



Introduction of Sex Education to Early Childhood : to Reduce Cases of Child Sexual Abuse

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Abstract

This research is motivated by the high number of cases of sexual violence in Indonesia against children who are still at an early age. This study aims to form the introduction of sex education to early childhood to reduce cases of child sexual abuse. Literature study is the research method used in this study, in which the information data is obtained from reading and analyzing previous research, journals, articles, books, which are in accordance with the existing problems and summarize the results of previous research in the form of a single unit. The results of the study show that sex education for children from an early age can be started by (1) recognizing body parts, (2) instilling good communication with children, (3) using simple language in explaining sex education to children (4) using methods with media that are fun for children in providing sex education to children, (5) teach the culture of shame, (6). Teach children to always ask permission to enter the room of parents or siblings. The conclusion of this research is that things that can be given regarding the introduction of sex education to children are knowledge of oneself according to gender such as recognizing body parts, instilling good communication between parents and children and vice versa, using simple language that children understand, using interesting and fun methods and media for children in providing sex education, teach children the culture of shame, and teach children to always ask for permission if they want to enter their parents' or siblings' rooms

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INTRODUCTION

One of the major threats that can threaten children's quality of life, social and mental well-being in early childhood namely sexual violence. In Indonesia, pedophiles are a case of violence against children which is getting more and more worrying (Jatmikowati et al., 2015). The advocacy agency for child victims of violence from Australian *Child Wise* reported the results of a study that recorded 80 male children in the Karangasem area had become victims of pedophilia. The ferocity of these pedophiles is that they kidnap children, after which they are brutally abused sexual then killed, and his body hidden in a cave. Research in Kuta and Bali also found that some street children there became the object of cases of sexual violence by pedophiles from abroad. Children who have low economic status become easy targets for pedophiles and are easy victims of sexual intercourse (Haryono., et al, 2018).

According to Sommaliagustina & Sari (2018), based on information data obtained from the Child Protection Commission (KPAI) it is known that the perpetrators of sexual violence against children allegedly come from people closest to the child. This is because children are considered as weak and helpless figures so they are vulnerable to sexual violence. In addition, KPAI (www.kpai.go.id) also mentions as many as 218 cases of sexual violence against children in 2015, 120 in 2016, and 116 cases in 2017. In addition, in 2018 data obtained a total of 1434 violence against children. children in the form of rape, sexual abuse, and sodomy/pedophilia. According to Amrullah in Septiani (2021) in 2020 there was an increase in sexual violence during the July-August pandemic, namely 11,797 cases in July and 12,855 cases in August.

The current high rate of sexual violence against children shows that there is still a lack of sex education provided to early childhood. Unfortunately, this is not realized by many children or the people around them. This should be of special note and concern to all parties such as parents, families, communities and the state to be more vigilant and increase protection so that children avoid these disgraceful acts. The participation of parents in reducing this case can help children get their rights as children, namely getting protection (R. Fitriani, 2016).

Cases of sexual violence are a form of torture against children, where children become victims of sexual stimulation carried out by adults or teenagers that can threaten their lives and mentality (Noviana, 2015).

Sexual violence is not only an act in the form of sexual intercourse, but can also be in the form of touching a child's body sexually when wearing clothes or not, forcing the child to engage in sexual activities, showing the child pictures, photos or films that show sexual activity, and intentionally committing sexual violence. sexual activity in front of children (Haq et al., 2015). Sexual violence according to *End Child Prostitution in Asia Tourism (ECPAT) International* is an interaction relationship between children and older people or adults, be they parents, strangers or siblings who make children as objects to satisfy their sexual needs. There are two categories of this type of sexual violence based on the identity of the perpetrator in the form of: (a) *Familia Abuse (incest)* namely the existence of a blood relationship between the victim and the perpetrator and the perpetrator is the core family of the victim, (b) *Extra Familia Abuse*, treatment carried out by other people outside the victim's family. Sexual violence perpetrated by adults against children is called *pedophile*. This *pedophile* can occur because of an abnormality with the meaning that the perpetrator may also have had the same trauma or fear, so that it can lead to deviant behavior, it could also be due to a lifestyle such as addiction to watching pornography (Noviana, 2015).

One of the impacts that can arise from this incident is a very great psychological trauma. Another impact of cases of sexual violence is the loss of children's trust in older people (adults), sexual trauma, feeling weak and helpless, and stigma. In addition, psychologically it can cause addiction, trauma, and even revenge, and the most frightening thing is children who have been victims at an early age. can become perpetrators of violence in the future if not handled properly. As for the more tragic thing, namely, the perpetrators of violence who come from the victim's nuclear family (Noviana, 2015). Kurniawan & Hidayati, (2017) also stated that one of the causes of the perpetrators of this sexual violence was due to: the background as a child or teenager who has also been a victim of sexual violence. The problem above is a very urgent situation and requires special attention in order to reduce cases of sexual violence that occur in early childhood. If this is not handled properly, it can threaten the children's social and mental lives as the next nation's successors. Children are a very valuable asset for the quality of life in the future. So, it is necessary to instill sex education from an early age so that children can avoid the problem of sexual violence.

But in fact, talking about sex is still taboo

by parents. In addition to the lack of knowledge related to sex education for children, parents also tend to avoid and shut themselves off if there are talks or questions about sex. One example of parents who avoid and close themselves off is by forbidding their children to ask questions about sex (Nadar, 2017) . Parents also still feel confused about answering questions from their children about sex. So that this can result in children not getting reinforcement in getting education and knowledge about sex education.

According to Suryana (2014) children need a lot of knowledge and experience to get important information that can increase their knowledge and abilities to avoid the threat of sexual violence . According to Haryono, et al (2018), sex learning given to children from an early age has benefits in the form of: (1) providing knowledge and opening children’s knowledge regarding sex issues correctly, so that this can make children understand the function of their reproductive organs and can understand how to maintain and care for these organs. (2) can prevent children from various cases of sexual crimes and the risks of such sexual behavior. The introduction of sex education that is instilled and given from an early age can make it easier for children to develop their potential, so that they can increase their self-confidence, have a healthy personality, accept themselves positively and then be able to protect and defend themselves from the dangers of sexual violence (Soesilo, 2021). Based on the problems above, the researchers want to examine about how to introduce sex education to children to reduce the level of child *sexual abuse* .

RESEARCH METHODS

This research was conducted using a *literature review* or *literature research method* , where this research refers to books, journals, theses, theses, websites and other writings that are relevant and

related to the research topic. Research *literature review* according to Creswell & Creswell, (2018) that this study is a written summary related to relevant and previous studies by providing reviews, summaries, and the author’s thoughts related to the research topic. Cahyono et al., (2019) also said that a *literature review* is a scientific work or scientific study that focuses on one particular topic and provides an overview of that topic. There are several stages carried out in this *literature review research*, namely finding literature relevant to the research topic, evaluating the literature sources used, identifying related themes and gaps between theory and conditions in the field if any, making a structure or outline and compiling a review. related literature review.

literature review research aims to provide information and knowledge that is closely related to the research being discussed, complementing previous studies into a summary by providing reviews and the author’s thoughts. In this study there are 12 journals that will be discussed and summarized into a single unit to solve problems that are in accordance with the research topic. One of the reasons for choosing this library research is because of the obstruction of access to conducting research in the field due to the COVID’19 pandemic.

RESULTS AND DISCUSSION

Sex education is a very important knowledge given to children from this time. This is done in order to reduce threats and cases related to sexual harassment or sexual violence. The party responsible for providing sex education to children is the family such as parents, teachers in schools , as well as the government and the state. Based on the data obtained, it is known that the introduction of sex education to early childhood to reduce cases of *child sexual abuse* can be seen as follows:

Tabel 1.1. Introduction of Sex Education to Early Childhood to Reduce Cases of *Child Sexual Abuse*

No	Researcher Name (year)	Research Title	Results
1	Meni Handayani (2017)	Prevention of Sexual Violence in Children Through Interpersonal Communication between Parents and Children	Communication is an important aspect in creating a good relationship between parents and children so as to create a harmonious relationship in the family. Communication is a solution in resolving cases of violence.

- 2 Reni Dewi Sep- The Importance of Fam- Parents can protect children from cases of sexual violence through good communication between the two of them, creating an attitude of openness, mutual respect, respect and support for children so that they can equip children and protect them from lurking crimes.
- 3 Indriati Ando- Prevention of sexual The use of media sketches, pictures, music and songs, video dramas and role-playing games is highly recommended and effective in providing sex education to children in the form of reproductive health education for early childhood school students
- 4 D ewi Fitriani , Introducing Sex Educa- media book *Lift the Flat with the* theme of my genitals is one of the solutions in the form of media that aims to introduce sex education to early childhood. Based on the results of the study, it is known that this media material is suitable for use in the learning process of sex education.
- 5 M o h a m m a d Sex Education for Early Sex education can be given to children from understanding how to protect and maintain intimate organs, providing understanding and knowledge when sexual violence occurs. Sex education must be given in a way that is appropriate to the child's psychological condition and through simple language. Other things that can be given as a sex education aid to children are providing *toilet training lessons*, treating children according to *their gender* , providing knowledge about appropriate and inappropriate touch, introducing body parts and their functions, recognizing personal body parts.
- 6 Ali Mukti (2016) Sex Education for Early Parents have a very important role in providing education to children. Therefore, the role of parents is very much needed in providing understanding and sex education to children. Sex education can be given by parents by separating the bed, asking permission when entering the parent or sibling's room, covering the genitals, teaching the culture of shame, teaching ethics to children.
- 7 Uswatun Hasa- Parental Efforts in Intro- Parents introduce sex education through *toilet training* through the introduction of reproductive and genital organs by mentioning their real names such as the front part is the testes for urinating (BAK) and the back is called the anus for defecation (BAB).

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| 8 | Trinita Anggraini, Riswandi, Ari Sofia (2017) | Early Childhood Sexual Education “Me and Me” | Sex education in schools can also be provided by teachers by equipping children with ways to take care of themselves and others, and actions that can be taken when receiving sexual violence or sexual threats with a child- and teacher-oriented learning model, integrated thematic learning strategies, storytelling methods. , question and answer, discussion, play, draw, watch together, and can also use supportive learning media. |
| 9 | Shafia Azzahra Setiawan, Vina Andriany, Ocih Setiasih (2020) | Father’s Efforts in Implementing Sex Education in Early Childhood | As parents, fathers also play an important role in maintaining, protecting, and providing sex education to children. Feeling safe, comfortable, and protected is a child’s right. Sex education can be given to children while bathing, namely by exploring body parts, causing shame, instilling masculine souls in boys and femininity in girls. |
| 10 | Agida Hafsyah Febriagivany (2021) | Introducing Sexuality Education for Early Childhood Through the Singing Method | The singing method is one method that can be used by teachers in providing sex education to early childhood because this method can provide a sense of pleasure, can increase motivation to learn, avoid boredom. |
| 11 | Tri Endang Jatmikowati, Ria Angin, Ernawati (2015) | <i>Gender Perspective Early Childhood Sex Education Models and Materials to Avoid Sexual Abuse</i> | The core material that can be given to early childhood regarding sex education includes the themes (1) Me and my body, (2) Me and my clothes, (3) Family and people around me, (4) How to care for and take care of the body. The learning model that can be implemented can be in the form of a role playing center. |
| 12 | Sarah Emmanuel Haryono, Henni Anggraini, Siti Muntomimah, Didik Iswahyudi (2018) | Implementation of Sex Education in Early Childhood in Schools | The first step in introducing sex education to early childhood is starting from the introduction of gender, where children are expected to understand well differences between men and women and understand their respective roles. The concept of teaching sex education to early childhood does have differences from adults. Sex education for children is indeed conceptualized for how they can know themselves, and has a positive concept. Children are told which parts of the body are allowed to be touched by others and who are not allowed to touch them. Children are also taught the limits of male and female genitalia and how to protect them. Teaching about sex education to children can be given through learning themes such as “you and I are unique”, “me and my friends”, “or me and my clothes”. |
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The importance of sex education from an early age for children aims to avoid and protect children from threats in the form of sexual violence which are increasingly worrying. This can potentially damage the quality of life of children as the nation's successors. Early education is a very valuable asset in shaping a good life in the future. Many cases have occurred and have been submitted by previous research related to rampant sexual violence. This of course becomes a whip for all parties that there is still a lack of knowledge and sex education at an early age because it is still considered taboo. The ways that can be given by parents, teachers, or other parties in providing sex education to early childhood based on the results of previous research are summarized as follows:

a. Recognizing body parts

Early age is an age that is vulnerable to sexual violence because at this time children are considered weak creatures. Therefore, sex education can be given to children by recognizing the parts of the child's body from the head to the toes, introducing children to the reproductive organs in humans accompanied by how to maintain and care for them without disguising their names (vagina for women, and penis for genitals). male reproduction) (Irsyad, 2019) . Tell the child the private parts of the body and may or may not be touched by others. In addition, tell the child the differences and functions of body parts according to *gender* (Haryono et al., 2018; Mukti, 2016) .

Recognition of body parts is very important given when children learn to recognize sex education. Use the original name when introducing the body to children so that children are not confused, such as the genitals in women are called vaginas and the genitals in men are called penises, and introduce other body parts from head to toe with the differences between men and women accompanied by function and how to keep it clean. Give warnings to children which body parts are allowed to be touched by others, and which body parts are not allowed to be touched by others. It can also be given when the child is studying *toilet training* (Hasanah et al., 2020; Irsyad, 2019) or while bathing (Setiawan et al., 2020) . This is ensured because at the time of bathing the child can absorb what is being taught by looking directly at the limbs and exploring the introduced limbs. Through the recognition of this part of the body, we can also instill masculine attitudes for boys and feminine for girls.

b. Cultivate good communication with children

Communication is a means of connecting in a conversation between one person and another. As the party responsible for providing sex education to children, parents must be good at establishing good communication with children. Through this good communication, we can give small warnings as early protection for children so that children are able to maintain and care for their body parts, especially those that are private. Communication is also the key to harmonious relationships in the family (Handayani, 2017) .

Handayani (2017) in avoiding cases of sexual violence against children, can be started by providing an understanding of sex to children in accordance with the child's development. This can be given from the communication between parents and children. In this communication, parents can give small warnings as early protection for children. Tell your child that only parents and doctors are allowed to take off your clothes when you are sick, touch and examine your body. Teach children to habitually express whatever they experience. When talking about this, give an example to the child that what is being spoken about are "sensitive" words respectfully, so that the child can imitate this attitude. Create a sense of openness with children and listen to children's complaints, so it is hoped that as parents can monitor and find out if children get inappropriate treatment in the form of sexual violence (Septiani, 2021) .

c. Use simple language in explaining sex education to children

Simple language with vocabulary that is easy for children to understand is a way of providing learning so that children can easily understand according to their abilities (Irsyad, 2019) . As parents, teachers, or parties related to children, you must be good at sorting out and using appropriate and good language for children.

d. Use methods with media that are fun for children in providing sex education to children .

Learning media is one of the media that can be used in providing sex education to children. Through the use of this media, children can easily understand and understand and are happy with the learning they are learning.

The methods that can be used in providing knowledge and sex education to children are through the methods of singing, telling stories, questioning and answering, discussing (Anggraini et al., 2017; Febriagivany, 2021) .

Use media that can attract children's atten-

tion such as video-based learning media, picture sketches, music and songs (Hinga, 2019), or book media (D. Fitriani et al., 2021). This *Lift the Flap book* is a media composed of paper material containing pictures with windows that can be opened (up, down, to the right, to the left) and there is information on the back (D. Fitriani et al., 2021).

e. Teach shame culture

Instilling a culture of shame in children from an early age really needs to be instilled so that children are able to maintain their “aurat” properly and correctly. Tell your child that it is bad behavior to be naked in front of other people. Don't get used to your child being naked in front of other people, even if they are small. Give children appropriate clothes so that children know how to take care of their genitals and their sensitive parts (Jatmikowati et al., 2015; Setiawan et al., 2020).

f. Teach children to always ask for permission to enter the room of their parents or siblings

This must also be considered in providing sex education to children, because parents also have privacy and intimate time. Likewise for entering his brother's room, because everyone has privacy and the room is a private place (Irsyad, 2019; Setiawan et al., 2020).

In addition, sex education in schools can also be provided through learning themes in the form of “you and I are unique”, “me and my friends”, “or me and my clothes” (Haryono et al., 2018) and core material that can be given to early childhood about sex education covering the themes (1) Me and my body, (2) Me and my clothes, (3) Family and people around me, (4) How to care for and take care of the body (Jatmikowati et al., 2015).

CONCLUSION

Based on the data obtained, it can be seen that the introduction of sex education to early childhood to reduce cases of *child sexual abuse* can be started by introducing the parts of their own body according to their gender, and which touch is appropriate and inappropriate. Children are told the parts of their bodies that other people should not touch and how to care for and care for them. Communication is also important in this sex education, because children are taught to tell whatever happens to them to their parents, with this it is hoped that parents can supervise their children to avoid sexual violence. Use simple language so that children can easily understand

it. Use methods and media that are attractive to children, teach children to recognize the culture of shame, and tell children to always have permission when they want to enter their parents' and siblings' rooms.

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