

EARLY SEX EDUCATION FOR ELEMENTARY SCHOOL STUDENTS

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ABSTRACT

The purpose of this study is to reveal about early sex lessons for elementary school students. Through a descriptive qualitative research method that explains in detail and completely about a phenomenon that is currently occurring. Early Sex Education for Elementary School Students is an effort to provide children with an understanding of their bodies, the changes they will experience, and how to protect themselves from potential dangers in a way that is appropriate for their age and developmental level. Early Sex Education refers to teaching children basic knowledge about their bodies, understanding physical and emotional changes, and how to protect themselves from potential harm. This education is provided in an age- and developmentally appropriate manner, with a focus on topics such as bodily autonomy, privacy, and respectful interactions. Sex Education for Students is an essential aspect of their holistic development, designed to provide age-appropriate knowledge about human anatomy, reproduction, emotional changes, relationships, and personal safety. It empowers students to make informed decisions, respect others, and understand their own growth.

Keywords: *Early Sex, Education, Elementry School.*

INTRODUCTION

Student Growth refers to the holistic development of a learner, including physical, emotional, intellectual, and social aspects. Understanding

and supporting this growth is essential for educators and parents to help students reach their full potential. Types of Growth in Students Refers to changes in the body, such as height, weight, and motor skills. Influenced by nutrition, genetics, and physical activity. Improvement in fine and gross motor skills in the early years. Rapid growth during puberty. Rapid growth during puberty is a critical phase of physical and emotional development, marking the transition from childhood to adulthood. The rapid growth during puberty is a natural and essential part of development, shaping physical and emotional maturity. Providing a supportive environment with proper nutrition, physical activity, and emotional care ensures that adolescents navigate this transformative stage healthily and confidently.

Development of self-awareness, empathy, and emotional regulation (Akmaluddin & Haqiqi, 2019). Students learn to manage feelings such as frustration, joy, and disappointment (Sandra et al., 2021); (Volume et al., 2020). The development of self-awareness, empathy (Siahaan et al., 2020), and emotional regulation in students is crucial for their social and emotional growth (Handayani & AlFarhatan Noor Asri, 2021). These skills help students understand themselves (Diyah & Imron, 2016); (Mansyur, 2020), relate to others, and manage emotions effectively, which contributes to their overall success in academics and life. Influenced by family, social interactions, and the school environment (Aristya, 2021). Development of critical thinking, problem solving, and memory (Warti, n.d.); (Sari, 2018). Includes gaining knowledge, creativity, and the ability to reason. Follows stages (e.g., Piaget's Stages of Cognitive Development). Jean Piaget, a renowned Swiss psychologist (Kendra, 2019); (WARUWU et al., 2020), developed a theory of cognitive development that describes how children grow and learn over time (Fauzi et al., 2019). His theory provides a framework to understand the mental growth of students as they progress through distinct stages of intellectual development. According to Piaget, learning and thinking evolve as students interact with their environment and actively construct knowledge. Students place constraints on the knowledge they acquire or mental frameworks, which they use to interpret information. Students develop their schemas through experience and learning (Kasmini et al., 2022); (Sari et al., 2023).

The Benefits of Sex Education for Students are so that students can increase Self-Awareness. Help students understand their own bodies and emotions (Gerda et al., 2022). Prevent Misunderstandings and Reduce Misinformation about sexual and reproductive health (Anwar & Alfina, 2021). This knowledge Builds Respect and Empathy to Encourage understanding of differences and mutual respect. Students can prepare for Future Relationships Guide them in forming healthy and respectful relationships (Ismiulya et al., 2022). Reduce Risky Behaviors on their mental and Provide tools to make safer and more informed choices.

METHODS

This study aims to provide information related to the development of students' knowledge from an early age about sex, through this qualitative descriptive study, the issues that are developing in society related to sexual violence and crime that occur in women and abuse of boys are described.

RESULTS AND DISCUSSION

Cases of Sexual Issues Among Students are critical concerns that highlight the importance of education, awareness, and preventive measures in schools and communities. These cases can range from inappropriate behavior and harassment to the impact of early exposure to sexual content. Below is an overview of the types, causes, consequences, and potential solutions for addressing sexual issues among students. sexual violence against elementary school students is a serious issue that requires deep attention. Sexual violence among children often occurs in various forms, such as understanding, exploitation, or coercion, and can occur in the school environment, home, or other places.

Data on sexual violence against elementary school students in Indonesia shows that this issue is part of a serious challenge in the education system. Based on data from FSGI (Federation of Indonesian Teachers Unions), sexual violence in the school environment at the elementary/Islamic elementary school level contributed around 33% of the total cases of violence in schools in 2024. The perpetrators generally come from the educational environment, including teachers. The Online Information System for the Protection of Women and Children (Simfoni PPA) noted that cases of violence against children, including sexual violence, continue to increase. In the period January-June 2024, there were 7,842 cases of violence against children in general, with sexual violence being the most dominant type of case. The Ministry of Education, Culture, Research, and Technology has implemented Permendikbudristek No. 46/2023 concerning the prevention of violence in educational units. Assistance to schools, including training for violence handling teams, is carried out to make the educational environment safer.

The urgency of child protection in this increasingly complex digital era is very important because children are often exposed to the risk of exploitation and online sexual violence. Increasing their digital resilience is crucial, not only in terms of using technology wisely, but also in the ability to recognize and deal with various threats that may exist in cyberspace. The Federation of Indonesian Teachers' Unions (FSGI) noted that of the total cases of violence in schools in 2024, around 33% occurred at the Elementary School (SD) level. Of the types of violence reported, sexual violence accounted for 20% of the total violence at all levels of education. The Ministry of Women's Empowerment and Child Protection (KemenPPPA) through the PPA

Symphony report shows that sexual violence is often the main form of violence against children, with a significant increase in cases in recent years. In 2024, sexual violence is the main cause of trauma in children in educational environments.

This figure is likely still below the reality because many cases are not reported due to stigma, fear, or lack of awareness of reporting mechanisms. Improved education, reporting systems, and prevention policies such as Permendikbudristek 46/2023 are expected to reduce the prevalence of these cases in the future.



Figure 1. Data on cases of sexual violence in Indonesia`

Diagram showing the distribution of types of violence in educational environments in 2024. Sexual violence covers 20%, physical violence 73.33%, and other types of violence 6.67%. This data reflects cases at all levels of education, including elementary school.

Sex education from an early age is the process of providing age- appropriate information to children about the body, reproductive health, relationships, and values related to sexuality. The goal is to provide accurate understanding, prevent misinformation, and help children make healthy and responsible decisions in the future.



Figure: 2. Education For Student

Child sexual abuse is a very serious problem and needs serious attention from all parties, especially parents and teachers. Sexual abuse can cause major psychological and emotional impacts on children, and can even have long-term impacts on their lives. Therefore, it is very important for parents and teachers to take an active role in preventing child sexual abuse. Preventing child sexual abuse requires a comprehensive approach that involves education, awareness, open communication, and vigilance. It is essential to create environments where children feel safe, empowered, and supported. Preventing child sexual abuse requires a proactive and unified effort from parents, caregivers, educators, and the community. Open dialogue, education, and vigilance are the foundations of creating a safe and supportive environment for children.

CONCLUSION

Creating a safe and supportive environment for children to protect them from abuse involves a multifaceted approach that prioritizes prevention, protection, and empowerment. This requires the collaboration of families, schools, communities, and policymakers to ensure that children are safeguarded from harm while being supported in their emotional and psychological development. A safe and supportive environment for children is achieved through proactive measures, education, and strong community involvement. By empowering children, training caregivers, and implementing protective policies, we can reduce the risk of abuse and ensure every child has the opportunity to thrive in a nurturing environment.

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