

## Sex Education in an Effort to Prevent Sexual Harassment of Young Children

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### Abstract

*Sex education in early childhood is a crucial effort to prevent the increasing number of cases of sexual harassment in Indonesia. Although often regarded as a taboo topic, sex education appropriately delivered according to a child's developmental stage can protect them from sexual violence. This study used a literature review method to analyze 20 scholarly articles on the importance of sex education as a preventive measure against sexual harassment in early childhood. The results indicated that sex education plays a vital role in providing children with an understanding of gender identity, body anatomy, and ways to protect themselves from potentially exploitative situations. Furthermore, teaching strategies that utilize creative methods and media suitable for a child's developmental stage have proven effective in delivering the material. The role of parents and teachers is essential in eliminating the societal stigma surrounding sex education and fostering collaboration in educating children to protect them from sexual violence. In conclusion, sex education introduced at an early age can offer significant protection to young children from sexual abuse and violence.*

**Keywords:** Sex education, Early childhood, Sexual harassment, Prevention, Role of parents

### 1. Introduction

In society, sex is considered a taboo topic, especially when it is discussed with children. This is one reason why children tend to remain silent when experiencing sexual violence. Andika states that sex is sexual intercourse between a man and a woman and everything related to reproductive organs, including how to care for these reproductive organs. Hurlock (1978) stated that all children are interested in sex at all stages of development. This interest grows when children begin school and interact with their peers. In other words, sex is a sexual act between men and women, and everything related to genitals, and it is important to be cared for and educated by all children from an early age (Hapsari et al., 2021).

Sexual education according to WHO (World Health Organization) defines sexual education as a teaching program on various aspects of human sexual life, including sexual anatomy, reproduction, sexual orientation, sexual health, reproductive rights, and

emotional relationships. The WHO emphasizes that sexual education should be provided in a comprehensive, scientific, and developmentally appropriate manner to help individuals make healthy decisions regarding their sexual lives. According to Islam, sexual education teaches children about sexuality in accordance with religious teachings (Firosad 2016). The aim is to equip them with the knowledge to avoid prohibited behavior, such as adultery, as well as instilling moral and ethical values. This education covers physical, mental and social aspects, with a foundation from the Qur'an and hadith, and focuses on maintaining the honor of the self and society as a whole. It also serves as a guide to living a life in accordance with Islamic laws.

According to the views of experts, sexual education aims to provide guidance as early as possible to men and women, from children to adults. According to Ulwan (1999) and Amiruddin (2017) sexual education is a form of providing lessons, guidance and understanding related to sexual issues to children so that they have basic knowledge of life and can distinguish and understand halal and haram and are able to understand which ones are allowed and not allowed to do. According to Qussy (1984), sexual education is the provision of knowledge to children so that they can adjust to sexual issues that can

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be useful for their lives in the future (Bakhtiar & Nurhayati, 2020).

Sarwono (1993) also stated that sexual education is a process of conveying information about human sexuality starting from the process of conception, pregnancy, birth, sexual behavior, health, psychiatric, and social in a correct and clear manner. According to Hakim and Fakhruddin (2000), sex education is a conscious and systematic action in schools, families, and communities that takes into account religious principles and prevailing values. Sex education must be aligned with religious education. Mursi (2007) adds that sex education in Islam aims to teach sexual behavior in accordance with religious teachings and prevent children from engaging in un-Islamic behavior and forbidden sexual relations (Bakhtiar & Nurhayati, 2020).

Based on SIMFONI data in 2022, the number of sexual violence incidents in Indonesia has increased significantly compared to 2020, reaching 20,499 cases, with 80% of victims being women and 56.5% of victims being children and adolescents. In addition, the number of incidents of violence in 2021 was 25,210, with 80.2% of the victims being women and 58.7% being children and adolescents. The total incidence of violence in 2022 was 27,593 cases, of which 84.4% were women and 59.5% were children and adolescents (Putinah et al., 2024). In 2023, sexual violence rose to three in Indonesia, with 2,005 out of 2,299 cases. In February 2024 also ranked 3rd with 138 female victims also ranked third out of 170 cases. and 110 children (Kusbiantari et al., 2024). Sexual violence against children is a serious problem in Indonesian society. In fact, the Ministry of Women's Empowerment and Child Protection (KemenPPPA) has declared a state of emergency regarding sexual violence against children in Indonesia (Natsir et al., 2024).

Given the prevalence of sexual abuse in children, it is necessary to prevent it by providing sex education from an early age. The age of 0 to 6 years is the right age to provide stimulation tailored to the needs of children because children grow very rapidly, and this is the golden period. Nurhasana explained that the golden period is the formative period that determines a child's adolescence and adulthood (Anu et al. 2023). Schools and homes, which are the most important in children's education, should realize the need for early childhood sex education. However, many teachers or parents consider sex education to be taboo. Introducing sex education into home and school environments can protect children from unwanted things (Nafisah et al., 2024).

## 2. Method

This study uses the literature review method, which is carried out by collecting, reading, and analyzing literature relevant to the research topic. This literature study is categorized as a qualitative approach that aims to explore and understand concepts, theories, and findings from

various previous studies to identify problems. The data used in this study are from scientific journals that discuss sex education as an effort to prevent sexual abuse in early childhood. Twenty scientific journal references were selected using keywords relevant to the research topic. The target journals selected were journals that have been published in national journals in the last five years (2019-2024).

The data collection technique in this study was carried out by collecting literature relevant to the research topic of sex education in an effort to prevent sexual abuse in early childhood through online databases such as Google Scholar, Connected Pappers, Research Gate, and early childhood journal houses. The selected literature was analyzed for research results and findings to answer the problem formulation in this study. Furthermore, researchers drew conclusions based on the results of the analysis of the data obtained.

## 3. Results and discussion

Literature review of this research is presented in Table 1

**Table 1.** Literature Review of Research

No	Author, Year	Title	Article Review
1	(Wajdi & Arif, 2021)	The Importance of Sex Education for Children as an Effort to Understand and Avoid Prevention of Sexual Violence and Crime	The results show that sex education is very important and necessary for children at an early age and adolescents. Because by instilling an understanding of sexuality, a person becomes more aware of sexual harassment, violence, and deviant behavior and is more careful in preventing and avoiding it.
2	(Situmorang, 2020)	The Effect of Sex Education for Preschool Age Children in Preventing Sexual Violence	The results of the study found that there was an effect of sex education on preschool children at Paud Sejahtera Kindergarten.

No	Author, Year	Title	Article Review	No	Author, Year	Title	Article Review
			The experimental results obtained prove that providing sex education from an early age is very effective in preventing sexual violence in preschool children.				themselves from sexual violence cases. One of the characteristics of this increase is that children can distinguish men and women, mention male and female intimate organs, show how to protect themselves from sexual violence and bullying.
3	(Asmawulan et al., 2024)	Sex Education from an Islamic Perspective as an Effort to Prevent Sexual Violence in PAUD	The results concluded that Saymara Kindergarten has introduced Islamic sex education to its students. The material provided is in accordance with the indicators of early childhood sex education and the method of learning activities is also in accordance with early childhood methods.	5	(Suryani & Afritasari, 2024)	The Effect of Sexual Education for Early Childhood on Sexual Violence Prevention Efforts at Tk Keling Betuah, Sentabai Village	The results showed that early childhood sex education has an influence on efforts to prevent sexual violence at Keling Betuah Kindergarten, Sentabai Village.
4	(Kurniawati et al., 2020)	Application of Sexuality Education through Song Media for 5-6 Years Old Children to Increase Sexuality Knowledge	The results showed that children's knowledge about sexuality is increasing. In the percentage indicator of distinguishing male and female is 100%, the indicator of distinguishing male and female intimate organs is 77.78%, and 88.89% indicator of protecting	6	(H. H. Yusuf, 2020)	The Importance of Sex Education for Children	Research results show that sex education provided at an early age has a positive impact. One important finding was that women who had received sex education at an early age were 57% more likely to be happily married. This suggests that sex education plays a role in building a better family

No	Author, Year	Title	Article Review
			life and helps individuals understand their roles in interracial relationships. In addition, sex education also aims to provide knowledge about the function of reproductive organs, reduce shame and anxiety related to sexual acts, and prevent adolescents from engaging in unwanted sexual relationships.
7	(Ramadhanti and Fatah 2024)	Sexual Education for Early Childhood	The results showed that the implementation of sexual education in early childhood can be done through various methods and media, such as video songs, puppets, and storytelling. These methods aim to provide children with a basic understanding of body parts that can and cannot be touched, as well as how to communicate and report sexual harassment. In practice, the socialization process was conducive and
			met the standard success indicators. This was evident from the number of participants who attended and the positive response from the target audience.
8	(Hasnawati et al., 2023)	Islamic Perspective on the Concept of Sexual Education in Early Childhood and Its Application (Case Study: Ra Ddi ParePare)	The results showed that the learning process was carried out creatively by teachers at RA DDI Parepare, where the material used was delivered subtly and did not seem vulgar or sensitive, besides that the teacher's request for parents to play an active role was an effort to streamline sexual education in early childhood.
9	(Muchlis & Nurjannah, 2022)	The Role of Sexual Education "SEX EDUCATION" for Early Childhood as a Preventive Effort for Sexual Crimes	The results showed that (1). The role of sexual education as a preventive in the protection of early childhood from sexual crimes comes from the family environment, schools, and the environment around the

No	Author, Year	Title	Article Review
			child (2). Legal provisions on sexual crimes in early childhood in positive law have been regulated Legal Arrangements for Crimes of Sexual Violence Against Children Reviewed from Law Number. 35 of 2014 concerning Child Protection and also the application of criminal sanctions against perpetrators of criminal acts of sexual violence against children.
10	(O. Yusuf et al., 2023)	Sexual Education in Early Childhood	The results show that many cases of child sexual abuse are caused by a lack of parental supervision and a lack of knowledge about sex. Sexual education from an early age is needed as a preventive measure to avoid sexual crimes and deviations. This socialization activity aims to provide education to children,
			involving teachers and parents in delivering sexual education effectively.
11	(Fitriani et al., 2021)	Introducing Sex Education in Early Childhood through the Lift The Flap Book "My Aurat"	The development results show the feasibility of the material based on the aspects assessed around 95%, 91%, and 95%. The media feasibility test received a percentage of 100%, 100%, 93%, and 100% based on the four aspects assessed. In the practicality test, the media received a percentage of 86%.
12	(Gerda et al., 2022)	Effectiveness of Sex Kids Education App for Introducing Early Childhood Sex Education	The results showed that the use of the Sex Kids Education educational game application can increase early childhood knowledge about sex education. Children are able to recognize family members, understand the names of body parts, know how to protect themselves and their benefits,

No	Author, Year	Title	Article Review
			understand how to care for body parts, understand the differences in physical characteristics between the sexes, and know which body parts can and cannot be seen by others.
13	(Suhsmi & Ismet, 2021)	Sex Education Materials for Early Childhood	The results show that sex education materials for early childhood include: 1) Introduction to body parts, 2) The importance of covering the aurat, 3) Understanding of gender identity, 4) Skills to protect themselves from sexual crimes, 5) Ability to identify situations that could potentially lead to sexual exploitation, and 6) Toilet training.
14	(Huriyah et al., 2024)	Strategies for Facing Challenges in Providing Sex Education in Early Childhood	The results of the analysis show that sex education in early childhood has a significant role in preventing sexual harassment, developing gender identity, and forming self-protection
			skills. Strategies that can be provided in early childhood education include the use of picture storybooks, underwear rules programs, various interactive games, creative learning methods, and optimizing toilet training programs. This research provides a deeper understanding of the importance of sex education in early childhood.
15	(Nazari et al., 2023)	Educating the Association of Early Childhood Educators and Personnel on Sex Education Services	This study shows that HIMPAUDI's knowledge about sex education for early childhood increased after attending counseling as part of the service activities. HIMPAUDI knows how to introduce sex education early on to students in educational institutions and is expected to be able to educate parents to overcome their anxiety so far because of a

No	Author, Year	Title	Article Review
			sense of taboo with sex education for early childhood so as to minimize the occurrence of sexual violence in children.
16	(Setiawan et al., 2020)	Father's Efforts in Implementing Sex Education in Early Childhood	This research resulted in the following findings: a. Sex education for early childhood is the process of introducing parts of the body that can be touched by others and should not be touched by others. b. Fathers who play a role in parenting and sex education will make children feel safe, comfortable, and not lose a father figure in the future c. Avoiding children from the negative risks of sexual behavior and deviant behavior.
17	(Mustika et al., 2020)	Analysis of the Role of Single Mothers in Sex Education in Early Childhood	The results obtained in this study are that single mothers' knowledge of sex education is well understood. In addition, the
			absence of a father is not an obstacle or problem in the process of delivering sex education to children.
18	(Azzahra, 2020)	Early Childhood Sexual Education: "My Bodies Belong To Me"	This research explains the method of knowing the body and the rules of underwear that is packaged by paying attention to the cognitive development, communication, and sexuality of children by means such as storytelling, discussion or question and answer, and utilizing audio, visual, and audio-visual communication media such as songs, pictures, and videos.
19	(Farantika et al., 2024)	Early Childhood Education to Prevent Sexual Abuse	This research illustrates that sex education in early childhood is very important. Educational institutions and parents have a big influence on children's understanding of sex education.
20	(Rofi'ah & Fawaidi, 2023)	Optimizing Early Childhood Sex Education To Prevent Sexual Abuse In	The results showed that the introduction of sex education for early childhood to

No	Author, Year	Title	Article Review	No	Author, Year	Title	Article Review
		PAUD Al-Irsyad Al-Islamiyah Jember	prevent sexual abuse in PAUD Al-Irsyad Al-Islamiyah Jember by introducing the anatomy of the body to children and explaining the function of each part with simple language, building positive habits and instilling the importance of maintaining certain organs, this is integrated with religious values contained in hadith. The media used are pictures, stories, movies, toilet training, parenting, and so on. Implementation includes: 1) Toilet training, 2) Cultivation of religious moral values with the introduction of male and female aurat and the obligation to cover them, 3) Parenting seminars held once or twice a month, 4) Introduction to the anatomy of the body and its functions, 5) Teaching sex education with				picture media, 6) Implementation of regional regulations for Muslim / muslimah dress.

Based on the explanation in Table 1, 20 journal articles were relevant to the research topic. Some of the main points mentioned in the table are: 1) the importance of sex education for early childhood; 2) strategies, methods, and media for teaching sex education for early childhood; and 3) the role of parents and teachers in early childhood sex education.

**3.1.The importance of sex education for early childhood**

Sex education is very important to be taught from an early age in an effort to prevent harassment, violence, and socially deviant behavior. Sex education acts as a preventive measure to protect young children from sexual crimes in the family, school, and neighborhood. Sex education in early childhood aims to make children more vigilant, careful, and able to identify situations that have the potential to lead to acts of sexual exploitation. Sex education provided from an early age has proven to be effective in preventing children from sexual harassment, violence, and deviant behavior during the pre-school period, which has a positive impact on the next stage of life.

**3.2.Strategies, methods, and media for teaching sex education to young children**

Things that can be taught in early childhood related to sex education include the introduction of gender identity, knowing family members, introducing the anatomy of the male and female body along with its functions and how to care for it, understanding the parts of the body that can and should not be touched and seen by others, good dressing rules, toilet training, the ability to identify situations that lead to sexual crimes, skills to protect themselves from sexual crimes and bullying, and how to report it.

Early childhood sex education is taught by taking into account the cognitive, communication, and sexual development of children so that it must be delivered in a simple language style that is easily understood by children. Methods that can be used in teaching early childhood sex education include storytelling, discussion/questioning, interactive games, and creative learning supported by the use of media, such as audio media (songs), visual media (pictures, storybooks, lift the flap books), and audio visual media (videos, movies, sex kids education game applications) (Fitriani et al., 2021).

### 3.3. The role of parents and teachers in early childhood sex education

Parents and teachers play an important role in sex education in early childhood. Many cases of sexual harassment occur due to a lack of parental supervision and knowledge related to sex education. Parents and teachers need to put aside taboo views related to sex education for children to minimize sexual crimes. Some studies suggest that single parents are not an obstacle in teaching sex education in early childhood, either single mothers or fathers. Good collaboration between parents and teachers is expected to prevent children from experiencing the risk of abuse, violence, and deviant sexual behavior towards children.

### 4. Conclusion

Sex education in early childhood is very important as a preventive measure against sexual harassment, violence, and deviant behavior. By providing an early understanding, children become more vigilant and able to protect themselves from potential sexual exploitation. This education should be delivered in accordance with children's cognitive and communication development using interesting methods and appropriate media.

Parents and teachers play a key role in sex education by instilling a clear understanding without seeing it as taboo. Their involvement in educating their children about sexuality can reduce the risk of abuse and violence. Good collaboration between families and schools ensures a safer environment and supports the development of sexually healthy children.

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