiana Dewi, 2020).

2. RESEARCH METHODS

The method used is a community-based asset approach (Asset Based Community Development-ABCD) which focuses on evaluating assets in the community which are considered as supporting steps to strengthen the community. Data was collected by providing counseling in schools regarding early sexuality education. The material is given by giving a poster containing an understanding of sexuality, then the presenter explains the contents of the poster. After the material has been explained, the presenter then holds a question and answer session for students and a discussion forum, in order to review the material presented.

3. RESULTS AND DISCUSSION

The phenomenon of cases of violence and sexual deviation against young children in Indonesia is still widespread, of course cases of violence and sexual deviation against children cannot be separated from the education system in Indonesia because the phenomenon of violence and sexual deviation experienced by children in their own environment is caused by several factors, one of which is the lack of sex education among children and society. The view of some people who think that sex education for children is taboo is not true. Sex education has a strong relationship with how children are educated both at home and at school. Therefore, providing basic sex education to children is very important to explain and teach well, because the large number of cases that occur in Indonesia make this a major problem that needs to be addressed immediately.

Based on data from kpai.go.id, the number of perpetrators of violence against children continues to increase every year. KPAI monitoring results from 2011 to 2014 showed a significant increase. In 2011 there were 2178 cases of violence, in 2012 there were 3512 cases, in 2013 there were 4311 cases, in 2014 there were 5066 cases (kpai.go.id). According to the Deputy Chair of the Indonesian Child Protection Commission (KPAI), Maria Advianti, via kpai.go.id 2015, stated that perpetrators of sexual crimes against children can be divided into three, namely parents, close family, and people close to the home environment (kpai. go.id, 2015). The phenomenon of violence and sexual deviation that befalls children in their own environment is caused by several factors, one of which is a lack of sex education among children and society.

According to data obtained from the Ministry of Women's Empowerment and Child Protection, the number of cases of sexual violence in Central Java Province in 2024 is recorded as in the chart below:

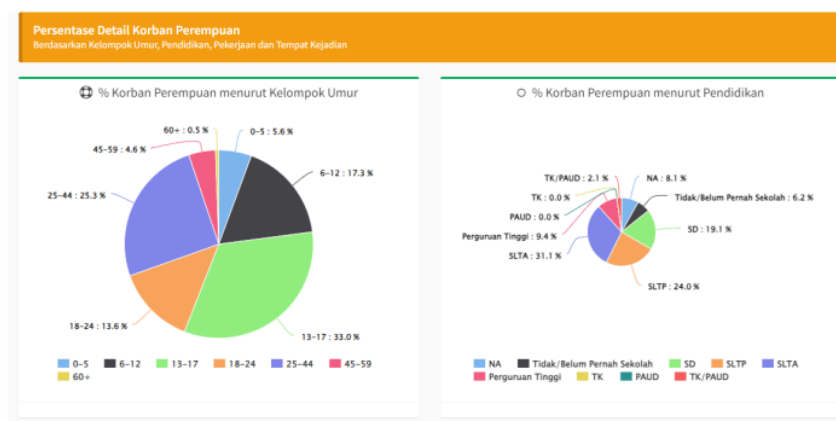


Figure 1.1 Percentage of Sexual Violence Victims, Source KEMENPPPA

8 From the results of the data above, we can see and conclude that there are still many victims of sexual violence in early childhood, because the data shows that the number of victims of sexual violence in elementary school children is 19.1% and the number of vulnerable victims aged 6-12 years is 17.3% while children aged 13-17 years are 33%. This shows that the rate of early childhood sexual violence is still quite large and must be addressed immediately. To prevent these cases, of course, start from the basics first, starting with instilling basic sexual education in children. According to Yuliana (2016), an observer of women and children from the Jejer Wadon Community in Solo, stated that the rise in cases of sexual violence against women and children was triggered by the lack of understanding of sex education. Many parents and society view that sex education is something taboo and inappropriate to give to their children. In fact, sex education is very important to prevent sexual violence and teach children to respect each other as fellow human beings. Although most people consider sex education to be taboo, this view is actually wrong. Sex education is not as simple or narrow as is often imagined; Its scope is very broad and covers various important aspects of life. The large number of cases of sexual violence that befall children, including several cases where the perpetrators are children, teenagers or adults who are considered close, shows that sex education needs to be given from an early age. Sex education is given early because basic human character is formed in childhood. Psychoanalysts have proven that good or bad experiences in the first years of life greatly influence the formation of a child's basic character. Wrong education can have an impact on the development of various forms of sexual deviation in the future.

Educationally, children can start being given sex education from the time they show curiosity or start asking questions about things related to sex. However, parents and teachers often do not realize that children imitate things related to sex. Children's questions may not always be conveyed in words, so parents or educators need to be sensitive to the expressions and non-verbal signs shown by children. Nurhayati Syaifuddin (Roqib, 2008) states that sex education for elementary school age children is using the following techniques or strategies:

- 1) Helping children feel comfortable with their bodies.
- 2) Give touches and hugs to children so that they feel the love of their parents sincerely.
- 3) Help children understand the differences in behavior that can and cannot be done in public, such as when children have finished bathing, they must put their clothes back on in the bathroom or room. Children are told about private things, not to be touched or seen by other people.

- 4) Teach children to know the differences in male and female body anatomy.
- 5) Provide an explanation of the process of body development such as pregnancy and childbirth in simple sentences, how a baby can be in the mother's womb according to the child's cognitive level. It is not permissible to lie to children such as "little brother came from the sky or was taken by a bird". Explanations are adapted to children's curiosity or questions, for example with examples of what happens to animals.
- 6) Provide an understanding of the normal function of body parts which can prevent feelings of shame and guilt about the shape and function of one's own body.
- 7) Teach children to know the correct names for each part of the body and its function. Vagina is the name of the female genital organ and penis is the male genital organ, rather than saying purse or bird.
- 8) Help children understand the concept of privacy and teach them that discussing sex is personal.
- 9) Provide support and a conducive atmosphere so that children want to consult their parents for any questions about sex.
- 10) It should be added that sex education techniques provide children with an understanding of family structure (natives) so that they understand the social structure and religious teachings related to the relationship between men and women.
- 11) Getting used to clothing appropriate to their gender in daily life and also when performing prayers will make it easier for children to understand and respect their body parts.

As previously explained, sex education techniques must be adapted to the child's development, so the method of delivery and use of language needs to be considered carefully. Sex education is an important part of education which aims to provide children with a proper understanding of the biological, psychological and social aspects of sexuality. In Indonesia, ¹² the implementation of sex education at the elementary school level often faces various challenges, including social stigma and the view that this education is not appropriate for children of that age. . However, with the right approach and based on an outreach program, implementing sex education in Sidomakmur Village can bring great benefits. Children at elementary school age begin to show curiosity about their bodies and how they relate to others. Therefore, age-appropriate sex education can help them understand the physical and emotional changes they are experiencing, as well as teach them how to interact healthily. This education is also important to protect them from various risks, such as sexual violence, harassment and misinformation about sexuality.

In Sidomakmur Village, this problem is increasingly relevant considering the lack of access to accurate information about sexuality. Without proper sex education, children in this village are vulnerable to negative influences, including myths and stigma that develop in society. Therefore, comprehensive outreach efforts are needed to provide correct and educational information. In this work program, the approach taken was to conduct counseling at SDN 02 Kedungsuren. This program includes educational sessions that are adapted to the age of the children, where our target is students from grades 4-6 because in our opinion, with an age that can be considered sufficient and from a biological perspective that is adequate, sex education is needed for them. . The material presented is also approached in an interactive and child-friendly manner, such as through educational games, picture stories and group discussions so that children can understand more easily. The material presented includes an introduction to body organs, gender differences, the importance of maintaining personal hygiene, which parts of the body are not/should not be touched by other people, as well as how to say "no" when you feel uncomfortable, how to report if you see harassment or violence sexual harassment and how to resist sexual harassment. This counseling is also delivered in an interactive and child-friendly way, such as through educational games, picture stories and group discussions. The great enthusiasm and enthusiasm of the children in participating in this counseling indicates that this program has been successfully implemented, but unfortunately this program cannot continue in the future due to several challenges. Even though it has great potential benefits, the implementation of sex education in Sidomakmur Village also faces several challenges. One of them is resistance from some parents who feel that sex education is not suitable for children of elementary school age. To overcome this, education programs need to be carried out with an approach that is sensitive to local culture, emphasizing the importance of sex education to protect children from various risks. Counseling must also be carried out in stages and in language that is easy to understand so that it is more acceptable. In addition, the lack of resources and trained extension workers is also a challenge. To overcome this, support from government and non-government organizations is needed to provide training for local extension workers as well as adequate facilities to run the program.

The benefits and objectives of providing basic sex education to children are to increase knowledge and awareness, build positive attitudes, prevent sexual violence, improve mental and emotional health, empower children. From this increased knowledge and awareness can come to understand their body and the changes that occur during puberty, gain information about **safe sex practices and prevention of sexually transmitted diseases (STDs)**, and also be able to be aware of the risks and consequences of irresponsible sexual behavior , including

unwanted pregnancies and sexual diseases (Madani Y, 2003). Can build positive attitudes by teaching the importance of respecting personal boundaries and individual rights, and encouraging children to talk openly about sexual issues with parents and teachers which can reduce stigma and shame. By preventing sexual violence, people can also know how to protect themselves from detrimental situations, and give them the courage to report if they experience or witness acts of harassment. What can be gained from improving mental and emotional health is being able to gain clarity about the changes they are experiencing which can reduce anxiety related to puberty, and can learn how to build healthy and respectful relationships among peers. Finally, there is child empowerment, what is meant by child empowerment is that counseling can provide them with the information needed to make healthy decisions regarding their bodies and relationships, and also don't forget to teach them to be proactive in maintaining their own health and safety (Latief Awaludin , 2008). So, through the implementation of sex education counseling in Sidomakmur village, it is hoped that children will not only gain useful knowledge but also skills to face challenges related to sexual health and interpersonal relationships in the future.

4. CONCLUSION

Cases of sexual violence against young children in Indonesia are still high, mainly due to a lack of sex education. Data shows that adequate sex education can reduce cases of sexual violence by providing children with a proper understanding of their bodies, personal boundaries, and how to protect themselves. The outreach program at SDN 02 Kedungsuren in Sidomakmur Village shows great potential in providing age-appropriate sex education, despite facing challenges such as parental resistance and lack of resources. Effective sex education, with a sensitive approach to local culture, is essential to protect children from the risk of sexual violence and help them develop the knowledge, positive attitudes and skills to face future sexual health and interpersonal relationship challenges.

5. SUGGESTION

To overcome the high rate of sexual violence against young children in Indonesia, several strategic steps need to be taken. First, it is important for the government and educational institutions to expand age-appropriate sex education programs in schools, especially in areas that have a high prevalence of sexual violence. The curriculum implemented must be carefully designed to suit children's level of understanding and respect local cultural norms. In addition, to overcome resistance from parents, an approach is needed that actively involves them in this

educational process. Through outreach and open discussion, parents can be empowered to understand how important sex education is for the protection of their children, as well as how they can play a role in this effort.

In addition, providing adequate resources and training for teachers and educational extension workers is essential. Governments and non-governmental organizations must collaborate to provide appropriate teaching materials, specialized training that can help overcome various challenges in the field, as well as psychological support for children who may have experienced trauma. In addition, a public awareness campaign must also be launched to change the stigma and misinformation that exists in society regarding sex education. This campaign can be carried out through various media, such as social media, seminars, as well as collaboration with influential community figures, with the aim of strengthening protection for children.

Finally, ongoing monitoring and evaluation of sex education programs is necessary to ensure their effectiveness. With proper evaluation, areas requiring improvement can be identified and become the basis for further program development. Through the implementation of these measures, it is hoped that a safer environment will be created for children in Indonesia, where they not only gain an adequate understanding of how to protect themselves, but also have the ability to face various sexual health challenges in the future.

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