

COMPREHENSIVE SEXUALITY EDUCATION PROGRAM FOR ELEMENTARY SCHOOL CHILDREN

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ABSTRACT

Comprehensive sexuality education for children school base is foundation important in to form attitudes, behaviors, and skills taking healthy decision related relationships and boundaries personal. Individual capable make right decision, develop draft positive self and relationships and prevent impact negative to health sexual. The purpose of study this is for to explore room scope material that needs to be strengthened in give understanding sexuality education and determining factors the success of the sexuality education program for child age Elementary School. Review literature systematic used in study this, is done use framework PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) work, explores practice based on evidence, effectiveness, and challenges in implementation of educational programs sexuality for child Age 6–12 years. Procedure this PRISMA research done through four steps namely identification, screening, eligibility and inclusion. At this stage identification done search text through three databases namely Science Direct, Taylor and Francis and Eric.ed.gov. and obtained results 8 matching articles with criteria. The result study this that room scope in carry out sexuality education for children need notice environment inclusive and participatory active. Effective sexuality education must create a stigma - free and inviting environment participation active from students, need designed with to discuss Topic sensitive in a way open and safe, at the same time overcoming the shame and stigma that often accompanies stick to the topic sexual. Education based on family need done with collaborative between schools and parents, emphasizing importance communication between parents and children related protection self and personal boundaries. The factors that influence the success of sexuality education is teacher perception, age, gender, and culture as well as the necessary delivery strategies customized with development child age school base.

Keywords: *sexuality education, children, elementary school, preventive, sexual harrasment, slr prisma*

INTRODUCTION

Sexuality education for children school base is foundation For to form attitudes, behaviors, and skills in make a wise decision about relations and boundaries self (WHO, 2001). With understanding this , kids can develop draft healthy self, building connection positive, and prevent risks that affect negative to health and well-being sexual they (Rostosky et al., 2008). In

the digital era today this, kids age school base the more prone to to exposure information sexual from various media, including television , internet and social media (Fourie, 2020). According to UNICEF data in 2022, more than of 40% of children under 12 years old around the world have exposed risky digital content, which is often not in accordance with their mental development (Keeley, B. 2021). Without proper direction, the information they get from the media can cause misinterpretation and even cause impact negative on development social, emotional, and behavioral children the (Anderson et al., 2003; Mativo et al., 2013)

Latest data from The National Commission for Child Protection (Komnas PA) shows that violence sexual to children in Indonesia continue become problem serious. In 2023, Komnas PA received 3,547 reports violence to children, and about 1.915 of them related violence sexual. Number this show improvement about 30% of year previously. Most of incident This occurs in the environment closest children, such as family (35%) and school (30%). In addition, ECPAT Indonesia reported that violence sexual online *child sexual exploitation and abuse* is also increasing. Based on survey involving children age school, found that 99.4% of children spend an average of 5 hours per day on the internet, which increases vulnerability to exposure content pornography and violence sexual. On the side others, research about children school base moment this also found fact that elementary school children tend to experience menstruation first (*menarche*) at a later age young compared to generation previously (Sommer, 2009). In Indonesia, the average age *menarche* is 12.96 years, according to the data taken from Riskesdas 2010. However, some child start menstruation since age 8 years, especially those experiencing puberty early, influenced by factors like obesity, consumption sweet foods, and stress (Sudikno & Sandjaja, 2020). The problem other things that happen in the world of education especially related education sexual in children is lack of knowledge sexuality and the methods used too monoton in learning (de Haas & Hutter, 2020). Other research mention that learning at school base about knowledge about difference between safe and non- invasive touch wanted Far more low than learning about correct name For tool sex (Piper & Smith, 2003). Strengthened results research known that 40% of elementary school students have learn about difference between safe and non- invasive touch desired, but about 34% of students learn How get help if experience the touch that is not wanted/harassment sexual, 50% have not study it and the other 18% didn't sure or No can

remember it (Sex Education Forum, 2015) . This fact emphasize importance education sexual conveyed with the right method since child age early especially in schools base as supplies facing the age of reason baligh, one of them is through approach counseling, so that children can understand importance understand change himself and take care of welfare self they since early.

A number of study previous mention that education sexual given since early has proven help children For understand draft self (Rostosky et al., 2008), limitations personal, and relationships healthy social (Schneider & Hirsch, 2020) . Studies from UNESCO and WHO emphasize that education sexual help child understand body they, emotions, boundaries personal, as well as the importance of respect to self yourself and others. *Comprehensive sexuality education* (CSE) is not just give information about sexuality, but also instills skills taking healthy and constructive decisions positive relationship (WHO, 2018; Liu et al., 2023) . The kids get it education sexual tend own better understanding Good about body them and more capable identify as well as respond potential situation harm (Ryan, 2000) . Meanwhile in Indonesia, education sexual at the level school base still very limited (Leowalu & Hendriks, 2023) Based on data from the Ministry of Education and Culture (2023), only 15% of schools foundation that has an educational program formal sexual. This is indicates that children age school base Still own limitations access to proper knowledge about body them and the way guard self. More far, research show that lack of education sexual can cause children own misunderstanding about body they alone, limitations physical, and interaction social (Bella & Farida, 2017; Leowalu & Hendriks, 2023).

A numero f the above exposure, sharpening importance education and intervention preventive through educational programs sexuality and counseling in schools basic. With involving children, families, and schools, are expected children own sufficient supplies For protect self they from violence sexual and violence other (AT et al., nd) . While study education sexual often in educational institutions only peeling on the issue health reproduction in study knowledge biology or just “science” about sex, reproduction, and puberty (Harman & de Coverly Veale, 2017; Emmerson, 2018; National Children's Bureau, 2016), few have explored about education sexual more holistic and comprehensive (*Comprehensive sexual Education* /CSE). In research This will peeling about sex education comprehensive for child

school base with approach counseling . CSE provides education about rights children and adolescents beginning For get information complete, development skills, and participation active. While the education program sexual focused counseling give effective results in increase awareness children about limitation self and healthy relationships (Berk, 2019). Through approach counseling, children pushed For dialogue in a way open and active involved in the learning process, which has an impact positive on understanding and attitude they to issues related body and boundaries personal.

Approach counseling in education sexual give a number of advantages, especially in ability for adapt material with needs and characteristics children. Jones and Womble (2020) emphasized that counseling allow education sexual delivered personally and interactively (de Haas & Hutter, 2020), helps children understand importance limitation personal and respect to self Alone and others (de Haas & Hutter, 2020). With involving teachers, counselors, and parents, this program no only give information but also supports children For internalize values health sexual in a way holistic and sustainable (de Haas & Hutter, 2020). this program expected can increase understanding children about draft self, limitations physical, and relationships healthy social, as well as give strong foundation for they for guard welfare yourself in various situation. Because of that that, Research This focuses on the discussion education sexual for child age school basic, with formulation problem (1) What material only what is needed in the *sexuality education* program for children aged Elementary School? and (2) What factors only that affects success of *sexuality education* program for child age school base in 3 years final?

METHODS

Study this is designed study *systematic literature review* (SLR), namely method study a library that identifies, evaluates, and interprets all findings on a Topic study for answer question research that has been determined previously (Kitchenham & Charters, 2007). Search literature This limited to articles published 3 years ago final namely from 2022-2024. Search article done online from three databases namely *Science Direct*, *Taylor and Francis* and *Eric.ed.gov*. Keywords main in search article are “*Children*” AND “*Sexuality education*” AND “*Counseling Models*”, as well as with keyword details others used is as following:

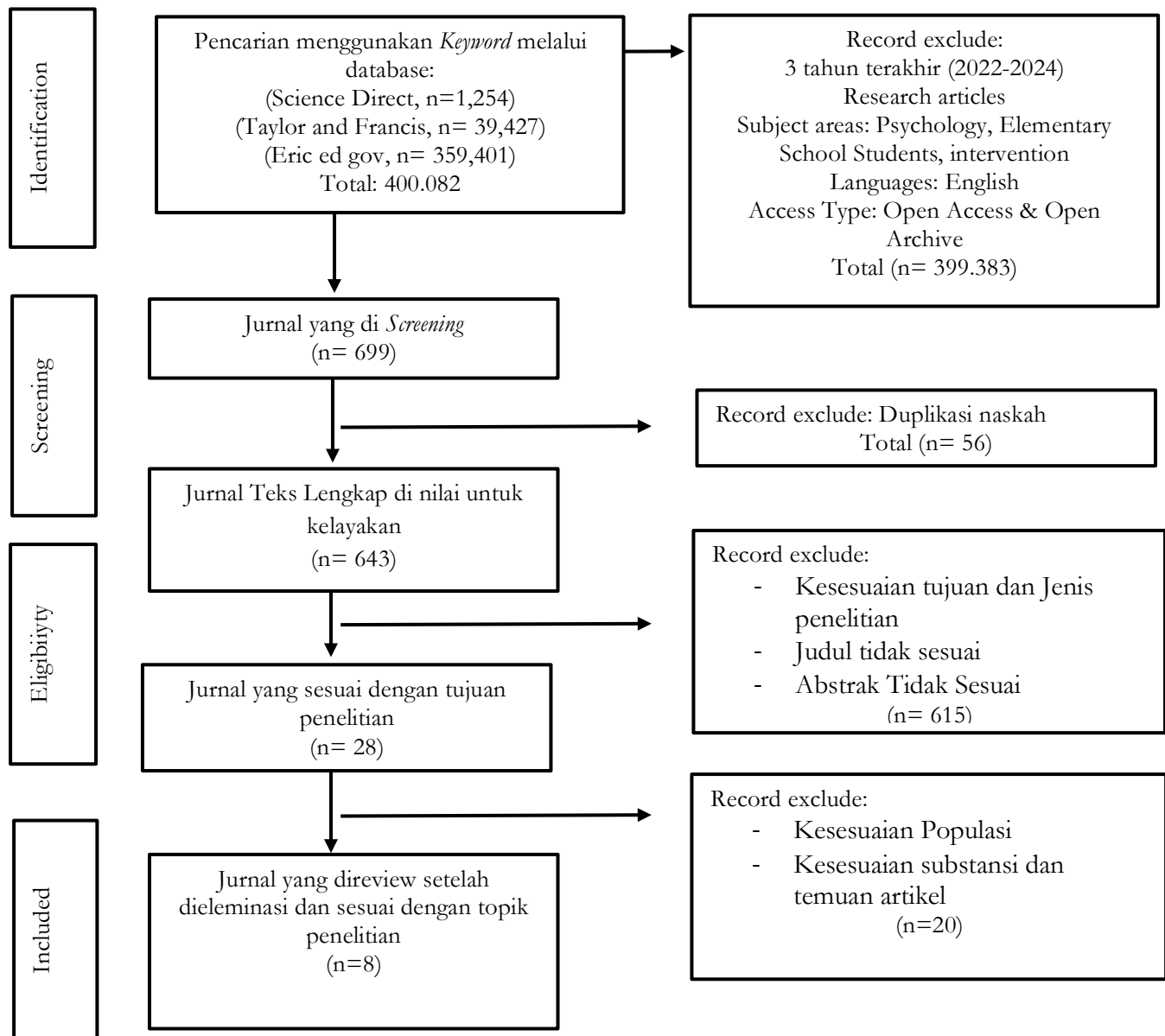
Table 1. Keywords search script

| Population | Intervention | Outcome |
|--------------------------------|----------------------------|----------------------------|
| Child Age Elementary school | Counseling models | Sexual Education |
| <i>Children</i> | <i>Counseling Models</i> | <i>Sexuality education</i> |
| <i>Elementary students</i> | <i>Counseling Strategy</i> | <i>sex education</i> |
| <i>Primary school students</i> | <i>Counseling Approach</i> | |
| <i>Middle childhood</i> | <i>Counseling Models</i> | |
| | <i>Counseling Strategy</i> | |
| | <i>Counseling Approach</i> | |

Methods used is method *Preferred Reporting Item for Systematic Reviews and Meta-Analytcs* (PRISMA). Entire selected articles Then reviewed and summarized based on purpose, name author, year published, number respondents, instruments used, results research, and research suggestions continued.

Criteria inclusion in study This includes: 1) *Population* (P): Children aged school basic, or teenager beginning, 2) *Intervention* (I): Various type intervention counseling (for example, counseling) individual, group, therapy cognitive, or counseling based on games, etc.). 3) *Outcome* (O): *Sexuality program education*, 4) *Study Design* (S): Relevant quantitative and qualitative studies, 5) *Timeframe* (T): Published studies in 3 years last (2022-2024), 6) *Type document*: article Journal, 7) *Language*: English and Indonesian and 8) *Nature of the study*: Focus on Educational Institutions (Elementary Schools). The research process started with to examine title and abstract all over results search and compare them with criteria that have been set. The following in diagram 1 it is explained PRISMA flow diagram of the selection process article, can be described as following:

Figure 1. PRISMA Diagram: PRISMA flow diagram of selected Articles can described as follows:



RESULTS AND DISCUSSION

Analysis results review literature that meets appropriate criteria and topics totaling 8 articles. The following table 2 is presentation synthesis of relevant data from studies that meet condition.

Table 2. Synthesis Information Relevant taken from Article

| No. | Title / Author / Year | Country | Research purposes | Method of collecting data | Population and numbers sample | Results |
|-----|---|---------|--|--|---|---|
| 1. | <i>Co-designing guidance for Relationships and Sex Education to 'transform school cultures' with young people in England</i> Author: Emily Setty Year: 2024 | English | Study This aiming for to design guide <i>Relationships and Sex Education</i> (RSE) which focuses on involvement student For increase culture schools in England. | Study done through six virtual workshop duration one hour during 2020/2021 year. Workshop This involving Emily Setty, RSE provider from sector third, and 12 teenagers early. They discuss and share experience and suggestions regarding RSE. Discussion No recorded, but documented through <i>Jamboard</i> and debrief sessions with experts. | The sample consists of from 12 teenagers aged teenager beginning with background diverse background from aspect location, ethnicity, and orientation sexual. | Study conclude that RSE guide which is of a nature participatory and student - centered can help create environment learn more accept, and support student in develop draft healthy self and empowering choices. |
| 2. | Title: <i>Elementary School Teachers and Sex Education in Mexico: The Case of Veracruz</i> Authors: Ana Lis Heredia Espinosa and Adriana Rodríguez Barraza Year: 2021 | Mexico | Study This aiming For understand school teacher beliefs base about education sexual and also explore boundaries and space scope approach education sexuality in school base. | Study This nature descriptive with approach qualitative. Data collected through semi- structured interview with nine school teachers base from two schools in Veracruz City between October and December | The sample consists of from nine female teachers aged between 22 to 64 years old who teach students in class four, five, and six. All these teachers is graduate of from Normal | Study This disclose that many more teachers tend emphasize aspect biological in education sexual and looking abstinence as method best for prevent pregnancy. Some teachers feel that student Not yet ripe in a way sexual For accept education sexual and often avoid Topic like |

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|----|---|--|---|---|--|---|
| | | | | 2019. | School (institution special teacher training in Mexico) and has background behind Catholic. | contraception although listed in curriculum official. Research this also found that part big teacher no accept adequate training about education sexuality at school, so that Lots from they feel not enough ready for teach topic this. |
| 3. | Title: <i>Who Is Who in the Teaching of Sex Education? A Lesson Learned from the 'Safuu' Oromo Tradition of East Africa</i> Author: Admasu Etefa Tucho Year: 2022 | Country: United States (with focus on Oromo immigrants from East Africa) | Study This aiming For review approach education sexuality in schools general United States, especially in context community Oromo immigrants. This study make an effort explore whether tradition <i>Safuu</i> from Oromo can become approach alternative or complement to education sexuality in schools general American, considering existence conflict mark the culture faced community immigrant | This study is review conceptual that explores literature about education sexuality in schools United States General as well as analyze tradition <i>Safuu</i> , system moral values of the Oromo people, as approach education sexual based on culture. | Focus the main thing is Oromo community in America that implements tradition <i>Safuu</i> in educate children. | Study This conclude that education sexuality in school common Americans often No in accordance with values culture and tradition community immigrants, especially the Oromo. The approach education sexuality in America emphasizes aspect health reproduction and prevention disease, while Oromo people have system values that emphasize control self and morality tall through draft <i>Safuu</i> . Tradition <i>Safuu</i> arrange behavior sexual with teach respect, maturity, and responsibility answer social taught since early by members family and community. |
| 4. | Title: <i>School-based relationships and sexuality education programs in primary schools: Contexts,</i> | Country: Australia | Study This aiming for identify factors that influence effectiveness of | Study done through review literature with approach realistic for evaluate the | Study This No use sample direct Because is review literature to | results study show that context individual, culture, and structure play role important in success of the RSE |

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|----|---|--------|---|---|--|--|
| | <i>mechanisms, and outcomes</i> Writers: Roxana Aguilar Alonso, Kerryann Walsh, Lisa van Leent, Claire Moran Year: 2024 | | <i>Relationships and Sexuality Education</i> (RSE) programs in schools basic. With approach evaluation realistic, research This try understand context, mechanisms, and possible outcomes increase effectiveness of RSE program | existing RSE program. Data was collected from articles and literature related for identify context, mechanisms, and outcomes that support RSE implementation in school base. | studies previously | program. Mechanism main supporting the effectiveness of RSE is participation students, adaptation content for relevance culture and age, as well as security emotional students. Research This conclude that the RSE program will more effective If designed in accordance with need child, involving child in interactions, and provide relevant information in a way social. |
| 5. | Title: "The Teaching Body in Sexuality Education – Intersections of Age, Gender, and Sexuality" Author: Rebecka Fingalsson Year: 2024 | Sweden | This article aiming for explore How age, gender and sexuality of teachers influence teaching education sexual in class. With use theory feminist, research This explore How attributes This perceived and executed in context education, especially in fulfil hope normative. | Study This use semi- structured interview with a total of 21 professionals involved in education sexuality in K-12 schools in Sweden. From this data, six interview chosen for analysis deep Because involvement teachers 'explicit issue age, gender, and sexuality. | Population study is working professional in education sexual in Sweden, and the samples analyzed is six teachers who are specific discuss influence age, gender and sexuality in practice teaching they. | Study This find that attribute age, gender and sexuality of teachers influence method they teach education sexual. Female teachers who are more old often considered as "tant" figure (like aunt) who is desexualized and liked by students For discuss about Topic sensitive. Male teachers, especially the older ones. young, must be careful in teach not to seen highlight aspect sexual in him self, so that they use approach safe neutral. Research This show that heteronormative and gender norms dominate in approach teaching, where experience proper living with hope normative more accepted compared to another approach. |

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| 6. | Title: "Breaking Taboos in Sex Education to Promote Self-Protective Knowledge and Skills in Children: A Human-Centered, Stakeholder Co-Design Approach for Developing a Cross-Cultural Sensitive Board Game" Author: MK Najafi, Z. Alizadeh, M. Dehghani, P. Herzog, and P. Azimisefat Year: 2024 | This study focus on approach cross culture, but researcher originate from various countries, including Iran and Germany. | This article aiming For create approach education sensitive sex to culture through game board. The purpose is for develop skills protection self and knowledge safe sexuality for children with involving stakeholders interest in the design process for the game This relevant in various culture. | Study This use co-design method (design collaborative) involving stakeholders interest from various background behind cultural and professional, including educator, psychologist, and designer games. | Not mentioned in a way explicit amount sample in context testing on children, however studies This involving stakeholders interest cross culture in the design and evaluation process. | Results: Results from study This show that game designed board in a way collaborative can become effective tool in education sex cross culture. With adapt content game to be sensitive against cultural norms local, games This capable help children develop skills and knowledge for protect self they Alone in a way more good. Besides, the game this also has potential for reducing stigma and fear around education sex in the environment children. |
| 7. | Title: "A Kindergarten Teacher Must Have 100 Eyes and 100 Ears!": Kindergarten Teachers' Experiences Coping with Child Sexual Abuse and Problematic Sexual Behavior" Author: LI Sigad, NB Gosen, L. Golan, E. Lusky-Weisrose, J. Shaibe, D. Tener, and D. Roe Year: 2024 | Israel | Study This aiming for understand garden teachers experience children in face cases abuse sexual children and behavior problematic sexuality. | This study use approach qualitative with do interview deep towards the garden teachers children. | Participant in study This are garden teachers childhood in Israel. However, the amount sample specific No mentioned in available information. | Research result show that the garden teachers children often face challenge in detect i and handle case abuse sexual children and behavior sexual who are in trouble. They feel need for always be alert, such as have "100 eyes and 100 ears," to protect children under supervision them. This study also revealed that teachers need more Lots support and training for can in a way effective handle situations the. Study This give outlook important about need will more training and support Good for teachers in effort they protect children from abuse sexual and helpful they overcome behavior |

problematic sexuality.

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| 8. | Title: <i>"Recall of Sexual Abuse Prevention Education at School and Home: Associations with Sexual Abuse Experience, Disclosure, Protective Parenting, and Knowledge"</i> Author: Julia I. Rudolph, Melanie J. Zimmer-Gembeck, Kerryann Walsh Year: 2022 | Australia | study This investigate whether experience education prevention violence sexual children (CSA) at school and home relate with CSA experience, CSA disclosure, and practice parenting protective and knowledge. | Survey conducted on 1,265 students about experience they related education prevention violence sexual, CSA experiences, disclosure, practices parenting, and CSA knowledge. | In research this, population consists of from students in Australia with an average age of around 22.8 years. The sample involved 1,265 students who were asked remember return experience they related education prevention violence sexual children (CSA) that they accept good at school or at home. Most of them Respondent is women (75%), and they report experience related education CSA prevention, personal CSA experiences, and disclosure and knowledge they about CSA | Only CSA education based house (PLSAE) related with decline CSA risk, while education based on school No show significant influence. Parenting protective, such as parental involvement and supervision, becomes factor important in reduce CSA risk. In research this, education prevention violence sexual child based on home (Parent-Led Sexual Abuse Education, PLSAE) includes communication direct between parents and children about protection self, personal boundaries, and self-awareness situation dangerous. Education This often done informally through discussion everyday that gives guide practical for children about How recognize and report an unavoidable situation safe. Approach this also emphasizes parental supervision and involvement active in life child, which is proven contribute significant in decline risk violence sexual |
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Sexual education program for children aged Elementary school

Scope material in give understanding education sexuality in a way comprehensive in children age school base from SLR method is carried out known a number of findings. Based on the results research entitled *Co-designing guidance for Relationships and Sex Education to 'transform school cultures' with young people in England* explained about the importance of sexuality education (*Relationship and Sex Education or RSE*) for *young people* or teenager early in England For build culture inclusive and safe schools (Setty, 2024). In the article This explained about a guide that emphasizes importance build free environment from *stigma* and facilitating participation active student in discussion about *Relationships and Sex Education (RSE)*.

Themes key or material main in implementation *Relationship and Sex Education (RSE)*, namely discussion about (1) Environment life socio-sexual children and adolescents , (2) Importance inclusivity and sensitivity culture , and (3) Challenges in reduce stigma/ shame in the classroom RSE when discussing sexuality education which is still often considered as taboo information (Setty, 2024) . In addition the role of digital media becomes important , digital media can become tool effective education but need accompanied in filter relevant and accurate information (Fourie, 2020) . In addition in study *Recall of Sexual Abuse Prevention Education at School and Home: Associations with Sexual Abuse Experience, Disclosure, Protective Parenting, and Knowledge"*, explained that education prevention violence sexual child based on home (*Parent-Led Sexual Abuse Education, PLSAE*) is very important done namely covers communication direct between parents and children about protection self , personal boundaries, and self-awareness situation dangerous for child (Rudolph et al., 2022) . Education This often done informally through discussion everyday that gives guide practical for children about How recognize and report an unavoidable situation safe. Sexuality education and education prevention violence sexuality is also necessary done with collaborative between party school and parents (Leowalu & Hendriks, 2023) .

This RSE help children and adolescents in study, develop, and practice skills required for arrange ecosystem life socio-sexual, developing draft healthy self, and make empowering choices that support and respect rights, health and welfare they alone and one each other. Therefore objective from this RSE among others (Setty, 2024) :

1. Develop awareness self, literacy emotional, and maturity.

2. Give space and respect identity and experience they One each other.
3. Value differences and develop similarities and interests together.
4. Understand self Alone as part from community local and global and treat self Alone and other people in particular more dignified.

In Children and Employment Law Social (*The Children and Social Work Act*, 2017) explained that Sexuality education for children and adolescents (*Relationship and Sex Education or RSE*) is mandatory provided in UK maintained schools. Often in Educational Institutions only peeling away at the problem health reproduction in study knowledge biology or just “science” about sex, reproduction, and puberty (Piper & Smith, 2003 ; National Children's Bureau, 2016; Emmerson, 2018 ; (Liu et al., 2023) , however RSE policy in the UK This give study education sexual more holistic and comprehensive which is called as Sex Education Comprehensive (CSE). This CSE make an effort give education about rights children and adolescents for get information complete, development skills, and participation active. The goal is for the people young can make the right decision and, as a consequence, prevent impact negative to health sexual, as well as to uphold rights they for sexuality, and positive relationships (Jones, 2011; Miedema et al., 2020), so that this CSE more beneficial for health and well-being sexual children (Goldfarb & Lieberman, 2021; Kantor et al., 2021; Miedema et al., 2020).

More carry on Again Goldfarb & Lieberman (2021), also explains that education sexual based on school especially in the United States play role important in health sexual and well-being children. Attention to various Topic health comprehensive and thorough sexual in the field Relevant subjects, building environment friendly school child, potential for increase health sexual, social, and emotional, and the results more academic Good for children and adolescents. Provision of knowledge and skills sexual beneficial for development human and everyone has the right on education sexuality, including child age early (Goldman & Bradley, 2001). Meyer, Louw, et. al. also stated that all child entitled get education sexuality comprehensive from trained educators. The study reported lack of education frequent sexuality result in violence and exploitation sexual. Louw's research results are clear that more from one third children in South Africa apparently confess Once experience a number of form abuse sexual at least very in life them. Especially children sufferer disability is on the rise risk abuse

sexual , remembering level knowledge those who are low related behavior sexual (Meyer et al., 2019) . According to de Haas & Hutter, education sexuality based on school make teachers as *key person* or guard gate important to access student For get information about right children and health proper sexual and reproductive environment . school potential reach student in amount scale big (de Haas & Hutter, 2020) .

The determinant The Success of *Sexuality Education* Programs for Children Elementary school

Study of f actors determinant success of *sexuality education* program for child age school base in 3 years final based on SLR study, found at least There is three factor. The first factor among them is related teacher perception , age and gender (Fingalsson, 2024) . Teacher gender also contribute in influence Success of Sex Education for child (Cohen et al., 2012) . More female teachers old often considered as the figure of "*tant*" (aunt) and more liked by students for discuss about sensitive topics, while male teachers, especially the older ones, young, tend to awkward and cautious in teach education sexuality in children, so that they tend use approach safe neutral. Various results study with clear show that with increase knowledge calm down sexuality just right help promote culture safe sex and reduce behavior at risk sexual (UNESCO 2018, Kippax and Stephenson, 2005; Weaver, Smith, and Kippax 2005, Hayes, Burns, and Egan 2022). When young given education quality sexuality well, they find chance for explore issues like agreement, mutual profitable, and respectful. In the process, they to obtain outlook personal about what does each concept mean this – good in a way general and also in context connection sexual (Reiss, 2022).

Teachers ' perceptions about education sexuality also affects it, some opinion about sex education for children are very diverse. like one of them existence assumption more teachers tend emphasize aspect biological in education sexual and looking abstinence considered as method best for prevent pregnancy. Besides That some teachers feel that elementary school students have not ripe in a way sexual For accept material about education sexual and teachers often avoid Topic certain like tool contraception although listed in curriculum official (Heredia Espinosa & Barraza, 2021) . Some teachers also feel that training

education sexuality in school base Still is taboo , so Lots from the teachers feel not enough Ready For teach Topic This (Robinson et al., 2017).

Second factor is related factor culture. Approach culture required in teach sexual education for children, one of them according to Admasu Etefa Tucho, analyze tradition *Safuu* specifically to system moral values of the Oromo people, as approach education sexual based on culture. According to findings from article This is importance collaboration between school and community For create education more sexual sensitive culture , which integrates values traditional with objective modern health and well-being (Tucho, 2022) . In addition to the materials about reproductive health, but need elaborating the existing value system in the culture of a particular society, for example the Oromo community studied in article This own system values that emphasize control self and morality tall through draft *Safuu*. Tradition *Safuu* arrange behavior sexual with teach respect, maturity, and responsibility answer social taught since early by members family and community (Tucho, 2022) . Values culture need integrated in Sexuality Education (Braeken & Cardinal, 2008) ; (Browes, 2015) .

third factor is a delivery strategy. Delivery strategy follow influence effective whether or not sexuality education is provided to children Can achieved. The result of Najafi et. al (2024) research shows that game designed board in a way collaborative can become effective tool in education sex cross culture. With adapt content game to be sensitive against cultural norms local. Games This capable help children develop skills and knowledge for protect self they Alone in a way more good. Besides, the game this also has potential for reducing stigma and fear around education sex in the environment children. Game methods viewed as an effective strategy in education sexual for children Because approach this capable convey information sensitive with a friendly, interesting, and appropriate way with development psychological they. Children tend more easy accept information through activities involving participation active, interaction social, and experience directly, all of which can provided by the method game (Brouskeli & Sapountzis, 2017) . Game educative create a safe and comfortable environment, where children can Study about body they, gender differences, limitations privacy, as well as draft touch safe and secure safe without feel stressed or fear (Goldman & Bradley, 2001) .

In the game, messages key about education sexual can delivered through simulation situation life real, story illustrated, or game role. Through method this, kids no only to obtain knowledge cognitive, but also skills social and emotional needs for recognize and respond situation at risk (Haruna et al., 2021) According to research by UNESCO (2018), approach based on game in education sexual has proven help children understand draft important with more good compared to method lecture traditional which is often nature abstract and less interesting. In addition, the method This allow existence two way communication between facilitator (teacher/parent) and child, so that child own chance For ask , express , and solve problem together (Braeken & Cardinal, 2008; Brouskeli & Sapountzis, 2017) . Through the right strategy for children, can strengthen understanding they about education sexual, at the same time build trust self for guard self they from inappropriate behavior proper or violence sexual.

CONCLUSION

Conclusion a number of review the literature above emphasize importance approach holistic, inclusive and sensitive culture in education sexuality for children and adolescents beginning. In giving *sexual education* need notice *first* environment inclusive and participatory active: effective sexuality education must create a stigma-free and inviting environment participation active from students. Sexuality education need designed with to discuss topic sensitive in a way open and safe, at the same time overcoming the shame and stigma that often accompanies stick to the topic sexual. *Both* education based family. Sexuality education and education prevention violence sexual need done with collaborative between schools and parents, emphasizing importance communication between parents and children related protection self and personal boundaries. The role of parents in matter this is very important done through conversation everyday that gives guide practical for children in recognize and report situation dangerous. *Third* teacher readiness and influence culture in sexuality education: the importance training special for teachers and sensitive approach culture for increase effectiveness of sexuality education for children and adolescents beginning. *Fourth integration of local* cultural values: an approach based on mark culture traditional need done in provide sexuality education to children and adolescents early. Research show importance teaching moral values and control self in give understanding sexuality education. Collaboration between

school and community can make planting sexuality education more effective with integrate values local, such as respect, responsibility answer social, and maturity. *Fifth* digital media and games as an educational tool: the use of digital media in education sexuality more effective but need guidance for filter relevant and accurate information. In addition, the strategy through the game also becomes greeting in increase understanding in education sexuality in children and adolescents beginning. Important in increase understanding child about protection yourself and reduce the stigma surrounding education sex, especially if the content customized with cultural norms local. *Sixth* the influence of age, gender, and sexuality factors on teachers. Factors like teacher age and gender influence comfort student in discuss about sexuality. Female teachers are more old often more felt comfortable for student for discussion topic sensitive, while male teachers are more young tend use a more approach neutral. And *seventh* safe and comfortable environment. Sexuality education needed for create environment safe and open, involving learning support from family, respect context culture, and consider individual factors that influence delivery by teachers. Innovative strategies like use game boards and digital media can also increase effectiveness education sexual cross culture for children and adolescents.

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