

## Training on implementation of sex education since early age for kindergarten teachers at Lubuk Basung, Agam

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### Abstract

Many sexual abuses happened on children. Because of their ignorance, children did not realize that they became victims. Teachers are responsible for providing this information to children. The training aimed to provide- kindergarten teachers on how to apply sex education in early childhood at schools especially in Lubuk Basung. The methods used in this training were lectures, questions and answers, concerning three materials: Urgency of Sex Education since early age, Sex education material and Implementation of Sex Education. There were several positive outcomes; Participants showed high enthusiasm on the materials taught, Participants understood the need and urgency of sex education from an early age and Participants were able to include materials for young learners in the learning activitie.

**Keywords:** early age, sex education, training.



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### Introduction

Talking about Sex education to young children is a challanging thing. Most people in societies assume that talking about sex to children is taboo. However, introducing this matter to children is considered important. The fact encountering that children still are all judged to be all same, so when playing together they sometimes shows part body they should not show to others, especially to the other gender. It happens because they do not yet understand what can be done and which cannot be done concerning their body organs. Children are too often to be victims of sexual harassment because they are not aware which body part are allowed or not to be touched by others. This is the reason why sex education since early age is a need to be introduced to avoid problems as mentioned above. Schools are institutions participating responsible answer to this. Teacher, as one element at school, are people who participate giving and introducing sex education to children in early age. The phenomena in field encountered is still many schools that have not placed the concept and material for sex education to children in early age because they have not understood and known about this. Recalling the number of positive impact obtained from introducing sex education since early age, and then it is worth to conduct training concerning this matter.

According to Calderone (in Suraji, 2008), sex education is a lesson to strengthen family's life, to grow self understanding and respect, to develop abilities to socialize with others healthily, and to build sexual responsibility. Besides that, sex education is also to give knowledge and open child's insight around sex problem correctly and clearly. Giving correct sex education means to avoid

children from various risks to negative sexual behaviour, like pregnancy before marriage, sexual harassment, contagious sexual diseases.

While Ulwan (2011) argues that sex education is a teaching effort, awareness, and explanation about sexual problems to children, since they know the problems related to sexual instinct and marriage. That is why it is hoped that when children become teenagers and could understand lives' problem, they understand which is lawful and which is unlawful, and even practice Islamic acts and values as their custom and tradition.

Teachers are one of the main learning resources for children. Every aspect of development must be able to be developed in schools. However, during this time, there are still many teachers who are confused where they should start talking about sex to the children and from which point. Early childhood kids have a high curiosity, and it is all about how the teacher answers questions asked by them. One of the important things is to answer the children's questions honestly and with more subtle language, so that children can understand well. But it also does not mean to be explained in detail, because it may actually make the child feel confused. Knowledge of sex in children can prevent the occurrence of sexual deviation by them. In addition, sex education in children can also prevent children becoming victims of sexual abuse.

## Method

Type is qualitative research conducted using the descriptive method. This study aims to obtain a description and explanation of the nuances of meaning transitive verb synonym affixes meN-, -i in Indonesian. This research data The methods undertaken in this training consist of: 1) Lecture and discussion methods. This method is done to provide teachers with an understanding of the urgency of sex education; 2) Question and answer. This method gives participants the opportunity to ask questions about the growing issues regarding sex to children; 3) Holding workshops. This method provides an opportunity for teachers to design activities in class so that materials about sex education from an early age that has been given can be implemented in real.

## Results and Discussion

Pair Transitive Verbs affixes meN-, -i are Synonymous in Indonesian The process devoted to the community involving more than 30 teachers of kindergartens in sub district of Lubuk Basung showed a positive result. The results obtained from the training given to kindergarten teachers can be described as follows.

The training process from day one to last could be done smoothly and followed by 33 teachers. The opening ceremony is approved by the Head of UPT TK, SD and LS Kec. Lubuk Basung, Mr. Muhammad Hadi, S.Pd. During training participants were taken their presence notes and no one was absent. Training materials given to the participants can be well absorbed, ranging from the urgency of sex education from an early age, sex education materials for early childhood, the implementation of sex education from early aged children to workshop activities. In the workshop activities they are very enthusiastic about placing sex education materials into learning activities in kindergarten. Some activities are also required to support this process such as the introduction of songs that can make the child aware of what body parts that can be touched and which can not be touched by others.

From the training, it showed how much the desire of the kindergarten teachers to know more about sex education for early childhood. This is because during this time the trainings given to them are more frequent about the curriculum or about developing aspects. It is real that sex education is very urgent to be introduced to children from their early age. In addition, they will be vulnerable to sexual abuse, if not introduced early, as they grow older they will seek information on their own.

This is in accordance with what is stated by Ratnasari (2016: 55) Lack of debriefing about sex and if it does not start early then it will be more dangerous if the child goes to adolescence. Teenagers can search for information related to sex through various sources such as books, magazines, movies, and the Internet which easily can make children confused and biased because it is obtained from informants that are not feasible. Though the information obtained is not necessarily true and may even be misleading or misinterpreted.

Furthermore, a study on the application of sex education in early childhood has been done by Solihin (2015: 56) at TK Bina Anaprasa Melati Central Jakarta. Research includes, planning, implementation, assessment as well as problems and learning solutions. The results obtained was the implementation of sex education in early childhood applied still did not meet the optimal results since one of the factors is the teacher's competence that has not been maximized in making the design planning and implementation. It is, therefore, appropriate that training on sex education from an early aged children on teachers needs serious attention. Thus, their competence will also increase.

## Conclusion

The results of activities in this training can be drawn into some conclusions as follows:  
1) Community service activities in the form of training on the implementation of sex education since the age for kindergarten is very helpful for teachers in improving knowledge, competence, understanding and knowledge about the importance of sex education since early age. Sex education should be introduced early to prevent the occurrence of sexual abuse in children and to increase awareness of children to keep themselves safe; 2) Through training in the implementation of sex education from an early age for kindergarten teachers in LubukBasung given to 33 participants, it could slowly pass on to colleagues about the application of sex education from early childhood. This means improving the quality of education by providing this training is not only beneficial for the trainees but also beneficial for all existing kindergarten teachers especially those who are working in sub district of Lubuk Basung.

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