

**SEX EDUCATION COUNSELING FOR STUDENTS STATE PRIMARY  
SCHOOL 3 BONJOKLOR, BONOROWO, KEBUMEN**

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**Abstract** - *Sexual violence is one of the main concerns of society regarding the violation of human rights. Children are among the high-risk victims of sexual violence in Indonesia. Sexual education counseling at the age of children is very important because it aims to equip them with the right knowledge and a healthy understanding of the aspects of human sexuality towards their adolescence. The target participants of "sex education" counseling in this research are students of SDN 3 Bonjoklor, Kebumen, Central Java. The method in this counseling is an Action Research approach that holds fast to the concept of preparation, implementation and conducting an evaluation of this "sex education" counseling activity. The results of this counseling received a positive response, both from children, teachers and the surrounding environment that the activities carried out were very useful.*

**Keywords:** *Children, Sexual Education, Counseling*

## 1. INTRODUCTION

Sex is something that is naturally always related to aspects of human life because it is a basic need that can affect a person's thoughts, feelings, actions, interactions and even physical and mental health (Nadirah 2017). However, the topic of sexuality is often considered something inappropriate or taboo to talk about, especially in front of children (Risma et al. 2023). This is because they believe that when the time comes, children will understand it themselves. In addition, currently, in the school environment, it is only limited to providing knowledge without any awareness of the values and norms of sex (Hasanah 2017). As a result, sexual violations often occur with the misuse of sex safety devices as a safe way to have sex. Thus, knowledge about sex education or what is known as "sex education" is very important to disseminate (Pratiwi and Winoto 2020).

In general, sexual education means teaching about the physiological, psychological, and sociological issues of sexual response and reproduction (Fitria 2017). This is important to prevent bias in sex education and knowledge about reproductive health obtained among adolescents. Sex education or education about reproductive health or more trendy "sex education" should be given to children who are growing up or adolescents, either through formal or informal education (Ardianto, et al. 2023). This is needed as an effort to prevent bias in sex education and knowledge about reproductive health among adolescents and as a stimulation of development and care for children so that children are protected from acts of sexual harassment (Fatmawati et al. 2022).

Every day, there are more and more sexual deviation phenomena that occur in various corners of the country, especially Indonesia, one of which is cases of sexual abuse that occurs in children and adolescents (Wahyuni 2016). Citing data presented in the Online Information System for the Protection of Women and Children (Simfoni PPA), it was recorded that in the period from January to November 2023 there were 15,120 cases of violence against children with 12,158 female victims and 4,691 male victims, where in that number girls were the most victims of sexual abuse and violence, while boys were victims of crime.

Based on the results of a study conducted by Awaru et al. (2018), it was stated that adolescents' knowledge of sexual development is still relatively poor, as seen from the lack of children's knowledge of terms related to sexual knowledge (Wirman et al. 2021), but this is also influenced by the knowledge of parents and the environment which is still lacking regarding exposure to sexual education. This is because they consider talking about sexual education to be taboo and inappropriate to discuss with children (Amalia,

Afdila, and Andriani 2018). Based on the above, it is important for parents, schools, governments, and all parties to be active in protecting children from the risk of various forms of violence, including protection against sexual deviation (Idris et al. 2023). Because in fact, sexual deviation often arises due to the ease of adolescent access to pornographic content or videos without adequate sexual education from an early age (Ramdhani and Asfari 2023).

Therefore, considering the importance of sexual education for children, this study aims to provide sex education through counseling for students of SDN 3 Bonjoklor, so that students can protect themselves early on from the risk of sexual violence and sexual deviation in the surrounding environment. This study is expected to provide a basis for understanding for parents, schools, and local governments in providing sex education according to the needs of students based on their age.

## 2. METHOD

This counseling activity was carried out in the assembly hall of SDN 3 Bonjoklor, Kebumen, Central Java. In this counseling activity, students were divided into two groups, with the lower class category, namely classes 1,2, and 3 and the upper class, namely classes 4,5 and 6 with a total number of students of approximately 90 students. The method used in this activity is the Action Research approach which consists of a preparation cycle consisting of diagnosis (problems) and action planning, action implementation, and action evaluation (Mansurdin and Yurnetti 1999).



**Image 1.** Action Research Method Source: Journal

## 3. RESULTS AND DISCUSSION

According to Law No. 2 of 1998 concerning the National Education System, Education is defined as a conscious effort made to prepare students through guidance, teaching and/or training activities so that students play a role in their future lives. According to Sigmund Freud's Theory of Sexuality, the definition of sex or sexuality has a meaning that is not only the relationship between genital organs in adulthood, but also all activities such as breastfeeding, sucking, urinating and eating which are included in sexual activities that have occurred since childhood, as well as love and relationships with others (Kwirinus 2022), which is the fulfillment of libido in childhood and is aimed at mothers and fathers. Based on this explanation, sexual education or sex education can be

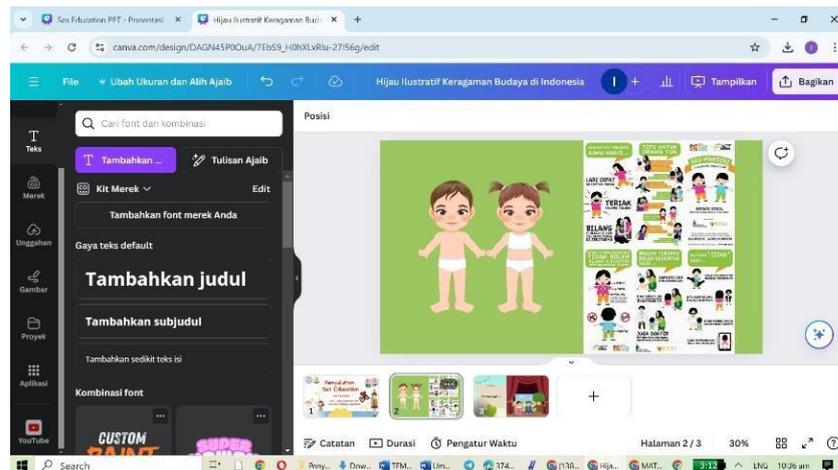
defined as education that is closely related to efforts to convey information and form attitudes related to sex or gender, gender identity, forms of expression of feelings, and greater intimacy to understand parts of the body (Azizah and Zulfiani 2024).

In today's era, the word sex according to society almost always has a negative connotation (Susilo and Haezer 2017). When there is the word "sex", what comes to mind is the activity of sexual intercourse between men and women. Basically, in terms of language, sex does mean gender, but sex has a very broad scope, not only about sexual intercourse and negative things, but also about reproductive health, anatomy, physiology of reproductive organs, sexually transmitted diseases and so on (Sugianto 2013). Based on several statements, the provision of sex education is very important from an early age with the role of parents and educators, namely by ensuring that children do not deviate from noble morals, directing children not to touch other people's areas in public places or elsewhere (Muslich, Ni'mah, and Kiromi 2023), their body parts that only they themselves are allowed to touch, and the permission to touch for family and the same gender such as mother and daughter, father and son, then for other people when touching or examining such as doctors, it is permissible because the purpose is clear, namely to treat (Irsyad 2019).

In this counseling activity, one of the educators gave a positive response about this activity, he said "good, it must be done. Because children today are different from before. Now there are many YouTube videos and so on that must be watched out for. Therefore, this activity is recommended to be continued". In addition, the principal of SDN 3 Bonjoklor also said "I think this is a good activity as additional knowledge for children". Some of these responses indicate that this activity is very useful and is also the material or knowledge needed by elementary school children.

The provision of materials in the activity is adjusted to the age stage of the child, namely by dividing them into two groups, namely the first group or lower group consisting of grades 1, 2, and 3, and the second group or upper group consisting of grades 4, 5, and 6. Before the activity is carried out, the collection of materials is done by means of literature study, namely by sorting and reviewing several journals and other published articles related to the topic of the material where the main discussion refers to a particular topic, then later providing an overview of the development of a topic. After the collection of materials is carried out, it is continued with the integration of materials from various sources of articles in the form of animations, then continued with printing

materials for the first group (figure 2) and making a presentation framework for the second group (figure 3).



**Image 2. Sex Education Material for the First Group**



**Image 3. Sex Education Material for the Second Group**

The process of the activity carried out is by delivering material in the first group by distributing hardfile documents to the children. The material in the first group is about body parts that should only be touched by oneself and should not be touched by others and the behavior that must be done if there is an indecent act or sexual violence committed by others against them. The behavior that they must do if someone does something like that is to say "NO" and scream as loud as possible. Then when they are not sure whether someone's behavior is acceptable, they must run to ask for help from trusted adults, such as parents, teachers, and family.

Next, in the second group, the material presented is in the form of a ppt file or powerpoint presentation, where in this file the material presented is about body parts that can only be touched by oneself, people closest to them such as fathers and mothers and other people with a clear purpose such as a doctor when they are going to examine

them when they are sick, and body parts that can be touched by others. In addition, the second group also presented material about puberty, characteristics of puberty for men and women and how to maintain body hygiene, especially in the reproductive parts of children. The following is a picture of the process of implementing the explanation of the material (picture 4) and the distribution of door prizes for children who dare to answer questions in front of the class (picture 5).



**Image 4.** Presentation of Sex Education Material



**Image 5.** Distribution of Door Prizes for Students Who Can Answer Questions

Based on the results of several articles that have been reviewed, the process of activities, and the responses of educators regarding the activities that have been carried

out, it can be seen that the issue of sex does not need to be covered up, but also not immediately discussed openly. Sex is not taboo, especially when discussed within the family, between parents and children (PUTRA 2018). Information and knowledge about sex need to be provided so that someone can understand themselves and their sexuality, not just teaching about sexual behavior or actions to obtain sexual pleasure (Mukri 2015). Moreover, for elementary school children who must know from an early age so that they understand the consequences and the concept of self-respect (Justicia 2016). The following is documentation regarding the responses of educators regarding sex education counseling activities (pictures 6 and 7) and photos with children in grades 1 to 6 of SDN 3 Bonjoklor (picture 8) .



**Image 6.** Principal's Response



**Image 7.** Educator Response



**Image 8.** Joint documentation of students in grades 1 to 6 of SDN 3 Bonjoklor

#### 4. CONSLUSION

Based on the results of the discussion that have been presented in the previous section, researchers can draw conclusions that sex education activities are very important, have positive values, and are beneficial for everyone, especially for elementary school children because they will help them understand their life problems regarding the rights of their body parts. In addition, when they are about to become teenagers, they are able to direct their sexual behavior so that it does not deviate from existing norms and can avoid negative things and also provide them with provisions to know the discourse on sexuality and its consequences if this is done without regard to religious beliefs, established legal regulations, applicable normative procedures, psyche, and a person's financial readiness. The material in sex education is intended so that children know and understand all the parts of their body, the body of the opposite sex in detail and can prevent children from perpetrators of sexual abuse and other deviant sexual behavior. From the explanation above, providing sex education is very necessary to be taught from an early age.

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