

Stimulation of Self-Protecting Skills from Sexual Crime Trials Using *Prokumu* and *Boconkufilm Garseri* for Students in Kindergarten Labschool Unnes

Sri Wiji Handayani

Labschool Unnes Kindergarten, Semarang, Indonesia
sriwiji_handayani@yahoo.com

Abstract: The cases of sexual crime are high in Indonesia. In Semarang, the cases are 52% of child abuse cases. This is because children do not get enough sexuality education, including how to protect themselves from sex crime. The children's skills in protecting themselves from sex crimes will help them to act when there is someone who bothers them or commits acts of sexual abuse, therefore it is needed stimulation of self-protecting skills in students at schools. The stimulation in Labschool kindergarten is by using You and Me Program with dolls representing gender, hand puppet, Emoticon Regulation Safe, Book, Film, and Serial Pictures media (*Prokumu* and *Boconkufilm Garseri*). Me and You Program is a program of children social life skills in which there is sexuality education. *Boconkufilm Garseri* media are designed to deliver sexuality education to make it more interesting for children. With the interesting media, children will be happy to take part in stimulation activities of self-protecting skills from sex crimes. The dolls which are complemented with body parts including its genital can provide easy information to children to know the genital form based on its sex. In addition, the dolls representing gender are also complemented with hand puppet to play by the children. Emoticon Regulation Safe is used to stimulate children to get accustomed to expressing their current feeling. The film is made to describe how children's ways to protect themselves from sexual abuse, while serial pictures also tell how a child is trying to protect him or herself from sex crime trials. The result of this Best Practice Stimulation was children refused when their protected body parts were touched, refused when they were persuaded by given something, ran when they were forced to go with, shouted by asking for help when they were forced to go with/touched, able to report to others when they had been bothered/treated unpleasantly.

Keywords: *prokumu*, *boconkufilm garseri* and stimulation of self-protecting skills from sexual crimes

I. INTRODUCTION

The rise of sexual crime cases in children according to KPAI data in the past three years needs very great concern. Based on the data from KPAI secretary, Rita Pranawati on March 4th 2016 said that the number of victims of sexual abuse in children is getting higher year to year, from 2013-2014 it increased at 100%. The more concern is that the data of sexual abuse which is committed by people close to the children reached 116 (Setiawan, 2017). The same thing occurred in Semarang in 2015 from PPT SERUNI, it is obtained the data that 52% of children abuse cases are sexual abuse. This is a great number.

Sexual harassment occurred in Simpang Lima was when a child was asked to hold sex organ of an adult by being given reward Rp. 10.000,- (information from a member of FPP Semarang, October 2016). Based on Presidential Instruction No. 5/2014 on National Movement of Anti-Sexuality Crimes in Children, the President instructs ministers, attorney general, chief of police, head of institutions, governors, regents, mayors to take necessary actions in accordance with the duties and functions to prevent and eradicate sexual abuse in children (Kemdikbud, 2014). The instruction to the education minister in particular point b "included in curriculum of children rights and obligation, reproductive health, and children empowerment." It is very clear that there is an obligation of teachers to deliver sexuality education and reproductive health in the learning at school.

II. METHODS

The stimulation of self-protecting skills from sexual crime trials is done through You and Me program with various media including dolls, emoticon regulation safe, book, film, and serial pictures or

abbreviated as *Prokumu* and *boconkufilm garseri*. Below is the explanation of *Prokumu* and *Boconkufilm Garseri*.

1. The Content of YOU AND ME Program (*Prokumu*)

The content consists of education for children and parents as well as teachers' guidance in giving children social life skills education including as a stimulus to improve self-protecting skills from social crime. In addition, it is complemented with dolls of gender for a father, a mother, and two children as well as books for children.

2. *Boconkufilm Garseri*

Boconkufilm Garseri is learning media which consist of dolls, Emoticon Regulation Safe, book, film, and serial pictures. Doll is an imitation of human and animal anatomy, so doll is actually one of the children comparison models (Figure 1). The dolls are family doll set with complete body parts based on the sex and hand puppet. The dolls consisting of a father, a mother, a son, and a daughter are props from Rutgers WPF Indonesia. This family doll is agreed to be called *Bagus* and *Indah* family. Hand puppet is a medium supporting the program success as a product result of teachers which are made of secondhand.

Emoticon Regulation Safe (Figure 2), this emoticon is a medium as the teacher's product to support You and Me Program in identifying self-feeling. Identifying own self is very important to build life skills. There is emotion regulation including self-awareness, management awareness, social awareness, relationship management. The concept of Emotional Regulation Safe is enabling children to understand themselves more and make decisions on doing something based on the consideration they have made.



Figure 1
The Doll



Figure 2
Emoticon Regulation Safe

During the process, children will identify their feeling through emoticon images consisting of 4 grades of emoticon to express feeling: good, okay, upset, and out of control.

Books, books published by Rutgers WPF Indonesia are as follows: (1) Series 01 entitled I am A Boy and I am A Girl; (2) Series 02 entitled My Body; (3) Series 03 entitled Where I Come from; and (4) Series 04 entitled Little Heroes (Herny, 2017a; Herny, 2017b). Film is a series of images projected onto a screen at a certain speed so that it keeps a continuous sequence of levels so as to describe the seemingly normal movement (Arsyad, 2003). In the use of film media, there several steps including preparing

equipment (LCD, infocus, laptop), preparing the place and setting of LCD place to make the children comfortable to watch it.

The advantages of using film during the research are: (1) children are more pleased with the film media; (2) children are easy to receive information; (3) teachers are more likely to present real-life events; and (4) through the film, the material can be repeated. *Garseri* is serial pictures telling how a child must protect himself or herself from sexual crime trials.

III. RESULTS

Starting with touching the emoticon regulation safe, children are stimulated to be accustomed to expressing their current feeling. Whether that day the child is sad, happy, or no problem. If the child is sad, what makes him or her sad, and how to solve the feeling. The teacher gives a stimulus to the students to help them condition their emotion to be normal again so as to feel no problem anymore. The next activity is observing the family dolls which have complete body parts along with the sex, to make it more fun followed by tracing their friend's body in turn.

After observing the body parts, followed by the discussion on how to take care of the body. Here, it will be agreed on which parts of the body that must be protected, which parts of the body that may be touched or may not be touched by others, with an intermezzo by singing allowable and not allowable touch continued by watching the film about sexuality education telling how to protect oneself from sexual crimes. The closing activity by singing the song you are a boy and I am a girl. The result of stimulating self-protecting skills from sexual crime trials using *Prokumu* and *Boconkufilm Garseri* can be seen in the following Table 1.

Table 1
The Result of Stimulating Self-Protecting Skills from Sexual Crime Trials Using *Prokumu* and *Boconkufilm Garseri*

No	Aspects Observed	The Number which Meets Indicator				Final Meeting (%)
		1	2	3	4	
1	Refusing when the four zones of protected body parts are touched.	12	12	14	16	80%
2	Refusing when persuaded by given something	12	12	14	16	80%
3	Refusing when persuaded to go to a quiet place by saying no	12	11	13	16	80%
4	Running when forced to go with	12	12	14	16	80%
5	Shouting by asking for help when forced to go with/touched	13	12	13	15	75%
6	Able to report to others when bothered/treated unpleasantly	13	13	14	15	75%

IV. DISCUSSION

In 2013 Curriculum, in fact there is an indicator to meet related to self-protecting skills *i.e.* Basic Competence 3.4 “knowing ways of healthy life” and Basic Competence 4.4 “can help oneself to live healthily” with the indicator “can protect oneself from abuse trials, including sexual abuse and bullying (for example by shouting or running)” (Kemdikbud, 2014).

Therefore, kindergarten of Labschool UNNES institution as an integrative holistic PAUD (early childhood education programs) has been establishing

cooperation with PKBI (Indonesian Family Planning Association) of Central Java since 2015 (Kemdikbud, 2014). PKBI provides training on social life skills education for children between 4-6 years old including sexuality education that can be practiced in the classroom learning (Setiawan, 2017).

The learning at Labschool UNNES kindergarten as a stimulation effort of protecting self from sexual crimes will be held on best practice of *Prokumu* and *boconkufilm garseri* implementation as a stimulation effort of self-protecting skills from sexual crime trials

(Herny, 2017b). *Prokumu* is you and me program. *Boconkufilm* stands for media consisting of dolls, book, film, and serial pictures (Herny, 2017a).

V. CONCLUSION

Based on the description of *Prokumu* and *Boconkufilm Garseri* above, these become the reasons for choosing the strategy. You and Me program as a special program of sexuality education for 4-6 years old gives much sexuality education and life skills to be a skillful individual and able to protect himself or herself from sexual crime trials. *Boconkufilm Garseri* is one of the media and props which can be used to make the stimulation of self-protecting skills from sexual crime trials easier.

The various media and props are expected to make the children interested in the activities so that the children are easy to be stimulated of their self-protecting skills from sexual crime trials. The children refused when the protected parts of bodies are touched. The children refuse when persuaded by given something. Running when forced to go with. Shouting by asking for help when forced to go with/touched. Able to report to others when have been bothered/treated unpleasantly.

REFERENCES

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