IMPLEMENTATION OF THE "KNOW YOURSELF EARLY" MATERIAL SEX EDUCATION FOR CHILDREN IN SCHOOLS

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ABSTRACT The increasing cases of sexual harassment and violence that occur not only in adults but also in children. This should be a major concern for all of us to eradicate it. One solution that researchers offer is the provision of sex education for children both at school and at home from an early age, namely the provision of material "Know Yourself Early". The purpose of this study is to provide knowledge, understanding to teachers and parents as a center for information on sex education for children. The method of this activity is in the form of community service in Thailand in the form of counseling, this activity went smoothly and was attended by various participants from teachers and parents, so it can be concluded that this activity received great attention from the participants.

KEYWORDS: *Know Yourself Early, Sex Education for Children at School.*

1. INTRODUCTION

The increasing cases of sexual harassment and violence against children in various countries, including Indonesia, are a solution for all of us, especially parents and teachers. Sexual harassment and violence do not only occur in adults, teenagers, but also students at school. The increase is not only in terms of quantity or number of cases that occur, but also in terms of quality, what is more tragic is that the perpetrators are mostly from the closest environment, family or the child's environment, both in their own homes, schools, educational institutions, and the child's social environment.

According to Dadang Hawari(Kayowuan Lewoleba & Helmi Fahrozi, 2020)Sexual harassment, sexual assault to rape experienced by children, psychologically will cause traumatic experiences both physically and mentally in children, which can trigger mental disorders called post-traumatic stress. In Indonesia, one of the cases found was a kindergarten student in Dlanggu sub-districtMojokerto Regency raped 3elementary school students (SD) resulting in victims not only experiencing physical trauma but also psychological trauma(Budianto, 2023).Apart from that, there are also other negative effects from the impact of sexual abuse on children, namely:

a) Physical symptoms, such as shortness of breath, heart palpitations, headaches, stomach aches and muscle tension
b) Emotional changes, such as irritability, feeling isolated, tending to be alone, lonely, and sad
c) Behavioral symptoms, such as being lazy to move, tending to be aggressive, often postponing work, and disturbed eating and sleeping patterns.
d) Cognitive symptoms, such as forgetfulness, inability to make decisions, repetitive thoughts, difficulty focusing, and lack of concentration.(Sony Prabowo, 2024).

In Indonesia, the number of cases of sexual violence against children and women is increasing, one of which is based on data from the online information system for the protection of women and children (Simfoni PPA), recorded in the period from January to June 2024, there were 7,842 cases of violence against children with 5,552 female victims and 1,930 male victims, where cases of sexual violence ranked first in terms of the largest number of victims from 2019 to 2024.

In addition, the deputy for the fulfillment of children's rights at the Ministry of Women's Empowerment and Child Protection (Kemen PPPA) also stated that children are the target of exploitation and sexual violence through various digital technology and internet platforms, both directly and through a combination of online and face-to-face interactions between perpetrators and victims.(Pribudiarta Nur Sitepu, 2024). Including Thailand is one of the countries in the Southeast Asian region that is an unsafe country for travelers, especially women and children, the many sexual crimes that occur in Thailand make tourists need to protect themselves from sexual crimes. The problem of human security in Thailand, causes a decline in the image of the country of Thailand because of the many perspectives and poor responses to the issue of sexual violence(Gustianti et al., 2023).

Definition according to the World Report on Violence and Health, WHO, 1999: child abuse and neglect (CAN) is any form of treatment that causes physical pain or psychological emotional development, deviant sexual acts, inappropriate forms of sexual treatment, neglect, commercial exploitation or other exploitation that causes a detrimental condition and causes psychological pain

that has the potential to affect physical and psychological health which will have an impact on the child's further development and growth.(Dani, 2020). One of the factors causing sexual harassment and violence against children is as follows:

a) The perception that children are weak and easily persuaded and frightened
b) There are still many children and parents who have not been given sex education material for children.
c) There is no interesting media that is easy for students to understand about sex education material for children at school or at home.
d) There is an assumption that the risk level of pregnancy for children is still far away
e) The existence of an uncomfortable environment for children and others.

In line with what was conveyed(Qurotul Ahyun et al., 2022)that the factors that cause sexual harassment are:

a) Family factors, broken home cases, and violence within the family are also factors causing sexual harassment.
b) Environmental factors, bad influences from the surrounding environment, peer environment
c) Individual factors, both from daily life patterns, the influence of mental health and past traumatic experiences.

This case of sexual harassment and violence will cause children to become traumatized, one of the things that was conveyed(Baugh & Davis, 2012)There are four (4) types of trauma experienced by children who experience sexual violence, namely:

a) Betrayal. Children who experience sexual violence will lose their trust, especially if the perpetrator of the violence is a family member.
b) Traumatic sexualization. Based on findings, girls who experience sexual violence tend to reject sexual relations, the consequences of which are feared to become victims of sexual violence in the household when they are adults, and victims prefer same-sex partners because they consider men untrustworthy.
c) Feeling Powerless. Fear permeates the victim's life. Nightmares, phobias, and anxiety are experienced by the victim accompanied by pain. Feelings of powerlessness cause the individual to feel weak. The victim feels incapable and less effective in carrying out activities. Some victims also feel pain in their bodies.
d) Stigmatization. Victims of sexual violence feel guilty, ashamed, and have a bad self-image. Guilt and shame are formed due to helplessness and feeling that they do not have the power to control themselves. Children as victims often feel different from others, and some victims are

angry with their bodies due to the abuse they experienced. Other victims use drugs and alcohol to punish their bodies, dull their senses or try to avoid the memory of the incident.

2. METHOD

The method used in organizing the International Community Service PKM-IV Thailand. Held on October 30, 2024, was carried out in the form of educational counseling. This activity uses a hybrid method, namely online and offline. In addition, theoretically, to get an idea of sex education applied by teachers to students in several schools in Thailand. Therefore, in writing this community service article, we use a relevant theory, namely sex education for children in schools.

The speakers present their papers online. The author in this educational outreach activity was carried out online with the team by presenting in turns. The International Community Service Activity PKM-IV in Thailand involved many Lecturers/Researchers from various regions in Indonesia attended by Thai people representing several schools attended by teachers, students and parents.

3. RESULT AND DISCUSSION

This activity went smoothly and received an enthusiastic response from participants in understanding the material "Know Yourself Early" sex education for students at school. Participants were active in understanding and discussing the material provided. As explained, this material is provided to teachers and parents so that they can apply sex education to children or students both in the school environment and at home. It is hoped that after this community service activity, sex education material for children can be applied and can be one solution to prevent violence or sexual harassment against children.

As we know the increasing sexual violence against children must be a serious concern for us both from educators, counselors, legal health and other fields. Child sexual violence is the act of touching, kissing a child's (sexual) organs, sexual violence or rape against children, showing pornographic media/objects, showing genitals to children and others.(Meilani Dhamayanti, 2021).Cases of sexual violence are very concerning and clearly constitute a violation of children's rights, as previously explained the cause is children's ignorance of the dangers of sexual violence that threaten them.

The perpetrator often covers up his behavior sweetly and as if it is part of his affection poured out to children. Therefore, it is very important to provide sex education to children from an early age, one of which is in schools, namely by providing information on the development and function of human reproductive organs and how to maintain and care for them, so that children are able to

understand their own development, are able to protect themselves and more importantly, and children know if they are in danger or something unwanted happens.

Sex education for children according to Risa Fitri Ratnasari(Latifah et al., 2023)is an effort to provide information about sexual problems, the information provided is of course about things that can have a positive impact on the general public, one of which is about reproductive organs by instilling self-development in the form of ethics, morals, religion, which can minimize the occurrence of sexual deviations.

Sex education for children aims to provide lessons to strengthen family life, to foster a person's self-understanding and self-respect, to develop healthy human relationship skills to build sexual and social responsibility, to enhance responsible dating, responsible marriage and responsible parenthood.(Baugh & Davis, 2012). Sex education for children or students conducted by teachers at school, is given with a fun method, namely in the concept of learning and playing. The material "Know Yourself Early' which is sex education material for students, is equipped with index card match media as a form of student evaluation after the provision of material, which is carried out in the concept of playing so that children are not afraid and embarrassed to learn sex education material for children. At the end of the session, singing together about the theme song for sex education for children was carried out.

This material is not only given to teachers to be taught to students but can also be given to parents, so that parents can implement sex education at home. The sex education material for children "know yourself early" contains material about:

1. 1. Biological Dimensions which contain the following parts:
    a. Me and My Body
    b. Introduction to the Characteristics and Functions of Body Parts and Index Card Match
       This material provides students with an understanding of the introduction and function of human body parts in general.
2. Psychological Dimensions which include the following sections:
    a. Me and Puberty
    b. I'm Good at Managing My Emotions
    c. I Am Skilled at Cleaning and Taking Care of My Body and Index Card Match
       This dimension explains the material about the growth period of human hormones for both men and women in general, then students are guided on how to manage emotions well and correctly and are guided to be able to understand independently, how to clean body parts properly and correctly.

3. Sociological Dimension
    a. Me and My Family
    b. Me and My Playmates
    c. Me and the people around me Take Care of Yourself Take Care Touch (Remember the scene)

    In this sociological dimension material, it is explained how children interact with family, playmates and people around them, in the realm of the concept of sex education for children. Children must know which parts of the body can and cannot be touched by other people, which clothes must be covered to prevent unwanted things. This material also makes abbreviations as symbols so that students can easily remember and understand them, namely; remember the Body, remember the crime scene.

        a) T is Body, Your body is your honor. Students must understand that every body is their honor and must be guarded and protected, must not be touched by others except with parental permission.
        b) K is Family, be open to your family, father and mother if there are things that make you uncomfortable. If there is something that threatens your safety. Tell your parents immediately.
        c) P is Personal. Be a healthy person, a healthy body by taking care of and maintaining the cleanliness of body parts well, protecting the body from things that are harmful to oneself.

As explained, this material is equipped with card games (Index Card Match) and sex education songs for children. This material has been tested for reliability.at one of the elementary schools(Syofiyanti et al., 2021) with resultsvery practical, with an average of 81.11%, and the teacher's assessment of the practicality of the "Know Yourself Early" material book and the index card match media of 88.84% is classified as very practical. The highest rating was also found in several statements in terms of ease of use, language readability and appeal, this proves that teachers agree that this material with card games (index card match) can help students understand sex education material and make it easier for teachers to use this material.

4. CONCLUSION

This International Community Service PKM-IV Thailand is expected to be able to increase knowledge, understanding of sex education material for children with the material "Know Yourself Early" for both teachers and parents as the subject of the material. It is also hoped that students will find this sex education material for children easy to understand, easy to apply in everyday life both

at school and at home, with the hope that it can be a solution to prevent sexual harassment and violence against children. The researcher hopes that this material can be applied both in the school environment and at home (outside school).

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