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Sex Education Counseling For Children in Medan Selayang District

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Abstract

Sex education that is not given at an early age will result in high levels of sexual violence against children. This phenomenon shows that sex education in early childhood is very important. However, children are prone to misinformation about sexual knowledge. Information about sex should be obtained from parents, teachers or other sources of information. Due to the importance of sex education from an early age, it is necessary to take preventive measures so that problems related to sex in children can be overcome. The purpose of this community service is to provide direct sexual education to children. The counseling was carried out in two elementary schools in Kecamatan Medan Selayang. The method was counseling by giving information about sexual education as a prevention against sexual violence in children using the lecture method, role play using audio visual media and singing together. Children are gathered in large classrooms (1-2 classes) with a total of about 60-90 children per class, which is representative of the school. At the end of the counseling session, the children received a pocket brochure. In addition, the community service team also handed over a banner containing information about sexual education in children which was designed in the form of an informative picture and easy to understand.

Keywords: Sex Education; Children; Kecamatan Medan Selayang

Abstrak

Pendidikan seks yang tidak diberikan di usia dini mengakibatkan tingginya kekerasan seksual pada anak. Fenomena ini menunjukkan pentingnya pemahaman akan pendidikan seks pada anak usia dini. Akan tetapi anak-anak rentan terhadap kesalahan informasi tentang pengetahuan seks. Informasi tentang seks sebaiknya didapatkan dari orang tua, guru atau sumber informasi yang benar. Dikarenakan pentingnya pendidikan seks sejak dini, oleh karena itu dibutuhkan tindakan preventif agar permasalahan yang berkaitan dengan seksual pada anak dapat diatasi. Tujuan dari pengabdian yang dilakukan adalah untuk memberikan pendidikan seksual langsung kepada anak-anak. Penyuluhan dilakukan di dua sekolah dasar di Kecamatan Medan Selayang. Metode pengabdian adalah penyuluhan dengan cara anak-anak diberi informasi mengenai pendidikan seksual sebagai prevensi terhadap kekerasan seksual pada anak menggunakan metode ceramah, role play menggunakan media audio visual dan bernyanyi bersama. Anak-anak dikumpulkan dalam ruang kelas yang besar (1-2 kelas) dengan jumlah sekitar 60-90 orang anak per kelas, yang merupakan perwakilan dari sekolah tersebut. Di akhir sesi kegiatan penyuluhan anak-anak mendapat satu buah brosur saku. Selain itu tim pengabdian juga menyerahkan sebuah banner yang berisi informasi mengenai pendidikan seksual pada anak yang didesain dalam bentuk gambar yang informatif dan mudah dipahami oleh semua pihak.

Kata Kunci: Pendidikan Seks; Anak; Kecamatan Medan Selayang

1. Introduction

Sex education that is not provided at an early age can result in high sexual violence levels against children by those closest to the child, including the family. This phenomenon shows the importance of understanding sex education from early childhood. Presently, parents ignore sex education but instead entrust all education to schools, including sex education. Undoubtedly, parents should be responsible for sex education at a younger age since schools are only complementary, and some do not provide sex education in their curriculum. Hence, sex education during childhood should not become neglected.

In Indonesia, many children do not get proper and adequate sex education. Instead, they get information about sex from their peers, the internet, and magazines. This source of information might not be correct and justified. The provision of education or information regarding sex issues still exists as pros and cons in Indonesian society.

Views that disagree on sex education worry that it will encourage the children to perform sex earlier. However, the perspectives who agree on sex education believe that the earlier they receive information, the better they will be in facing changes in their bodies and avoiding any possibilities that may happen [1].

Sex education is not only about learning biological or social aspects but also psychological, cultural, moral, ethical, and legal issues. According to Halstead & Reiss, the main objective of sex education is not only to provide information about sexuality but also to foster a better attitude, positive behavior, and critical reflection on individual experiences. Another purpose of sex education is to not only prevent the negative impact of sexual behavior at an early age but to emphasize the need for valid and extensive information about sexual behavior and try to understand human sexuality as an essential part of an overall personality [2].

Sexual crimes afflict children victims because they do not have the knowledge that makes them aware of various possible sexual abuse. Without sufficient knowledge, children are victimized easily by irresponsible individuals. Therefore, proper sex education is necessary for children as a safety measure. Sexual education would prevent children from becoming victims of sexual crimes and avoid the risk of children growing into criminals due to sexual disorders [3].

Cases of child sexual abuse have been presented in the data by Bomantama. The National Commission for Child Protection (Komnas PA) also received 2,737 report cases of violence against children in 2017. The 2,737 reported cases resulted in 2,848 victims. Among those victims, 52% are due to sexual abuse. Based on the type of sexual violence, the highest number is sodomy for 771 cases (54%), followed by 511 molestation cases (36%), 122 rape cases (9%), and 20 incest cases (1%) [4].

The incidents above might be the impact of the lack of early sex education. Sex education is indeed a sensitive topic, but it depends on how the parents or teachers address it. Children fail to understand sex education correctly due to misunderstandings, method of delivery, and the use of inappropriate terms or metaphors from parents [3].

1.1. Sex Education

Generally, sex education is an effort to provide appropriate information to children to be more prepared for sexual behaviors in the future. It is also to equip the children with the knowledge to think logically and correctly about their sexual and reproductive issues [5].

According to Ilmawati [6], the principles of sex education that should be taught to children are as follows:

1. Instill shame in children. Shame should be instilled in children from an early age. Do not let the children get used to being naked in front of others, for example, after using the bathroom, changing clothes, and so on. Familiarize the children to always cover their sensitive parts since childhood.
2. Develop masculinity in boys and femininity in girls. Physically and psychologically, boys and girls have fundamental differences. These differences are not to underestimate each other, but for children to understand their different roles.
3. Separate their beds. The age of 7 to 10 years is the age where children experience rapid development. The child begins to explore the outside world. Children began to think about themselves and other things around them. Separation of beds is an attempt to instill awareness in children about their existence. Getting a child to sleep separately from their parents will train the child to be more independent. The children will also learn to let go of their attachment to parents. While separating the bed among opposite-sex siblings will create their awareness of gender differences.
4. Maintain genital hygiene. Teach the children about genital hygiene to keep it clean and healthy, and also about body waste. Children should be trained to use the toilet for urination and bowel movement (*toilet training*). Thus, the children will be more careful, independent, stay clean, develop self-control, discipline, and good habits that recognize the ethics of keeping their private parts clean.
5. Educate children and protect them from pornography images or films. Keep children away from access to pictures, movies, or literature that consist of elements of pornography and pornoaction.

1.2. Classification of Child Abuse

Suharto [7] categorized child abuse into four groups, namely :

1. Physical Child Abuse

Physical child abuse is torturing, beating, and maltreatment towards a child, with or without using objects, which leads to physical injuries or death to the child. The injuries could be in the form of abrasions or bruises due to direct contact or blunt force, such as bitemarks, pinches, whips by belts, or rattan. It can also be in the form of a burn from hot gasoline, cigarette, or iron. The wounds are usually found on the thighs, arms, mouth, cheeks, chest, abdomen, back, or buttocks. Occasionally, physical violence against children is triggered by the child's behavior that their parents dislike, for instance, being naughty or fussy, crying continuously, asking for snacks, or urinating, defecating, and vomiting carelessly as well as breaking valuable items and others.

2. Psychological Child Abuse

Psychological child abuse includes scolding, swearing, and also showing pornographic books, pictures, and films to children. Generally, a child who experiences psychological abuse shows symptoms of maladaptive behaviors such as self-isolation, shyness, crying when approached, fear of leaving home, and afraid of meeting people.

3. Sexual Child Abuse

Sexual abuse in children can be in the form of pre-sexual contact between children and adults through verbal, touch, visual images, or exhibitionism, and direct sexual contacts such as incest, rape, or sexual exploitation.

4. Social Child Abuse

Social abuse in children includes child neglect and exploitation. Child neglect is the behavior and treatment of a parent that fails to provide proper attention to the process of a child's development. For example, the child is ostracised, alienated by the

family, and not supported with a decent education and medical care. Moreover, child exploitation shows a discriminatory behavior or ill-treatment to children by the family or society. For instance, the children are pressured to do something for the sake of economic, social, or political benefits without paying attention to their rights to receive protection on their physical, psychological, and social status. Child exploitation includes forced labor in dangerous factories with low wages and no protective equipment, armed conflict, and domestic work beyond their limits.

2. Method

This community service provided counseling on sexual abuse to the children in Medan Selayang District. First, a meeting was arranged with the partner to discuss the cooperation in implementing the counseling activity. The principal partner for this activity is the Coordinator Team of Family Empowerment and Welfare (TP. PKK) of Medan Selayang District. Issues found on the field were also further discussed with the partner. Based on the meeting, two schools in Medan Selayang District, namely, SD 064024 dan SD 06656, were selected as community service locations. The community service team explained their purpose and expected outcomes from this activity, which is to convey the importance of sex education for children as a preventive measure to overcome sexual related issues, after getting approval from TP. The PKK of Medan Selayang District, the counseling team, communicated directly with the schools to explain the details, request their permission, and set the community service activity schedule.

Additionally, supporting facilities that were used during the activity include presentation slides, projector, laptop, speaker, banner, pocket brochures. The brochure was designed in advance, and five hundred (500) copies were printed to be handed out to children, teachers, and schools. A technician for the recording process also accompanied this activity.

In this activity, the students were given sex education information as a preventive measure against sexual abuse in children through lectures, role-playing using audio-visual media, and sing-alongs. The participants are mostly representatives of the school. They were gathered into 1 or 2 large classrooms, with 60 to 90 students per class. At the end of the counseling session, pocket brochures were distributed to the children for their reference. It is expected that they would share the information with his or her friends. Lastly, the community service team also presented a banner that consists of information on sexual education for children designed in the form of informative images so that it would be understood easily by all individuals.

3. Result and Discussion

Overall, the activity was quite successful. The community service results show an increase in the understanding and skills of the children on sex education and protective measures against sexual abuse. The participants looked enthusiastic during the activity and were excited to answer the questions. Hence, this indicates their awareness and understanding of sex education: which body parts should not be shown and touched by others, anyone vulnerable could become a perpetrator of sexual violence, public places where sexual violence may occur, and actions that should be taken when experiencing sexual abuse. According to Asmoro [3], sexual education anticipates children becoming victims of sexual crimes and prevents children from becoming perpetrators of crimes due to sexual disorders.

Furthermore, he said that these sexual crimes that befell children (victims) are because children do not have the knowledge that can make them anticipate various possibilities of sexual mistreatment. Without adequate knowledge, children are easily victimized by irresponsible individuals. This is why it is necessary to have proper sex education for children as safety provisions.

4. Conclusion

This community service results showed an increase in children's knowledge and skills regarding sexual knowledge and protection efforts in guarding themselves against acts of sexual violence. It is hoped that in the future, not only children but also the school, parents, and all social elements can jointly grow and provide information on sex education for children and strengthen child protection networks at the sub-district level, especially in Medan Selayang District.

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