

Distribution Agreement

In presenting this thesis or dissertation as a partial fulfillment of the requirements for an advanced degree from Emory University, I hereby grant to Emory University and its agents the non-exclusive license to archive, make accessible, and display my thesis or dissertation in whole or in part in all forms of media, now or hereafter known, including display on the world wide web. I understand that I may select some access restrictions as part of the online submission of this thesis or dissertation. I retain all ownership rights to the copyright of the thesis or dissertation. I also retain the right to use in future works (such as articles or books) all or part of this thesis or dissertation.

Signature:

Sartiani S. Bili

April 11th, 2023

Date

Comprehensive Sex Education in East Indonesia: A Culturally Sensitive Approach to Encourage
Healthy Relationships Among Teenagers

A Special Study Project

By:

Sartiani Suatmi Bili

MPH

Hubert Department of Global Health

Dirk Schroeder, ScD, MPH

Thesis Advisor

Comprehensive Sex Education in East Indonesia: A Culturally Sensitive Approach to Encourage
Healthy Relationships Among Teenagers

A Special Study Project

By

Sartiani Suatmi Bili, S. Kep.,Ns

Bachelor of Nursing
Klabat University, Manado, Indonesia
2012

Thesis Advisor: Dirk Schroeder, ScD, MPH

An abstract of a thesis submitted to the Faculty of the Rollins School of Public Health of Emory
University in partial fulfillment of the requirements for the degree of Master of Public Health in
Global Health 2023

Abstract

Comprehensive sex education in East Indonesia: A culturally sensitive approach to encourage healthy relationships among teenagers
A Special Studies Project

By: Sartiani Suatmi Bili

Background: As of 2022, Indonesia's adolescent population is estimated to be approximately 44 million. This sizable demographic represents both an opportunity to grow human resources and a challenge to address teenage issues, particularly those concerning sexuality. Notably, in the eastern region of Indonesia, discussing sexual matters among adolescents is typically taboo and seldom broached. Furthermore, numerous health concerns affect the adolescent population, including loneliness, anxiety, bullying, physical violence, lack of parental and peer support, alcohol use, self-harm, early pregnancy, and early marriage. Implementing a culturally sensitive and comprehensive approach to sexual education for adolescents offers a potential solution to mitigate these problems by fostering healthy relationships.

Purpose: This program aims to establish sexual guidelines for young individuals, "Teenager Survival Guidelines." The purpose is to promote awareness among teenagers regarding their sexual conduct and rights and encourage respect for others. Moreover, this guidebook can facilitate communication and foster discussions about sexuality in adolescents among teenagers, parents, and educators alike.

Methods: This book was developed based on a literature review of studies in Indonesia, input from schoolteachers working in a remote area, experiences of the author, and the Technical Guidance on Sexual Education by UNFPA, 2018. This bilingual 45-page book, "Teenager Survival Guide," had been distributed to ten pre-publication reviewers: teachers, health workers, parent, and adolescents, representing different cultures and backgrounds in Eastern Indonesia, to solicit in-depth discussion and verbal input.

Results: All (100%) of the pre-publication reviewers indicated that it is highly pertinent to the requirements of contemporary youth. Specific recommendations were made concerning the inclusion of additional content. Additionally, this publication underwent multiple revisions, and the feedback informed its ultimate form of all stakeholders and is now primed for dissemination.

Discussion: The optimization of comprehensive sexual education in Indonesia is currently an ongoing effort. Collaboration among various stakeholders, including parents, religious leaders, educators, and traditional authorities, is crucial to address the pressing need for sexual education. We expect that disseminating this book will contribute to advancing sex education for Indonesian adolescents and ultimately foster a more promising outlook for their future.

Approaching comprehensive sex education in East Indonesia: A culturally sensitive guideline to encourage healthy relationship among teenagers.

A special Studies Project

By

Sartiani Suatmi Bili, S. Kep.,Ns

Bachelor of Nursing
Klabat University, Manado, Indonesia
2012

Thesis Advisor: Dirk Schroeder, ScD, MPH

A thesis submitted to the Faculty of the Rollins School of Public Health of Emory University in partial fulfillment of the requirements for the degree of Master of Public Health in Global Health 2023.

Acknowledgments

I would like to start by expressing my deepest gratitude to my Almighty God, who has been with me throughout these past two years of hard work and perseverance and will continue to guide and support me in my future endeavors.

I would also like to sincerely thank the Rollins School of Public Health for providing me with all the necessary resources and support to complete my thesis on time. Your unwavering commitment to academic excellence has been genuinely inspiring.

I am also immensely grateful to my thesis advisor, Dr. Dirk Schroeder, for his invaluable guidance, support, and encouragement throughout the research process. Your expertise, insights, and advice have been instrumental in shaping my thesis and helping me achieve my academic goals.

Furthermore, I would like to thank Surbhi for her invaluable assistance in my research work and thesis proposal writing process. Your idea and recommendation have been greatly appreciated.

I also want to express my heartfelt thanks to my friends, who share concerns and give reviews and ideas about this exciting topic, Boe, Jie, Arni, Kak Merlina, Risky, Kak Santi, Kak Yati, Kak Astina, Kak Hera, kak Dewi, Angga, Ezra and Jesika, Your support, and encouragement have been a constant source of inspiration and motivation for me throughout my thesis journey.

Last but not least, I would like to extend my most profound appreciation to my beloved family - Bapak dan Ibu Bili, Abdi, Veni, Kak Ando, Jesika, Eliana, Lovely, Elisabeth, Opa and Oma Sabuin - for their unconditional love, support, and prayers. Your unwavering belief in me and my abilities has been a driving force behind my success, and I am forever grateful for all you have done for me.

And finally, a special shoutout to my Rollins besties, Anuska, Fatima, and Fabien, for being my constant companions and sources of encouragement throughout my educational journey. Your friendship and support have meant the world to me.

Table of Contents

| | |
|---|-----------|
| <i>Chapter 1: Introduction and Background</i> | 1 |
| Introduction and Significance | 1 |
| Problem Statement | 5 |
| Purpose Statement | 6 |
| Definition of the Key Terms | 9 |
| Abbreviations | 9 |
| <i>Chapter 2: Review of Literature</i> | 11 |
| Importance Of Sex and Relationship Education (SRE) | 11 |
| Family and School-Based Sex Education | 12 |
| Individual Level of Sex Education | 13 |
| Interpersonal Level for Sex Education | 14 |
| Societal Level for Sex Education | 16 |
| <i>Chapter 3: Methodology</i> | 19 |
| Need Assessment | 19 |
| Guideline Development | 20 |
| IRB Approval | 21 |
| Pilot Testing | 21 |
| <i>Chapter 4: Deliverable</i> | 24 |
| The Guidelines | 24 |
| Pilot Study Result | 25 |
| <i>Chapter 5: Discussion</i> | 27 |
| Strength and Limitation | 27 |
| Recommendation | 28 |
| Conclusion | 31 |
| <i>Appendix</i> | 38 |

Chapter 1: Introduction and Background

Introduction and Significance

Indonesia is on the coast of the Southeast Asian continent, in the Indian and Pacific oceans. It is an archipelago that extends one-eighth of the circumference of the Globe across the Equator. Its islands can be divided into the Greater Sunda Islands of Sumatra (Sumatera), Java (Jawa), the southernmost tip of Borneo (Kalimantan), and Celebes (Sulawesi); the Lesser Sunda Islands (Nusa Tenggara) of Bali and an island chain that runs through Timor; the Moluccas (Maluku) between Celebes and the island of New Guinea; and the western tip of the island (generally known as Papua). The country's capital, Jakarta, is on Java's northwest shore. Early in the twenty-first century, Indonesia was the Southeast Asian nation with the largest population (Legge et al., 2023). In addition, Indonesia has 17,508 islands home to more than 360 ethnic groups. Due to this, Indonesia has an incredibly diverse array of cultural practices (Ministry of Foreign Affairs, 2018; MPR, 2015). Indonesia also has the largest Muslim population in the world. Approximately 205 million were estimated to exist in 2010 (Pew Research Center, 2010).

The diversity in Indonesia is staggering. The already present diversity has been bundled inside the *Bhinneka Tunggal Ika* framework, that means unity in diversity, the motto of Indonesia, and has evolved into a symbol of unity (Oktafiga, 2017). Nonetheless, in recent years Indonesia has frequently gone through a toleration crisis. The distinctions that already exist cause divisions. Because Indonesia is more "vibrant," the contrasts should be beautiful (Direktorat SMP, 2021). The risk of disunity can occur if there is a lack of tolerance between people and equal justice for all Indonesian people.

The adolescent population makes up a substantial segment of Indonesia. With 28 percent of its 260 million people, Indonesia currently has one of the most significant youth populations

in the world, with 68 million people between the ages of 10 and 24. (*Badan Pusat Statistik*, n.d.; *The Jakarta Post*, 2019). Promoting adolescent health and welfare is crucial for Indonesia to fully benefit from its demographic dividend, as there are roughly 46 million adolescents (10-19 years) in the country (UNICEF, 2021a).

Child and maternal malnutrition was the number one risk factor in East Indonesia: North Kalimantan, Gorontalo, and Papua, and the number two risk factor in East Nusa Tenggara, Southeast Sulawesi, West Sulawesi, Maluku, and North Maluku, reflecting the geographic variations and inequalities reported in Indonesia (Healthdata.org, 2022). Health problems in children and women are severe concerns in East Indonesia.

As in much of the rest of the world, being an adolescent in Indonesia is challenging. About 5.4% of Indonesian teens had considered suicide in the preceding 12 months, and nearly 4% had attempted suicide, according to a 2015 survey. Loneliness, bullying, a lack of parental support, and drug usage affect youths' mental health (Mardiyati, 2020). A study of 33,004 middle school students, typical of all secondary school students in Indonesia, Laos, the Philippines, Thailand, and Timor-Leste, was included in cross-sectional data from the 2015 Global School-Based Student Health Survey (GSHS) (mean age = 14.3 years, SD = 1.6), showed loneliness, anxiety, bullying victimization, physical attack, lack of parental support, lack of peer support, current alcohol use, lifetime cannabis use, lifetime amphetamine use, soft drink consumption, truancy, and injury were associated with a suicide attempt (Pengpid & Peltzer, 2020).

Sexual education, while essential for healthy adolescence, is rarely taught. In four districts and three cities in West Java Province, Indonesia, a cross-sectional study was conducted using a school-based survey from October to December 2016. Adolescents who attended junior high school and lived in the district had higher rates of mental health problems. As a result, the

degree of schooling and the domicile location was linked to teenage mental health issues (Pandia et al., 2021). The study used data from the Indonesian Demographic and Health Survey (IDHS) 2017 for 22864 people aged 15-25 about HIV knowledge. The result was that just 14.1% of adolescents had thorough awareness of HIV, and 85.9% had stigmatizing attitudes. Twenty-two percent of kids had no one in their immediate network with whom to discuss sexual problems openly (Wirawan et al., 2022). The analysis of adolescents living in urban areas in several countries, including Indonesia, showed that adolescents in Kinshasa, The Democratic Republic of the Congo, and Semarang, Indonesia, watched the most TV per day. This is how the teenager gets the information (Mmari et al., 2021). The concerns that occur in youngsters are very diverse, and the media they get information on dramatically influences their behavior.

Sex education programs in Indonesia face many challenges. A qualitative study that combined group discussions and in-depth interviews to explore the conflict among teachers when giving sex education in Mataram City, Indonesia, found that, generally, when adopting Comprehensive Sexual Education (CSE), the teachers encountered issues related to gender disparity, cultural background, and religion. Applying the conclusions and recommendations for CSE implementation globally in the contexts of many nations will require additional study (Shibuya et al., 2023). A similar recommendation from a systematic literature review from January 2010 to August 2022 that included 442 articles gathered from the PubMed, Cochrane, Google Scholar, and Web of Hinari databases that examined sexual and reproductive health issues, including high teen pregnancy rates, early marriages, and Sexual Transmitted Diseases (STDs), are indicators of the severity of the issue. The incorporation of CSE into the national curriculum and educational systems is influenced by social, economic, cultural, political, legal, and financial contextual variables. (Chavula et al., 2022). Therefore, there is a need for

comprehensive sexual education that incorporates all parties, such as parents, teachers, health workers, religious leaders, and the community.

Moreover, several studies show the sexual behavior of teenagers in Indonesia. One study of 24,423 teenagers (mean age 14.1 years, SD=1.7) from Indonesia, Laos, Thailand, and Timor-Leste replied to a survey for the cross-sectional "Global School-Based Student Health Survey (GSHS)" in 2015. The result was surprising among the sexually active; 49.3% (55.9% males and 36.8% females) had their first sexual intercourse before age 14, ranging from 16.1% in Laos to 73.9% in Indonesia. The involvement of students in behaviors associated with sexual risks highlights the urgency of expanding comprehensive sexual education. Intervention programs geared towards this school-age population should incorporate mental health and substance abuse components to achieve a more comprehensive approach (Peltzer & Pengpid, 2020). Promoting a healthy lifestyle, preventing high-risk sexual behaviors, encouraging transparency and conversations about reproductive health in the family, enhancing self-confidence to refuse and avoid sexual harassment, encouraging positive sexual behaviors, and raising awareness of treatment-seeking behavior should all be emphasized in school textbooks (Diarsvitri & Utomo, 2022a). In another study, a self-administered questionnaire surveyed 11,110 students from 75 Indonesian sixty percent of pupils who had many sex partners had early first sexual experiences (before age 15), including 72.7% of boys and 90.3% of girls. These results show a critical need to improve the national curriculum's coverage of sexual health education. Other risky behaviors must be addressed with an efficient approach (Rizkianti et al., 2020). Sexual education can no longer be perceived as an overlooked or unimportant matter.

Problem Statement

For adolescents in Indonesia, the problem of not having a comprehensive education is strongly influenced by gender disparity, cultural background, and religion (Shibuya et al., 2023). The intersection of traditional practices and inadequate sexual education intensifies the prevalence of adolescent issues, including child marriage, forced marriage, early pregnancy, female genital mutilation, gender inequality, and mental health concerns. These health implications overlap and affect the individual and social welfare. Consequently, these issues represent a public health concern.

Through my discussions with educators working in the remote regions of East Indonesia in January of 2023, I have observed an expressed dissatisfaction with the current sexual education curriculum for adolescents, as evidenced by the following quotes:

“Until now, **there had been no comprehensive sexual education given to students even though adolescence is the age for risky sexual behavior.** When we did a cellphone check, we found a lot of pornographic videos on students' cellphones, even children who didn't seem to have risky behavior. I see that teenagers' risky behavior is very closely related to their family relationships; for example, does their mother raise them, or are their parents busy and sometimes with work, so they live with a pampering grandmother? This is very concerning.” (Teacher, Timor Island)

“Comprehensive sexual education has not yet become part of the curriculum taught to adolescents at school. I am worried about the risk of adverse sexual behavior because of a lack of sexual education. I am very sad because every semester, **I have to provide guidance and counseling to several students who are forced to leave school due to pregnancy, and some don't know if they are pregnant until it's time to give birth.** There was even a student who experienced bleeding at school, and after checking, it turned out that she was pregnant.” (Teacher, Alor Island)

“The only sex education they have is too general in biology class. Sexual lessons are like the reproductive system of humans, animals, and plants.” (Teacher, Timor Island)

“I often see similar cases. Recently, the younger brother of my high school friend, about 20 years old and very talented and seemed fine, **suddenly committed suicide, knowing he was infected with HIV**. Or a boy, my neighbor, about 17 years old, died from traditional circumcision due to infection. What saddens me is that some incidents like this are considered a curse, not a case with a cause and effect, and can be prevented. There is a solution for every problem with proper comprehensive sexual education.” (Personal experience)

It is crucial to have inclusive material that considers age, gender, culture, and ability.

Before designing the curriculum, take a broader perspective (Dzulfikar, 2019). Numerous research studies have affirmed the immediate necessity for comprehensive sexual education in Indonesia. Such a program demands the cooperation of all parties involved, including parents in the home environment, educators in the school system, community leaders within the local vicinity, and religious figures. Various local and international NGOs have acknowledged the significance of enhancing health literacy, particularly among individuals who lack access to quality education and healthcare, such as those residing in rural areas. These findings originate from the formative phase, consisting of interviews with Indonesian stakeholders.

Purpose Statement

This project aims to develop and implement a comprehensive sexual education program, which will be disseminated through digital books and hard copy, enabling the widespread availability of sexual education information throughout Indonesia. Over time, it is envisioned that a paper manual will be created and distributed in remote areas without internet and electricity. The educational materials offered in this program are founded upon the Technical Guidance on Sexual Education provided by UNFPA in 2018 and incorporate local wisdom unique to Indonesia.

The material is organized as follows:

1. Relationships

- Family
- Friendship, Love, and Romantic Relationships
- Tolerance, Inclusion, and Respect
- Long-term Commitments and Parenting

2. Values, Human Rights, Culture, and Sexuality

- Values and Sexuality
- Culture, Society and Sexuality

3. Understanding Gender

- The Social Construction of Gender and Gender Norms
- Gender Equality, Stereotypes and Bias
- Gender-based Violence

4. Violence and Self-Security

- Violence
- Consent, Privacy, and Bodily Integrity
- Safe use of Information and Communication Technologies (ICTs)

5. Skills for Health and Well-Being

- Norms and Peer Influence on Sexual Behavior
- Communication, Refusal, and Negotiation Skills
- Media Literacy and Sexuality
- Finding Help and Support

6. The Human Body and Development

- Sexual and Reproductive Anatomy and Physiology
- Reproduction
- Puberty
- Body Image

7. Sexuality and Sexual Behavior

- Sex, Sexuality, and the Sexual Life Cycle
- Sexual Behavior and Sexual Response

8. Sexual and Reproductive Health

- Pregnancy and Pregnancy Prevention
- HIV and AIDS Stigma, Care, Treatment, and Support
- Understanding, Recognizing, and Reducing the Risk of STDs, including HIV

The highest priorities for the sexual education material covered are those that are of prominence in Indonesian society, such as sexual violence, mental health problems, gender inequality, HIV, and various kinds of factors that intersect with each other. Therefore, we hope to provide sex education with the help and support of all stakeholders (Raissa et al., 2020). It is anticipated that the availability of better comprehensive sexual education will positively impact Indonesian society.

In developing the book, several objectives have been identified, which include:

Objective 1: Identifying the issues related to the lack of comprehensive sex education, potential cultural constraints, and critical areas of interest for teenagers in Indonesia.

Objective 2: Utilizing the findings to construct comprehensive sexual education guidelines tailored towards teenagers.

Objective 3: Conducting a pilot study to gauge the book's acceptability.

Definition of the Key Terms

East Indonesia: Sulawesi, the Nusa Tenggara Islands, Bali, the Maluku Islands, and Papua are all included in the eastern region of Indonesia, commonly referred to as Eastern Indonesia (Dephub.co.id, 2020) Papua and West Nusa Tenggara are the provinces exhibiting the tremendous educational inequality (Setyadi, 2022).

Adolescent: The period of life from 10 to 19 is known as adolescence. It is a distinct period in the development of the human being and a crucial one for building the groundwork for long-term health (UNICEF, 2021b; WHO, n.d.). Teenagers proliferate in terms of their bodies, minds, and social skills. Their reactions to the environment and their thoughts, feelings, and decisions are all impacted by this (UNICEF, 2021b; WHO, n.d.)

Comprehensive Sexual Education: this is education designed to give young people the knowledge, abilities, attitudes, and values they need to identify and appreciate their sexuality—physically and emotionally, separately, and sincerely. It should start in early childhood and last throughout one's lifetime (Acog.org, n.d.; *Demystifying-Data-Handouts_0.Pdf*, n.d.; Plannedparenthood.org, 2023; UNFPA, n.d.)

Guideline: A guideline can be used to plan actions or form an opinion about something; an indication or outline of policy or conduct (Collinsdictionary.com, 2023; Dictionary.com, n.d.; Mariam-Webster, n.d.)

Abbreviations

CSE: Comprehensive Sexual Education

SRE: Sexual and relationship education

GBV: Gender-Based Violence

HIV: Human Immunodeficiency Virus

AIDS: Acquired Immune Deficiency Syndrome

GSHS: Global School-Based Student Health Survey

UNICEF: United Nations International Children's Emergency Fund

WHO: World Health Organization

ITGSE: International Technical Guidance on Sexuality Education

UN: United Nation

UNFPA: The United Nations Population Fund

STD: Sexual Transmitted Diseases

LMIC: Low Middle-Income Country

Chapter 2: Review of Literature

Importance Of Sex and Relationship Education (SRE)

This literature review summarizes evidence on various aspects of the need for comprehensive sex education with attention to cultural sensitivity from a global perspective to a local view. Teenagers should receive sex education and information related to reproductive processes. Twenty percent of countries globally do not yet have a comprehensive sex education policy (United Nations, 2016). No country in Asia or the Pacific countries has provided comprehensive sexual education based on The International Technical Guidance on Sexuality Education (ITGSE) (UNFPA Asiapacific, 2021). In Indonesian culture, sex education is not freely discussed (Sheany, 2020). Therefore, parental engagement is critical to maximizing the benefits of the sex and relationship education (House of Commons London: The Stationery Office Limited, 2015) and creating a sex education curriculum as an extracurricular activity (Schonhardt, 2013; Shah & Åhman, 2012). The absence of comprehensive sexual education represents a worldwide issue of concern.

Culturally relevant, comprehensive sex education substantially impacts teenagers' knowledge and ability to respond positively to the issues of adolescent sexual behavior (Patroni & Ismiati, 2019). Making such education available aligns with the targets of Sustainable Development Goal 3.7, which states, By 2030, ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programs (WHO, 2023). Furthermore, imparting comprehensive sexual education is likely to yield favorable outcomes in the attitudes and behaviors of adolescents.

Participatory action research (PAR) conducted in a rural area of Lampung, Indonesia, in a focus group discussion (FDG) identified five factors that were the strongest determinants of adolescent pregnancy: low educational attainment, juvenile criminality, poverty, social and cultural norms, and less use of reproductive health services among pregnant teenagers. Education about reproductive health and revenue generation were two intervention measures used (Effendi et al., 2021). As a constituent of the Global Early Adolescent Study, a survey was administered in three metropolitan regions of Indonesia to accumulate cross-sectional data. The findings demonstrate that despite displaying proficiency in various aspects of sexual health, young adolescents in Indonesia possess an abundance of misconceptions, emotional distress, and sexual ambiguities, which are accompanied by notable gender disparities (Kågesten et al., 2021). These findings highlight the pressing need for comprehensive sexual education programs and interventions that cater to the unique needs of young people in Indonesia.

Family and School-Based Sex Education

Connections between family and school for sex education. What kind of material should be provided? Salim and Tambunan shared some sex education topics for this relationship education: bodily autonomy, consent, healthy relationship, health and safety, puberty-related changes, and how to maintain healthiness (Salim & Tambunan, 2022). The four primary approaches to sexual consent education identified through content analysis—risky behavior, sex-positive, life skills, and sociocultural adapted—were some of which were interwoven across programs (Burton et al., 2023). To better understand sexuality and intimate relationships in daily life, a study's findings advise academics and other professionals to engage with the viewpoints and lived experiences of young people (Malka & Lotan, 2022). Investigation of sex behavior; menarche in teenagers, using a structure search strategy of 81 studies published in peer-

reviewed-journal in 25 different LMIC countries, providing results that inadequate planning, ignorance, and bad menstrual hygiene habits are significant barriers to education, self-esteem, and personal growth (Chandra-Mouli & Patel, 2017). Therefore, the family and school circle are essential sources in getting an education about sexuality for a teenager.

Moreover, research conducted by Durex Indonesia on sexual and reproductive health showed that 84 percent of adolescents aged 12-17 years had not received sex education (A. Putri, 2019). Sex education is required, and we need programs to support the sexual health (Gruskin et al., 2019). Accordingly, aspects relevant to comprehensive sex education can be divided into the three broad spheres in which people operate: individual, interpersonal, and societal.

Individual Level of Sex Education

Everyone has unique needs and experiences. This can be in the ability to communicate, have passion and make life decisions. Therefore, special programs for adolescents are needed as individuals who are vulnerable in dealing with specific stressful situations (Cairns et al., 2014; Lecic-Tosevski et al., 2011). In addition, every person has the right to know himself in depth and detail. Studying the physical as human beings holistically gives teenagers awareness and a sense of responsibility to take care of their bodies and souls and learn things that are normal and abnormal (Achmad & Westley, 1999; Weinshenker, 2002)—for example, the knowledge about the risk of anemia when women have their period (van Zutphen et al., 2021). Learning about body image and reproductive health programs is essential (Achmad & Westley, 1999; Weinshenker, 2002). An advanced understanding of sexuality will encourage adolescents to have approving thoughts and behaviors.

Adolescent and Technology. Adolescence is a period of increased motivation and curiosity about things related to sexuality (Fortenberry, 2013). The World Health Organization describes adolescence as a time of change, growth, discovery, and opportunity, including

emotional, cognitive, and psychological changes (WHO, 2022). A survey was done in a school on 1,472 students to study their health behavior about violent and mature gaming during early adolescence. The results showed that the amount of online social interaction through gaming and video games' violent and adult content significantly negatively impacted teenagers' social and behavioral health (Charmaraman et al., 2020). A qualitative study using a phenomenological approach was undertaken between February and October 2020 in West Java, Indonesia. Male adolescent internet addiction is a public health issue that needs attention. The results of this study can be helpful for health professionals and families to help young boys manage their addiction to the Internet (Rakhmawati et al., 2021).

A study from the Yogyakarta region in Indonesia from July to August 2020 using purposive and snowball sampling showed that mothers claimed the children were less active and used more screens for entertainment or learning during the pandemic than they had in the past (Andriyani et al., 2021). Today's youth are heavily influenced by their peers and technology, particularly smartphones. The current society is highly technological, and youth are growing up surrounded by these advances. While smartphone technology has many advantages, it can have dangerous consequences if not used wisely by teenagers. Teenagers from this generation can become caught up in inappropriate behaviors, breaking the rules and social norms and exhibiting irresponsible actions (Makaria et al., 2021). These studies reinforce the need for proper guidelines and support in the period of adolescence from all stakeholders.

Interpersonal Level for Sex Education

Healthy Relationships among Individuals. A friend, a child in the family, and a student at school are roles played by every teenager. Young adolescents who experience a lack of security and dangerous peer behavior are more likely to engage in violent behavior. A cross-sectional

data of 5,762 adolescents from four countries, including Indonesia, explained that the connections between parents and the environment are frequently linked to a decline in violence (Beckwith et al., 2022). A literature review of twenty-nine studies showed the importance of strengthening family support for young people's exposure to community violence (Ozer et al., 2017). In an article on sex education books in Indonesia, it was suggested that the focus of school textbooks should be on encouraging healthy sexual behavior, encouraging a healthy lifestyle, discouraging high-risk sexual behavior, promoting family openness and discussion about reproductive health, and increasing self-confidence to reject and avoid sexual harassment (Diarsvitri & Utomo, 2022b). Adolescents who possess a heightened sense of self-awareness are more proficient in demonstrating reverence towards the convictions held by others.

Familial Relationships and Sex Education. The relationship between parents and children will be very influential in bringing it in a positive or opposing direction. A journal article mentioned that as people age, family ties become increasingly crucial to the well-being of teenagers (Thomas et al., 2017). Providing sex education to adolescents at home should not be considered taboo by parents. By examining popular magazines and educational publications and conducting focus group discussions with young men and women in Surabaya, East Java, the article writer found that the prevailing discourse in Java discourages youth sexuality by presenting it as unhealthy and emphasizing the dangers of sex. However, a lesson on competence and citizenship is a more accurate reflection of youth sexual behavior and poses new challenges for sex education. Therefore, youth should have access to information about different sexualities and should respect the diverse spectrum of sexual identities. (Holzner & Oetomo, 2004). Family relationships should be the best place for a child to get basic information like the dangers of

smoking and sex education (Bylund & Duck, 2004). The role of parents greatly influences the sexual behavior of children.

Societal Level for Sex Education

A comprehensive Systematic Review and Meta-Analysis demonstrate important links between community-level risk and protective factors and children's and adolescents' mental health (Stirling et al., 2015). In the Banjul region of the Gambia, 2,521 young people aged 14 to 24 participated in a knowledge, attitude, and practice study. The result is that access to family planning and reproductive health information and services may be made possible through family life education in schools or communities (Kane et al., 1990). The Indonesian government is currently incapable of fulfilling the informational needs of the country's 42 million adolescents, thereby necessitating alternative strategies to disseminate information, such as utilizing media outlets. While the approach outlined in this paper may exceed most Indonesian districts' available staffing and resource capacity, it demonstrates the widespread enthusiasm across various communities to educate young individuals on safeguarding their reproductive health (Hull et al., 2004). The concern of parents about providing sexual education impacts juveniles' behavior.

Gender Inequality and Poverty. In Indonesia, a robust patriarchal system, formal and informal institutions, and ingrained, restrictive gender norms determine women's roles. These conventions severely restrict how much women can use their rights and opportunities in education, health, and finance. Even though gender inequality has been addressed in Indonesia, there is still a significant gender inequality in the nation. These harmful practices slow the progress of society as a whole, denying women opportunities for education, economic independence, and social and civic participation (CNN Indonesia, 2023; PLAN International,

2019). Another study describes a pilot program of sex education that is delivered to fourth-grade students at one elementary school in Jakarta, Indonesia; The program aimed to achieve five goals, but boys only succeeded in three of them, which were to identify and name body parts correctly, understand personal hygiene, and protect themselves from unwanted touch. Girls, on the other hand, were successful in achieving all five goals. Additionally, when it came to asking questions about sexuality, girls answered more specific questions than boys, highlighting the gender differences in sexual education. These findings show variations in how different genders approach sexuality (Safitri, 2017). Sex education will sustain equitable social justice for all people, especially children, and women.

Child Marriage. Child marriage before the age of 18 is a human rights violation (UNICEF, 2020a). Sustainable Development Goals Goal 5 – Target 5.3 - aims to eliminate all dangerous practices, including child marriage, by 2030. Despite the high prevalence of child marriage in Indonesia, the Indonesian government is dedicated to achieving that goal (UNICEF, 2020b). However, child marriage triggers high school dropout rates. From a health perspective, early marriage is associated with maternal mortality, anemia, mental unpreparedness, poverty, child stunting, and violence (Bhwana, 2023; Efevbera et al., 2017). Also, the child marriage rate in Indonesia is about 16.3 (United Nations Women, 2016). To properly handle this issue, public health theory states that we must consider at least three different factors: supply, demand, and structural components (J. Putri & Rasyid, 2019). All stakeholders have a significant role in addressing the issue of child marriage.

Recently, a district in the East Java province, Ponorogo in Indonesia, reported 197 petitions for marriage under the age of 19 in the first week of 2023, surprising news at the start of the year (BeritaSatu, 2023). Moreover, the reasons were quite diverse, where 125 submissions

were due to pregnancy, and the rest were due to belief in society; the people expressed they would rather be married than date (Kompas.com, 2023). Child marriage can only occur through legal permits or dispensation. Then, it can be accepted, and it can also be rejected.

Ponorogo is a district that produces many Indonesian migrant workers abroad. This fact has real implications for the lack of parental monitoring of children's behavior (Fakhrunnisak & Patria, 2022; Grossman et al., 2021). In addition, conflicts between culture, religion, and religious law further exacerbate the problem of sexuality in adolescents (Grijns & Horii, 2018). So sexual health education can give teenagers the knowledge and skills to avoid child marriage, pregnancy outside of marriage, sexually transmitted diseases, and being a victim of harmful sexual behavior (CDC, 2023). Children are deprived of parental care by busy working parent. There must be other people or other stakeholders who take over this sexual education role.

Chapter 3: Methodology

Need Assessment

Based on the background and the literature review research and studies conducted in Indonesia since 2000, the urgent need for comprehensive sexual education was confirmed (Nationsonline.org, 2023). Human resources are one of the fundamental strengths of the Indonesians (Hull & Jones, 2010). However, inadequate literacy is related to sexual education because it is considered taboo and not commonly discussed. Many other detrimental things have sex education should no longer be considered taboo.

On the other hand, stigma and stereotypes make it difficult to provide comprehensive sexual education (McRae, 2018). Certain socially acceptable cultural practices, including child marriage and forced marriages, can harm individuals' health. In some cultures, women may face detention and be compelled into marriage without their consent (The Jakarta Post, 2020) or be subjected to circumcision in a manner that poses grave risks of infection or mortality (Narasi Newsroom, 2023). Unfortunately, violence against women and children is also prevalent, often perpetrated by individuals who are familiar with them. These issues can give rise to additional problems, such as malnutrition, reduced school attendance, and the neglect of individuals' fundamental rights and freedoms.

All these conditions must be viewed from a broad and future perspective. Indeed, not all behaviors and habits related to sexuality are wrong. However, it is better to examine the meanings, values, and behavior one by one to see if there is a possibility of mutually supporting or even contradicting each other with theories or science that are continuously developing and that will not have a positive impact should be left. Some traditional practices or customs may adversely affect people's health or safety, while others do not. At the same time, some local

wisdom or cultural knowledge may have value and should be preserved or maintained. So, the idea is to balance keeping cultural practices and ensuring they do not harm people's health or safety.

Guideline Development

Motivated by my experience and expertise, I felt compelled to create a concise guidebook for adolescent survival. This resource is valuable for teenagers, parents, community leaders, and educators during discussions with youth at home or in school settings. Specifically, this guidebook intends to help teenagers improve their self-awareness and better comprehend the experiences of their peers. The content of this guidebook is aligned with the comprehensive sexual education guidelines proposed by the UNFPA in 2018 while also considering local customs and traditions (Dzulfikar, 2019).

The primary aim of producing this book guide is to provide information and guidance to all Indonesian youth between the ages of 10 and 19, particularly those residing in Eastern Indonesia. The focus is comprised of 45 illustrated pages that are organized into eight chapters. I consulted with three teachers working in rural areas of three different islands to gain insight into the challenges in providing comprehensive sexual education to adolescents. These consultations revealed a shared concern about the limited availability of sexual health information for young people, despite the increasing complexity of their issues. It is crucial to overcome the fear and reluctance to discuss sexual behavior openly, as failing to do so can result in adolescents obtaining unreliable or harmful information. In addition, to ensure the accuracy and effectiveness of the guide, I sought the expertise of a professor from Emory University with extensive experience in Indonesia.

Before publishing this book online, I have discussions with several medical staff, teachers, and teenagers regarding recommendations, suggestions, and criticisms of this book. Based on their input, I modified the book before its widespread distribution. In the long run, I aim to produce a printed version of this book, supplementing it with additional insights and pertinent information, thereby enabling its dissemination to families and teenagers residing in regions with limited access to electricity and communication signals.

IRB Approval

N/A. By the requirements for an IRB, the Special Study Project Thesis does not require an IRB Approval

Pilot Testing

As previously mentioned, this book was developed following the 2018 UNFPA Technical Guidance on Sexual Education while also considering the cultural values of Indonesia. Previous studies have demonstrated a relationship between improved educational outcomes and enhanced local education governance (Samer, 2013). To pilot test this book, I distributed it to ten participants, including teachers stationed in remote regions, nurses working in hospitals, and several youths aged between 10 and 19. Subsequently, I sought their feedback regarding the book.

A study was conducted in February and March 2023, where interviews were conducted with ten participants comprising teachers, nurses, a housewife, and students. The interviews were conducted using video, audio, and chat technology. The participants were asked questions about the "teenager survival guidelines" book, and their responses were positive. During the interviews, participants were asked whether they would recommend the book to readers in their community or to teenagers in their place. They were also asked for any suggestions or criticisms

regarding the book. These questions aimed to understand the participants' perceptions of the book's value and potential for wider use among teenagers. Overall, the study aimed to evaluate the effectiveness and relevance of the "teenager survival guidelines" book among its intended audience.

“This book can really help my students in remote areas like the island right where I live on the island of Sabu, to learn about comprehensive sex education. I like the content and the color, even the kids in Junior High School in my area can understand”. (Teacher – Sabu Tribe)

" I liked the content about sexual harassment because it is important for a teenager to know their rights and have the courage to speak up” Teacher – (Boru)

“it is very relevant and important for everyone to know. The material for children in the US is indeed like this, but it is still taboo for some groups in Indonesia, one of which is in the regions, but that is not an excuse not to be introduced and this is the right time for you to start introducing and educating this teenager survival guideline. The content is very good with pictures and language that is easy to understand.” (Teacher -Maluku Tribe)

“This book is suitable for 15-year-old high school boys but maybe for 10-to-12 middle schoolers, they will be a bit weird for them." But in general, **I appreciated the book.**” (Nurse - Kupang District)

“After I reading this book, **I feel I have gained additional knowledge about what a teenager should do in order to pass my days positively and know my responsibilities and human rights.** I think this book is appropriate. Because sex education is very good to be taught to children at an early age, especially to teenagers, so that they can better understand distinguishing what is good and what is not good and can become a provision for their next life. Also In my opinion, the presentation of the material in this book is good, and not long-winded. What else is this material explained for teenagers, where they don't really like solid material. However, if possible, maybe you can add more detailed material regarding how to maintain vital hygiene in adolescents, especially those who have experienced puberty. I like this book is good, the material is also very good, so it's hard to find flaws in this book. Maybe it just needs additional material that I explained earlier.” (Teenager – Kefa)

“After reading this book I feel that I have positive knowledge. In this book, it is explained about ways that teenagers can use to overcome every problem in their life. Many variables are used for explanation, so that teenagers can easily understand the contents of this book. This book is very suitable for teenagers to read about sexual needs. The explanation given is concise and directly refers to the point. Additional material that should be provided in more detail in the explanation of this book is sexually transmitted diseases other than HIV. Preferably, this book explains in detail what sexually transmitted diseases are and how to treat them, such as; syphilis, herpes and gonorrhea. With this explanation, teenagers can find out what sexually transmitted

diseases are so they can take better care of their bodies. It's hard to say the flaws in this book. But personally, one of the parts that I think can be changed is in the explanation of the placement of the variable in the sixth point. Where the author can explain the indicators of wet dreams in the male puberty section.” (Teenager – Flores)

“I was happy and I felt motivated reading this book. **This book helped me to understand more about sexuality in a fun way.** "The sex education that I have studied is very general, not as detailed as in this book." I am happy because I am not only learning about sexuality but also, I am motivated to develop myself." Teenager – Sumba

“**This book is very good and relevant to the current situation of teenagers.** However, these issues are very sensitive among young teenager today, and I also still don't feel brave enough courage to discuss this in general or provide material to the community. I prefer that material like this be taught personally or in small groups. I like the light material in this book and the pictures that support this material. The quality of the pictures and text is very good” (Nurse, Kupang)

“Nice, This is interesting. The picture is the most prominent, and many of them are on each page. This is like the books that NGOs create for children, **the contents of which are pretty easy to understand for teenagers**” (Housewife, Java)

“**This book is interesting.** I'd love to help you with templates and some ideas.” (Teacher, Kefa)

Chapter 4: Deliverable

The Guidelines

The final book included eight sections. The following is an overview of each section. The detailed information is based on the ITGSE: the International Technical Guidance on Sexuality Education 2018 by UNFPA (UNFPA, 2018):

1. Family Relations

This section contains information about family, friendship, love, and romantic relationships tolerance, inclusion, and respect long-term commitments and parenting

2. Values, human rights, culture, and sexuality

This section contains information about values and sexuality, human rights and cultural sexuality, and society and sexuality

3. Understanding Gender

This section discusses the social construction of gender and gender norms gender equality, stereotypes and bias gender-based violence

4. Violence and self-security

This section explains consent violence, privacy and body integrity, and the safe use of Information and communication technology (ICT).

5. Health and well-being

This section mentions norms and peer influence on sexual behavior, communication, refusal and negotiation skills, media literacy and sexuality, and finding help and support.

6. Body growth and development

This section discusses sexual and reproductive anatomy, physiology, puberty, reproduction, and body image.

7. Sexual Behavior and Sexuality

This section talks about sex, sexuality, the sexual life cycle, sexual behavior, and sexual response

8. Sexual and Reproductive Health

This section shares information about pregnancy and pregnancy prevention, stigma, care, treatment, and support for HIV and AIDS and understanding, recognizing, and reducing the risk of STIs, including HIV.

Pilot Study Result

For the evaluation of this book, I recruited a diverse group of participants from various cultural and socio-economic backgrounds. The interviews were conducted over two months, between February and March 2023, utilizing video calls, audio calls, and chat formats. Each participant represented a unique tribe, with several tribes and backgrounds included in the study. I distributed a PDF version of the "Teenager Survival Guide" to each participant and requested their constructive feedback, including reviews, critiques, and suggestions on the book's content.

The results of a survey or evaluation of a book intended for educational use by teenagers. All respondents (100%) rated the book as excellent and highly recommended it for distribution to teenagers. Teenagers easily understood the book's content due to simple language and appropriate illustrations. Additionally, respondents suggested that more explicit material could be added to the book while maintaining its simplicity. Overall, the evaluation results indicate that the book is an effective educational tool for teenagers and that further improvements could be made to enhance its educational value.

Chapter 5: Discussion

Strength and Limitation

Strength. A paucity of literature offers comprehensive coverage of sexual education, particularly for children residing in rural regions of Indonesia. However, a recent publication has attempted to address this knowledge gap by adhering to the guidelines set forth by the United Nations Population Fund (UNFPA) in 2018 while considering the intended audience's age range, which falls within the range of 10 to 19 years. An additional benefit of this book is that it is presented in a bilingual format, thereby not only educating young people about sex education but also exposing them to the English language. Furthermore, the vocabulary used in the book is easy to comprehend due to its simplicity. This resource is readily available to parents, educators, and anyone who requires additional teaching material to facilitate discussions with young people and teenagers.

This book has been developed as a PDF file to facilitate easy dissemination later, considering its size and shape. Moreover, it has been produced in a compact format measuring 20 x 25 cm, enabling it to be conveniently carried and stored in a bag and not entail high costs when printed manually. Furthermore, the illustrations in the book are aesthetically pleasing and provide impetus for teenagers to engage with the content.

Limitation. Although providing educational resources in the form of books can be beneficial, the knowledge conveyed may be limited, particularly for sensitive topics like sex education. Deficiencies and inaccuracies in interpreting the intended message may arise, making it preferable to provide such resources in conjunction with training programs that involve collaborative efforts with reputable organizations such as churches, community health centers, or educational institutions. This approach would enable teenagers to read the material, pose

questions, and engage in discussions with trustworthy sources, thereby fostering a more comprehensive understanding of the subject matter. Such an approach aligns with my long-term objective.

Another issue that may arise is that perspectives on sexual education may not be consistent across all regions. Hence, relying solely on books would be insufficient to change ingrained behaviors. Instead, a long-term, targeted, and measurable program should be established to mitigate the consequences of such issues. For example, such a program could aim to reduce dropout rates among children due to pregnancy, encourage education for young people and promote gender equality.

Recommendation

To overcome the limitations and increase the accessibility of comprehensive sex education, the following recommendations are proposed:

Guideline Development Process. To ensure a comprehensive and effective approach to sex education, it is recommended that a thorough guideline development process be undertaken. This process should involve the input of experienced educators, health professionals, policymakers, and other relevant stakeholders. The guidelines should be designed to address the physical, social, and emotional aspects of sex education and be adapted to meet the specific needs of adolescents in various contexts.

- Evidence-based: To provide accurate and reliable information, it is recommended that sex education materials be based on evidence-based research, such as more reliable studies and research in a specific area or local custom. The material should also incorporate local wisdom and cultural values to ensure it is relevant and appropriate for the target audience.

- Targeting audience: It is recommended that comprehensive sex education materials be primarily directed based on the age group and need. The material should also be accessible and understandable for each group interested and can be delivered in learning several mother tongues.
- Empowering educators: It is recommended that educators be empowered through training and support to provide comprehensive sex education to adolescents effectively.
- Integration into school curriculum: To ensure widespread coverage, it is recommended that comprehensive sex education be integrated into the school curriculum. This will help to address the issue of limited access to sexual education and provide a more structured approach to this vital topic. The recommendation to implement a comprehensive sexual education curriculum in schools is a complex process that requires time and coordination with the government. The hierarchical structure of the curriculum creation process, which provincial and territorial departments oversee, limits the ability of schools to create their curriculum independently.

Guideline Evaluation Process. To evaluate the book's effectiveness, a narrative inquiry was conducted with a sample of participants, including teachers, health workers, and youth from diverse ethnic backgrounds. The participants were asked to provide their feedback on the book. The sample consisted of ten participants comprising four teachers, three teenagers aged 18-20 years, and two nurses from different tribes and backgrounds in East Indonesia, who unanimously agreed that the book was highly recommended for teenagers in their area. This finding highlights the potential of the book to serve as a helpful resource in providing comprehensive sexual education to youth in Indonesia.

However, pilot studies should be conducted with more participants to obtain many inputs. Content inclusive of all demographics—age, gender, culture, and ability—is essential. In designing the curriculum, we should first take a broader view (Dzulfikar, 2019). Differences of opinion regarding sexual education can happen in countries with high diversity, with different experiences and cultures. So, it is indispensable to ask the community again what problems most are needed for them and find a way out of the stigma in society.

This book is provided in two languages, namely English and Bahasa. This is deliberately made to give the impression that students are exposed to the languages most frequently used globally. However, Indonesia has one unifying language, namely Indonesian, but each tribe also has its language. This could be a consideration for future programs to provide sexual education that can understand, can use the local language.

Material. Expanding the scope of the material provided is imperative while ensuring that the delivery remains simple and accessible. This can be achieved by incorporating a variety of topics, including but not limited to contraception, healthy relationships, gender identity, and sexual diversity.

In addition to the book, it is crucial to develop supplementary programs to achieve the same goals. These programs can be seminars, workshops, or small group discussions and should target youth, educators, and parents. Such initiatives can provide a more interactive and engaging learning experience that complements the book's content.

A re-evaluation of age appropriateness is necessary, considering the cultural differences in accepting sexual education across various locations. This may entail adapting the material and delivery to suit different communities' unique needs and preferences. Moreover, engaging with

local leaders and stakeholders is crucial to ensure the program aligns with their cultural values and beliefs.

Conclusion

In conclusion, the importance of comprehensive sexual education in promoting the sexual and reproductive health of adolescents cannot be overstated. Despite the Indonesian government recognizing this need, implementing CSE in the country faces several limitations, including inadequate training for educators, limited access to information, and conservative attitudes toward sexuality. However, by adopting a targeted and comprehensive approach that involves multiple stakeholders, collaborates with the government sector and NGOs, provides comprehensive training programs for educators, and develops accessible and youth-friendly facilities, the reach and effectiveness of CSE programs in Indonesia can be improved. We hope these book guide can contribute to a safer and healthier future for young people in Indonesia by providing them with the knowledge and skills needed to make informed decisions about their sexual health and well-being.

Bibliography

- Achmad, S. I., & Westley, S. B. (1999). Indonesian survey looks at adolescent reproductive health. *Asia-Pacific Population & Policy*, *51*, 1–4.
- Acog.org. (n.d.). *Comprehensive Sexuality Education*. Retrieved March 8, 2023, from <https://www.acog.org/en/clinical/clinical-guidance/committee-opinion/articles/2016/11/comprehensive-sexuality-education>
- Andriyani, F. D., Biddle, S. J. H., & De Cocker, K. (2021). Adolescents' physical activity and sedentary behaviour in Indonesia during the COVID-19 pandemic: A qualitative study of mothers' perspectives. *BMC Public Health*, *21*(1), 1864. <https://doi.org/10.1186/s12889-021-11931-1>
- Badan Pusat Statistik. (n.d.). Retrieved March 15, 2023, from https://www.bps.go.id/indikator/indikator/view_data_pub/0000/api_pub/YW40a21pdTU1cnJxOGt6dm43ZEdoZz09/da_03/1
- Beckwith, S., Lou, C., Michielsen, K., Mafuta, E., Wilopo, S. A., & Blum, R. W. (2022). Violence Perpetration in Early Adolescence: A Study of Four Urban Communities Worldwide. *The Journal of Adolescent Health: Official Publication of the Society for Adolescent Medicine*, *71*(5), 616–627. <https://doi.org/10.1016/j.jadohealth.2022.06.011>
- BeritaSatu (Director). (2023, January 14). *Ratusan Pelajar di Ponorogo Dispensasi Nikah Muda, 90% Sudah Hamil*. https://www.youtube.com/watch?v=7_LmNdwtSc
- Bhwana, P. G. (2023, January 15). *Women's Empowerment Minister Calls for Tight dispensation for Marriage Applications*. Tempo. <https://en.tempo.co/read/1679793/womens-empowerment-minister-calls-for-tight-dispensation-for-marriage-applications>
- Burton, O., Rawstorne, P., Watchirs-Smith, L., Nathan, S., & Carter, A. (2023). Teaching sexual consent to young people in education settings: A narrative systematic review. *Sex Education*, *23*(1), 18–34. <https://doi.org/10.1080/14681811.2021.2018676>
- Bylund, C. L., & Duck, S. (2004). The Everyday Interplay between Family Relationships and Family Members' Health. *Journal of Social and Personal Relationships*, *21*(1), 5–7. <https://doi.org/10.1177/0265407504039837>
- Cairns, K. E., Yap, M. B. H., Pilkington, P. D., & Jorm, A. F. (2014). Risk and protective factors for depression that adolescents can modify: A systematic review and meta-analysis of longitudinal studies. *Journal of Affective Disorders*, *169*, 61–75. <https://doi.org/10.1016/j.jad.2014.08.006>
- CDC. (2023, January 10). *What Works: Sexual Health Education | DASH | CDC*. <https://www.cdc.gov/healthyyouth/whatworks/what-works-sexual-health-education.htm>
- Chandra-Mouli, V., & Patel, S. V. (2017). Mapping the knowledge and understanding of menarche, menstrual hygiene and menstrual health among adolescent girls in low- and middle-income countries. *Reproductive Health*, *14*(1), 30. <https://doi.org/10.1186/s12978-017-0293-6>
- Charmaraman, L., Richer, A. M., & Moreno, M. A. (2020). Social and Behavioral Health Factors Associated with Violent and Mature Gaming in Early Adolescence. *International Journal of Environmental Research and Public Health*, *17*(14), 4996. <https://doi.org/10.3390/ijerph17144996>

- Chavula, M. P., Zulu, J. M., & Hurtig, A.-K. (2022). Factors influencing the integration of comprehensive sexuality education into educational systems in low- and middle-income countries: A systematic review. *Reproductive Health, 19*(1), 196. <https://doi.org/10.1186/s12978-022-01504-9>
- CNN Indonesia (Director). (2023, February 12). *Sunat Perempuan antara Tradisi dan Bahaya Medis*. https://www.youtube.com/watch?v=2yz1dkkaW_A
- Collinsdictionary.com. (2023, March 8). *Guideline definition and meaning | Collins English Dictionary*. <https://www.collinsdictionary.com/us/dictionary/english/guideline>
- Demystifying-data-handouts_0.pdf*. (n.d.). Retrieved March 8, 2023, from https://www.guttmacher.org/sites/default/files/report_downloads/demystifying-data-handouts_0.pdf
- Dephub.co.id. (2020). *Jejak Lensa Pembangunan Perhubungan Papua, NTB, NTT Kementerian Perhubungan Republik Indonesia*. <https://dephub.go.id/post/read/jejak-lensa-pembangunan-perhubungan-papua,-ntb,-ntt>
- Diarsvitri, W., & Utomo, I. D. (2022a). Medical perspective of reproductive health education in Indonesian schoolbooks. *Frontiers in Public Health, 10*, 943429. <https://doi.org/10.3389/fpubh.2022.943429>
- Diarsvitri, W., & Utomo, I. D. (2022b). Medical perspective of reproductive health education in Indonesian schoolbooks. *Frontiers in Public Health, 10*, 943429. <https://doi.org/10.3389/fpubh.2022.943429>
- Dictionary.com. (n.d.). *Definition of guideline | Dictionary.com*. [Www.Dictionary.Com](https://www.dictionary.com/browse/guideline). Retrieved March 8, 2023, from <https://www.dictionary.com/browse/guideline>
- Direktorat SMP, A. (2021, March 1). *Indahnya Keberagaman dan Pentingnya Toleransi di Indonesia*. *Direktorat SMP*. <https://ditsmp.kemdikbud.go.id/indahnya-keberagaman-dan-pentingnya-toleransi-di-indonesia/>
- Dzulfikar, L. T. (2019, August 29). *How to teach sex education in Indonesia: Academics weigh in*. *The Conversation*. <http://theconversation.com/how-to-teach-sex-education-in-indonesia-academics-weigh-in-122400>
- Efevbera, Y., Bhabha, J., Farmer, P. E., & Fink, G. (2017). Girl child marriage as a risk factor for early childhood development and stunting. *Social Science & Medicine (1982), 185*, 91–101. <https://doi.org/10.1016/j.socscimed.2017.05.027>
- Effendi, D. E., Handayani Deceased, L., Nugroho, A. P., & Hariastuti, I. (2021). Adolescent pregnancy prevention in rural Indonesia: A participatory action research. *Rural and Remote Health, 21*(3), 6639. <https://doi.org/10.22605/RRH6639>
- Fakhrunnisak, D., & Patria, B. (2022). The positive effects of parents' education level on children's mental health in Indonesia: A result of longitudinal survey. *BMC Public Health, 22*(1), 949. <https://doi.org/10.1186/s12889-022-13380-w>
- Fortenberry, J. D. (2013). Puberty and Adolescent Sexuality. *Hormones and Behavior, 64*(2), 280–287. <https://doi.org/10.1016/j.yhbeh.2013.03.007>
- Grijns, M., & Horii, H. (2018). Child Marriage in a Village in West Java (Indonesia): Compromises between Legal Obligations and Religious Concerns. *Asian Journal of Law and Society, 5*(2), 453–466. <https://doi.org/10.1017/als.2018.9>
- Grossman, J. M., DeSouza, L. M., Richer, A. M., & Lynch, A. D. (2021). Father-Teen Talks about Sex and Teens' Sexual Health: The Role of Direct and Indirect Communication. *International Journal of Environmental Research and Public Health, 18*(18), Article 18. <https://doi.org/10.3390/ijerph18189760>

- Gruskin, S., Yadav, V., Castellanos-Usigli, A., Khizanishvili, G., & Kismödi, E. (2019). Sexual health, sexual rights and sexual pleasure: Meaningfully engaging the perfect triangle. *Sexual and Reproductive Health Matters*, 27(1), 1593787. <https://doi.org/10.1080/26410397.2019.1593787>
- Healthdata.org. (2022, October 11). *The Lancet: New study shows lingering health disparities between Indonesia's provinces*. Institute for Health Metrics and Evaluation. <https://www.healthdata.org/news-release/lancet-new-study-shows-lingering-health-disparities-between-indonesia%E2%80%99s-provinces>
- Holzner, B. M., & Oetomo, D. (2004). Youth, sexuality and sex education messages in Indonesia: Issues of desire and control. *Reproductive Health Matters*, 12(23), 40–49. [https://doi.org/10.1016/s0968-8080\(04\)23122-6](https://doi.org/10.1016/s0968-8080(04)23122-6)
- House of Commons London: The Stationery Office Limited. (2015). *Life lessons: PSHE and SRE in schools*.
- Hull, T. H., Hasmi, E., & Widyantoro, N. (2004). “Peer” educator initiatives for adolescent reproductive health projects in Indonesia. *Reproductive Health Matters*, 12(23), 29–39. [https://doi.org/10.1016/s0968-8080\(04\)23120-2](https://doi.org/10.1016/s0968-8080(04)23120-2)
- Hull, T. H., & Jones, G. W. (2010). *Indonesia Assessment: Population and Human Resources | ISEAS Publishing*. <https://bookshop.iseas.edu.sg/publication/202>
- Kågesten, A. E., Pinandari, A. W., Page, A., Wilopo, S. A., & van Reeuwijk, M. (2021). Sexual wellbeing in early adolescence: A cross-sectional assessment among girls and boys in urban Indonesia. *Reproductive Health*, 18(1), 153. <https://doi.org/10.1186/s12978-021-01199-4>
- Kane, T. T., De Buysscher, R., & Taylor-thomas, T. (1990). [Adolescent pregnancy and contraception in greater Banjul. Young people need precise information]. *Pop Sahel: Bulletin D'information Sur La Population Et Le Developpement*, 13, 28–34.
- Kompas.com. (2023, January 17). *125 Anak di Ponorogo Hamil di Luar Nikah dan Ajukan Dispensasi Nikah Dini, Bupati: Lebih Rendah Dibanding Daerah Lain*. KOMPAS.com. <https://surabaya.kompas.com/read/2023/01/17/105442478/125-anak-di-ponorogo-hamil-di-luar-nikah-dan-ajukan-dispensasi-nikah-dini>
- Lecic-Tosevski, D., Vukovic, O., & Stepanovic, J. (2011). Stress and personality. *Psychiatrike = Psychiatriki*, 22(4), 290–297.
- Legge, J. D., McDivitt, J. F., Leinbach, T. R., Mohamad, G. S., Wolters, O. W., & Adam, A. W. (2023, March 7). *Indonesia | History, Flag, Map, Capital, Language, Religion, & Facts | Britannica*. <https://www.britannica.com/place/Indonesia>
- Makaria, E., Rachmayanie, R., & Adawiyah, R. (2021, January 1). *Teenagers' Promiscuity of Alpha Generation*. <https://doi.org/10.2991/assehr.k.210222.032>
- Malka, M., & Lotan, S. (2022). Sexuality and intimate relationships in everyday life –young people's perspectives in Israel. *Sex Education*, 22(6), 655–673. <https://doi.org/10.1080/14681811.2021.2001326>
- Mardiyati, A. (2020, April 4). *Indonesia's teen suicide problem and what to do about it*. South China Morning Post. <https://www.scmp.com/lifestyle/health-wellness/article/3078072/indonesias-teen-suicide-problem-and-what-do-about-it>
- Mariam-Webster, M. (n.d.). *Guideline Definition & Meaning—Merriam-Webster*. Retrieved March 8, 2023, from <https://www.merriam-webster.com/dictionary/guideline>
- McRae, D. (2018). *Talking Indonesia: Pornography*. Indonesia at Melbourne. <https://indonesiaatmelbourne.unimelb.edu.au/talking-indonesia-pornography/>

- Ministry of Foreign Affairs, I. (2018). *KEDUTAAN BESAR REPUBLIK INDONESIA di CANBERRA, MERANGKAP REPUBLIK VANUATU AUSTRALIA*. Kementerian Luar Negeri Republik Indonesia. <https://kemlu.go.id/canberra/id>
- Mmari, K., Cooper, D., Moreau, C., Koenig, L., Martinez, M., Mafuta, E., Kayembe, P., De Meyer, S., Michielson, K., Yu, C., Zuo, X., & Blum, R. W. (2021). The Social Context of Early Adolescents in the Global Early Adolescent Study. *The Journal of Adolescent Health: Official Publication of the Society for Adolescent Medicine*, 69(1S), S5–S15. <https://doi.org/10.1016/j.jadohealth.2021.01.024>
- MPR, S. J. M. (2015). *Indonesia Adalah Negara Yang Sangat Kaya*. Mpr.Go.Id. <https://www.mpr.go.id/berita/indonesia-adalah-negara-yang-sangat-kaya>
- Narasi Newsroom (Director). (2023, February 5). *Sunat Perempuan Tidak Dianjurkan & Praktikanya Masih Ada. Indonesia Salah Satunya | Narasi Explains*. <https://www.youtube.com/watch?v=1X62CrVJzb8>
- Nationsonline.org, klaus kastle-. (2023). *From the World's most populated countries to the least populated nations—Nations Online Project*. <https://www.nationsonline.org/oneworld/population-by-country.htm>
- Oktafiga, D. (2017). *Bhinneka Tunggal Ika – Indonesia's Source of Excellence*. Jakarta Globe. <https://jakartaglobe.id/context/bhinneka-tunggal-ika-indonesias-source-of-excellence>
- Ozer, E. J., Lavi, I., Douglas, L., & Wolf, J. P. (2017). Protective Factors for Youth Exposed to Violence in Their Communities: A Review of Family, School, and Community Moderators. *Journal of Clinical Child and Adolescent Psychology: The Official Journal for the Society of Clinical Child and Adolescent Psychology, American Psychological Association, Division 53*, 46(3), 353–378. <https://doi.org/10.1080/15374416.2015.1046178>
- Pandia, V., Novianhari, A., Amelia, I., Hidayat, G. H., Fadlyana, E., & Dhamayanti, M. (2021). Association of Mental Health Problems and Socio-Demographic Factors Among Adolescents in Indonesia. *Global Pediatric Health*, 8, 2333794X211042223. <https://doi.org/10.1177/2333794X211042223>
- Patroni, R. & Ismiati. (2019). The effect of sex education on youth knowledge about sexual behavior in storage in sma negeri 2 kaur. *Proceedings of the 1st International Conference on Inter-Professional Health Collaboration (ICIHC 2018)*. Proceedings of the 1st International Conference on Inter-professional Health Collaboration (ICIHC 2018), Bengkulu, Indonesia. <https://doi.org/10.2991/icihc-18.2019.5>
- Peltzer, K., & Pengpid, S. (2020). Sexual risk behaviour and its correlates among adolescents in Indonesia, Laos, Thailand and Timor-Leste: Results from national school surveys in 2015. *International Journal of Adolescent Medicine and Health*, 33(6), 501–509. <https://doi.org/10.1515/ijamh-2019-0230>
- Pengpid, S., & Peltzer, K. (2020). Suicide Attempt and Associated Factors Among Adolescents in Five Southeast Asian Countries in 2015. *Crisis*, 41(4), 296–303. <https://doi.org/10.1027/0227-5910/a000642>
- Pew Research Center, N. (2010, November 4). Muslim Population of Indonesia. *Pew Research Center's Religion & Public Life Project*. <https://www.pewresearch.org/religion/2010/11/04/muslim-population-of-indonesia/>
- PLAN International. (2019, January 10). Efforts to End Child, Early and Forced Marriage in Asia. *Plan International*. <https://plan-international.org/publications/efforts-to-end-child-early-and-forced-marriage-in-asia/>

- Plannedparenthood.org. (2023). *What is Sex Education? | Sex Ed Definition and QA*.
<https://www.plannedparenthood.org/learn/for-educators/what-sex-education>
- Putri, A. (2019). *Riset: 84 Persen Remaja Indonesia Belum Mendapatkan Pendidikan Seks*. detikHealth. <https://health.detik.com/berita-detikhealth/d-4629842/riset-84-persen-remaja-indonesia-belum-mendapatkan-pendidikan-seks>
- Putri, J., & Rasyid, A. M. (2019). *Adolescent pregnancy in Manggarai*. Inside Indonesia: The Peoples and Cultures of Indonesia. <https://www.insideindonesia.org/adolescent-pregnancy-in-manggarai>
- Raissa, A., Sukendar, A. Y. S., & Michael, T. (2020). *SEXUAL EDUCATION (SEX-ED) SINCE AS REPRESENTATIVE ACT NUMBER 36 OF 2009 CONCERNING HEALTH TOWARDS REPRODUCTIVE HEALTH PROBLEMS*. 2(2).
- Rakhmawati, W., Kosasih, C. E., Widiasih, R., Suryani, S., & Arifin, H. (2021). Internet Addiction Among Male Adolescents in Indonesia: A Qualitative Study. *American Journal of Men's Health*, 15(3), 15579883211029460. <https://doi.org/10.1177/15579883211029459>
- Rizkianti, A., Maisya, I. B., Kusumawardani, N., Linhart, C., & Pardosi, J. F. (2020). Sexual Intercourse and Its Correlates Among School-aged Adolescents in Indonesia: Analysis of the 2015 Global School-based Health Survey. *Journal of Preventive Medicine and Public Health = Yebang Uihakhoe Chi*, 53(5), 323–331. <https://doi.org/10.3961/jpmph.20.028>
- Safitri, S. (2017). Applying a sex education programme in elementary schools in Indonesia: Theory, application, and best practices. In *Diversity in Unity: Perspectives from Psychology and Behavioral Sciences* (pp. 217–223). Routledge. <https://doi.org/10.1201/9781315225302-27>
- Salim, A., & Tambunan, E. H. (2022). Sex education for adolescents: Indonesian nurse educators' experience as parents. *Frontiers of Nursing*, 9(3), 303–310. <https://doi.org/10.2478/fon-2022-0039>
- Schonhardt, S. (2013, January 28). Indonesia's Sexual Education Revolution. *The New York Times*. <https://www.nytimes.com/2013/01/28/world/asia/28iht-educlde28.html>
- Setyadi, S. (2022). Inequality of Education in Indonesia by Gender, Socioeconomic Background and Government Expenditure. *EKO-REGIONAL: Jurnal Pembangunan Ekonomi Wilayah*. <https://doi.org/10.32424/1.erjpe.2022.17.1.2895>
- Sheany. (2020, March 3). Indonesia needs proper sex education, period. *Medium*. <https://sheanyyas.medium.com/indonesia-needs-proper-sex-education-period-5e65f39f3301>
- Shibuya, F., Sari, D. P., Warnaini, C., Rivarti, A. W., Takeuchi, R., Jones-Konneh, T. E. C., de Los Reyes, C., Kadriyan, H., & Kobayashi, J. (2023). The process of overcoming conflicts among teachers in the implementation of comprehensive sexuality education at ordinary public senior high schools in Mataram City, Indonesia: A qualitative study. *Tropical Medicine and Health*, 51(1), 7. <https://doi.org/10.1186/s41182-023-00495-y>
- Stirling, K., Toumbourou, J. W., & Rowland, B. (2015). Community factors influencing child and adolescent depression: A systematic review and meta-analysis. *The Australian and New Zealand Journal of Psychiatry*, 49(10), 869–886. <https://doi.org/10.1177/0004867415603129>
- The American Academy of Pediatrics. (2015). ACOG Committee Opinion No. 651: Menstruation in Girls and Adolescents: Using the Menstrual Cycle as a Vital Sign.

- Obstetrics and Gynecology*, 126(6), e143–e146.
<https://doi.org/10.1097/AOG.0000000000001215>
- The Jakarta Post. (2019). *Explore4Action to discover what youths really want*. The Jakarta Post. <https://www.thejakartapost.com/youth/2019/01/17/explore4action-to-discover-what-youths-really-want.html>
- The Jakarta Post. (2020). *Video of 'kidnap and wed' practice on Sumba Island angers minister*. The Jakarta Post. <https://www.thejakartapost.com/news/2020/07/01/video-of-kidnap-and-wed-practice-on-sumba-island-angers-minister.html>
- Thomas, P. A., Liu, H., & Umberson, D. (2017). Family Relationships and Well-Being. *Innovation in Aging*, 1(3), igx025. <https://doi.org/10.1093/geroni/igx025>
- UNFPA. (n.d.). *Comprehensive sexuality education*. United Nations Population Fund. Retrieved March 8, 2023, from <https://www.unfpa.org/comprehensive-sexuality-education>
- UNFPA. (2018). *International technical guidance on sexuality education*. United Nations Population Fund. <https://www.unfpa.org/publications/international-technical-guidance-sexuality-education>
- UNFPA Asiapacific. (2021, June 13). *Curriculum for comprehensive sexuality education*. UNFPA Asiapacific. <https://asiapacific.unfpa.org/en/publications/curriculum-comprehensive-sexuality-education>
- UNICEF. (2020a). *Child marriage around the world*. <https://www.unicef.org/stories/child-marriage-around-world>
- UNICEF. (2020b). *Perkawinan anak-Fact sheet*.
- UNICEF. (2021a, May 31). *Adolescent profile*. <https://www.unicef.org/indonesia/reports/adolescent-profile>
- UNICEF. (2021b, May 31). *Adolescent profile*. <https://www.unicef.org/indonesia/reports/adolescent-profile>
- United Nations. (2016, March 4). Global Review finds Comprehensive Sexuality Education key to gender equality and reproductive health. *Office of the Secretary-General's Envoy on Youth*. <https://www.un.org/youthenvoy/2016/03/comprehensive-sexuality-education/>
- United Nations Women. (2016). *Prevalence Data on Different Forms of Violence against Women*. Global Database on Violence against Women. <https://evaw-global-database.unwomen.org/en/countries/asia/indonesia>
- van Zutphen, K. G., Kraemer, K., & Melse-Boonstra, A. (2021). Knowledge Gaps in Understanding the Etiology of Anemia in Indonesian Adolescents. *Food and Nutrition Bulletin*, 42(1_suppl), S39–S58. <https://doi.org/10.1177/0379572120979241>
- Weinshenker, N. (2002). Adolescence and body image. *School Nurse News*, 19(3), 12–16.
- WHO. (n.d.). *Adolescent health*. Retrieved March 8, 2023, from <https://www.who.int/health-topics/adolescent-health>
- WHO. (2022, August 10). *Adolescent and young adult health*. <https://www.who.int/news-room/fact-sheets/detail/adolescents-health-risks-and-solutions>
- WHO. (2023). *Targets of Sustainable Development Goal 3*. <https://www.who.int/europe/about-us/our-work/sustainable-development-goals/targets-of-sustainable-development-goal-3>
- Wirawan, G. B. S., Gustina, N. L. Z., & Januraga, P. P. (2022). Open Communication About Reproductive Health Is Associated With Comprehensive HIV Knowledge and a Non-stigmatising Attitude Among Indonesian Youth: A Cross-sectional Study. *Journal of Preventive Medicine and Public Health = Yebang Uihakhoe Chi*, 55(4), 342–350. <https://doi.org/10.3961/jpmp.21.581>

Appendix

COMING SOON

**TEENAGERS' SURVIVAL
GUIDE**

Sartiani Bili
MPH Candidate 2023
Global Health Department
Emory University
April 2023

Foreword

Saya sangat senang menulis sepatah kata untuk buku “Teenager Survival Guide”, oleh Sartiani Bili. Antusiasme saya terhadap buku ini tidak hanya berasal dari peran saya sebagai pendidik dan profesor Kesehatan Global, tetapi juga dari pengalaman pribadi saya tinggal dan bekerja selama bertahun-tahun di Indonesia.

Sebagai seorang pendidik, saya merekomendasikan Ms. Bili untuk melakukan pekerjaan yang luar biasa dalam membahas suatu topik, seksualitas remaja, yang bisa sangat sensitif dalam banyak hal, tetapi sangat penting. Pemahaman yang sehat tentang pendewasaan dan seksualitas remaja sangat penting, tidak hanya untuk remaja itu sendiri, tetapi juga untuk keluarga, komunitas, masyarakat, dan perekonomian mereka. Buku ini memberikan informasi yang jelas dan akurat tentang masalah dan perubahan yang paling dikhawatirkan oleh remaja dan keluarganya.

Sebagai seseorang yang pernah tinggal dan bekerja di Indonesia, saya merekomendasikan Ms. Bili untuk menghasilkan buku bilingual (Bahasa/Inggris) yang sensitif dan sesuai budaya. Indonesia adalah negara yang sangat beragam, dan ini adalah salah satu kekuatan besarnya. Namun keragaman juga bisa rumit untuk dinavigasi terutama topik seperti ini. Buku ini menyediakan jawaban untuk hal tersebut.

Secara keseluruhan, saya merasa “Teenager Survival Guide” adalah karya pendidikan yang ditulis dengan baik, berharga dan mudah diakses. Saya sangat mendorong pendistribusiannya dan berharap untuk mendengar umpan balik positif dari para pendidik, orang tua dan tentu saja para remaja.

I am very pleased to be writing this forward to this “Teenager Survival Guide”, by Sartiani Bili. My enthusiasm for this book comes from not only my role as an educator and professor of Global Health, but also from my personal experience living and working for many years in Indonesia myself.

As an educator, I commend Ms. Bili for doing an exceptional job at addressing a topic, teenage sexuality, that can be highly sensitive in many ways but is of the utmost importance. A healthy understanding of teen maturing and sexuality is critical for the teens and their families, communities, societies and economies. This book provides clear, accurate information about the issues and changes that teens and their families are most concerned about.

As someone that has lived and worked in Indonesia, I commend Ms. Bili as well for producing a book that is both bilingual (Bahasa/English) as well as culturally sensitive and appropriate. Indonesia is a highly diverse country, and this is one of its great strengths. But diversity can also be complex to navigate for a topic such as this. This book does an excellent job of that.

In sum, I feel the Teenager Survival Guide is a well-written, valuable, and accessible educational piece. I highly encourage its distribution and look forward to hearing about the positive feedback I expect Ms. Bili will receive from educators, parents, and, of course, the teens themselves.

Dr. Dirk Schroeder
Professor of Global Health
Emory University
April, 202



Adik-adikku,

Menjalani masa remaja dapat menjadi tantangan bagi siapa saja, karena ini adalah periode yang penuh dengan ketidakpastian dan perubahan yang seringkali membingungkan. Masalah seksualitas remaja dianggap tabu dan tidak layak diperbincangkan. Penulis memahami bahwa masa remaja merupakan masa transisi bagi generasi muda, oleh karena itu buku "**Teenagers' Survival Guide**" ini ditulis dengan cara yang mudah dipahami dan mudah diterapkan dalam kehidupan nyata.

Buku ini memberikan gambaran komprehensif tentang pendidikan seksualitas remaja sesuai dengan pedoman yang ditetapkan UNFPA 2018, dengan tetap mengacu pada kearifan lokal negara Indonesia yang berlandaskan Pancasila. Selain itu buku ini juga ditulis dalam bahasa Indonesia dan bahasa Inggris.

Penulis berharap "**Teenagers' Survival Guide**" ini akan berfungsi sebagai sumber informasi yang berharga bagi remaja, membantu remaja mengatasi pertanyaan dan ketidakpastian yang mereka alami dalam fase kehidupan mereka. Harapan Penulis panduan ini akan membantu remaja belajar dan memahami apa yang mungkin mereka sebagai seorang remaja, teman, kenalan, atau saudara kalian rasakan selama periode perubahan ini.

Selamat mencoba menjadi versi terbaik dari diri kamu.

Dear brothers and sisters,

The teenagers period can be challenging for everyone, as it is a period filled with uncertainty and transformation which is often confusing. The issue of adolescent sexuality is considered taboo and not worth discussing. The author understands that adolescence is a transitional period for the younger generation, therefore the book "Teenagers' Survival Guide" is written in a way that is easy to understand and apply in real life.

This book provides a comprehensive overview of youth sexuality education in accordance with the guidelines set by UNFPA 2018, while still referring to the local wisdom of the Indonesian state which is based on Pancasila. Furthermore, this book is written in Indonesian and English.

The authors hope that the "Teenagers' Survival Guide" will serve as a valuable resource for all adolescents, helping them address questions and uncertainties that happen along with this phase. The author hopes that this guide will help youth learning and understanding what teenagers, friends, acquaintances, or siblings may be feeling during this transition.



Sartiani Bili
MPH Candidate 2023
Global Health Department
Emory University -
April 2023

Daftar Isi

1. Hubungan

- Keluarga **(1)**
- Persahabatan, Kasih Sayang dan Hubungan Romantis **(3)**
- Tolerance, Inklusi dan rasa hormat **(5)**
- Hubungan jangka panjang dan pengasuhan anak **(6)**

2. Nilai, hak asasi, kebudayaan dan seksualitas

- Nilai dan Seksualitas **(9)**
- Budaya, Masyarakat dan Seksualitas **(10)**

3. Memahami Gender

- Konstruksi Sosial Gender dan Norma Gender **(11)**
- Kesetaraan Gender, Stereotip dan Bias **(12)**
- Kekerasan Berbasis Gender **(14)**

4. Kekerasan dan keamanan diri

- Kekerasan **(15)**
- Persetujuan, Privasi, dan Integritas Tubuh **(17)**
- Penggunaan Teknologi Informasi dan Komunikasi (TIK) yang aman **(18)**

Table of Contents

1. Relationships

- Family **(1)**
- Friendship, Love, and Romantic Relationships **(3)**
- Tolerance, Inclusion, and Respect **(5)**
- Long-term Commitments and Parenting **(6)**

2. Values, human rights, culture, and sexuality

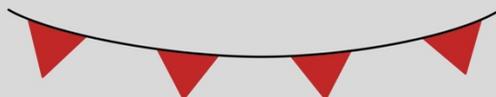
- Values and Sexuality **(9)**
- Culture, Society and Sexuality **(10)**

3. Understanding Gender

- The Social Construction of Gender and Gender Norms **(11)**
- Gender Equality, Stereotypes and Bias **(12)**
- Gender-based Violence **(14)**

4. Violence and self-security

- Violence **(15)**
- Consent, Privacy, and Bodily Integrity **(17)**
- Safe use of Information and Communication Technologies (ICTs) **(18)**



Daftar Isi

5. Skills for Health and Well-Being

- Norma dan Pengaruh Teman Sebaya terhadap Perilaku Seksual (19)
- Komunikasi, Penolakan dan Keterampilan Negosiasi (20)
- Literasi Media dan Seksualitas (21)
- Mencari Bantuan dan Dukungan (22)

6. The Human Body and Development

- Anatomi dan Fisiologi Seksual dan Reproduksi (24)
- Reproduksi (28)
- Pubertas (29)
- Gambaran Tubuh (32)

7. Sexuality and Sexual Behavior

- Seks, Seksualitas, dan Siklus Kehidupan Seksual (34)
- Perilaku Seksual dan Respon Seksual (35)

8. Seksual and Reproduction Health

- Pencegahan Kehamilan (36)
- Stigma, Perawatan, Pengobatan dan Dukungan HIV dan AIDS (39)
- Memahami, Mengenali dan Mengurangi Risiko STDs, termasuk HIV (41)

Table of Contents

5. Skills for Health and Well-Being

- Norms and Peer Influence on Sexual Behaviour (19)
- Communication, Refusal and Negotiation Skills (20)
- Media Literacy and Sexuality (21)
- Finding Help and Support (22)

6. The Human Body and Development

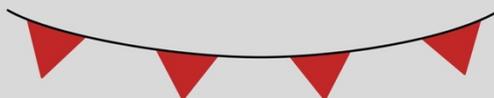
- Sexual and Reproductive Anatomy and Physiology (24)
- Reproduction (28)
- Puberty (29)
- Body Image (32)

7. Sexuality and Sexual Behavior

- Sex, Sexuality, and the Sexual Life Cycle (34)
- Sexual Behaviour and Sexual Response (35)

8. Sexual and Reproductive Health

- Pregnancy and Pregnancy Prevention (36)
- HIV and AIDS Stigma, Care, Treatment and Support (39)
- Understanding, Recognizing, and Reducing the Risk of STDs, including HIV (41)



1 Hubungan Relationships

Keluarga

Family

Tahukah kamu bahwa keluarga ada dalam berbagai bentuk dan ukuran? Ada keluarga inti, keluarga besar, keluarga dengan orang tua tunggal, bahkan dengan keluarga asuh. Apa pun jenis keluarga mu, semuanya baik!

Ketika kamu membutuhkan nasihat yang baik atau ingin mencari pelajaran hidup, bicaralah dengan orang dewasa bijak yang kamu percayai; mereka punya semua nasihatnya!

Dengarkan, sobat! Tidak peduli seperti apa keluargamu, kamu memiliki hak untuk bermimpi besar dan memperoleh pendidikan yang baik! Berjuanglah mengejar mimpi dan cita citamu.



Hubungan keluarga yang sehat dapat terjadi bila ada **kasih sayang, pengertian, keadilan, dan saling menghargai**.

Jika kamu merasa kebutuhan kamu tidak terpenuhi atau ada masalah dalam hubungan kamu dengan orang tua, penting untuk berkomunikasi dengan mereka. Kamu dapat memberi tahu perasaan kamu dan kebutuhanmu. Memiliki komunikasi yang terbuka dan jujur dapat membantu memperkuat hubungan kamu dan memastikan bahwa kebutuhanmu terpenuhi.

Did you know that families come in all shapes and sizes? There's the nuclear family, the extended family, single-parent families, and even with guardian family. Whatever type of your family, it's all good!

When you need good advice or a life lesson, just seek out the closest-wise adult or trusted person; they've got all the goods!



Listen up, buddy! No matter what your family looks like, you have the right to dream big and aim for the stars! So don't let anything hold you back from pursuing your dreams and making them a reality.

Healthy family relationships can occur when there is **love, understanding, fairness, and mutual respect**.

If you feel like your needs are not being met or there are issues in your relationship with your parents, it's essential to communicate with them. You can tell them how you feel and what you need from them. Having open and honest communication can help strengthen your relationship and ensure your needs are met.



Keluarga (Lanjutan...)

Bayangkan kamu adalah seorang remaja aktif yang suka berolahraga. Kamu akan memiliki kebutuhan fisik seperti tidur yang cukup, makan makanan sehat, dan tetap terhidrasi agar kamu dapat tampil dengan baik dan tetap sehat.

Kamu juga memiliki kebutuhan emosional, seperti merasa dicintai, didukung, dan dihormati oleh keluarga dan teman. Kamu mungkin memerlukan bantuan untuk pekerjaan rumah atau panduan tentang pelajaran apa yang harus diambil di sekolah, yang merupakan kebutuhan pendidikan.

Orang tua kamu memiliki tanggung jawab untuk memenuhi kebutuhan fisik, emosional, ekonomi, kesehatan, dan pendidikanmu. Misalnya, mereka perlu memastikan kamu memiliki cukup makanan, pakaian, dan tempat tinggal yang aman. Mereka juga perlu menjaga kesehatan kamu dengan membawa kamu ke dokter untuk pemeriksaan dan vaksinasi. Mereka harus mendukung pendidikan kamu dengan membantu kamu mengerjakan pekerjaan rumah, mendorong kamu untuk belajar, dan memberi kamu sumber daya yang diperlukan.

family

Namun, ketika ada kesulitan dalam hubungan antara orang tua, hal itu dapat mempengaruhi kesejahteraan kamu. Kamu mungkin merasa stres, cemas, atau khawatir dengan konflik mereka, dan hal itu dapat mempengaruhi kemampuan kamu untuk berprestasi di sekolah atau olahraga.

Penting bagi orang tua untuk memiliki hubungan yang sehat dan berkomunikasi secara efektif satu sama lain, sehingga mereka dapat menyediakan lingkungan yang mendukung dan nyaman bagi anak-anak mereka.

Family (Continue...)

Imagine you are an active teenager who loves playing sports. You will have physical needs such as getting enough sleep, eating healthy foods, and staying hydrated so you can perform well and stay healthy.

You also have emotional needs, like being loved, supported, and respected by your family and friends. You might need help with your homework or guidance on what courses to take in school, which are educational needs.

Your parents are responsible for meeting your critical physical, emotional, economic, health, and educational needs. For example, they need to ensure you have enough food, clothes, and a safe place to live. They also need to take care of your health by taking you to the doctor for checkups and vaccinations. They should support your education by helping you with your homework, encouraging you to study, and providing you with necessary resources.

However, when there are difficulties in the relationship between parents, it can affect your well-being. You may feel stressful, anxious, or worried about their conflicts, and it may impact you perform in school or sports.



It's important for parents to have healthy relationships and good communication with each other, so they can provide a supportive and convenient environment for their children.

Persahabatan, Cinta, dan Hubungan Romantis



Friendship, Love, and Romantic Relationships

Ingat, kamu bukan robot! Orang lain dapat mempengaruhi kamu, dan mereka dapat dipengaruhi oleh kamu. Pastikan kamu menggunakan prinsip dan nilai kamu untuk berpikir kritis dan membuat pilihan cerdas.

Cinta pun datang! Kamu sudah mulai menyukai lawan jenis di usia kamu, dan itu sangat normal. Bisa saja, persahabatan biasa berkembang menjadi hubungan cinta yang serius. Ooh, la la!

Nah, untuk mengenali teman kamu lebih baik, kamu bisa melakukan beberapa aktivitas positif bersama! Rencanakan proyek sukarela atau bergabung dengan aktivitas kelompok. Kamu akan bersenang-senang sambil belajar mengenal satu sama lain. Selain itu kamu pasti bisa menemukan skills baru dari kegiatan berkelompok.

Inilah kesepakatannya - setiap orang berhak untuk dihormati dan memiliki kesempatan untuk bersinar seperti berlian! Tidak seorang pun boleh ditahan untuk mencapai potensi penuh mereka. Mari saling membantu meraih bintang!



Saat kamu menghadapi situasi sulit seperti masalah hubungan, kekerasan seksual, atau masalah kesehatan, penting untuk diingat bahwa kamu tidak sendiri. Keluarga dan individu terpercayamu dapat memberi kamu dukungan dan bimbingan, jadi jangan ragu untuk menghubungi mereka saat kamu membutuhkan bantuan.

Remember, you're not a robot! Others can influence you, as well as they can be influenced by you. Just make sure you hold your principles and values to keep thinking critically and makes smart choices.

Love is in the air! You may fall in love to the opposite sex at your age, and that's totally normal. Who knows, that friendship could blossom into more romantic relationship. Ooh, la la!

To get to know your crush, better to have some positive activities together! Plan a volunteer project or get involved to group activities. You'll learn so much about each other in a positive way. You can also gain some new skills from the groups.



Here's the deal - everyone's got the right to respect and the chance to shine like a diamond! No one should be held back from reaching their full potential. Let's help each other reach for the stars!

When you're facing difficult situations like relationship troubles, sexual violence, or health issues, it's important to remember that you're not alone. Your family and trusted individuals can provide you with support and guidance, so don't hesitate to reach out to them when you need help.



Persahabatan, Cinta, dan Hubungan Romantis (Lanjutan...)

Friendship, Love, and Romantic Relationships (Continue...)

Hubungan yang romantis



Mengekspresikan cinta dapat dilakukan dalam berbagai bentuk, seperti memberikan pelukan, kecupan, melakukan perbuatan baik untuk orang lain, dan mengucapkan kata-kata yang manis.

Meluangkan waktu untuk berbicara dan mendengarkan orang yang kamu cintai adalah cara penting lainnya untuk mengungkapkan cinta kamu dan memperkuat hubungan kamu.

Penting untuk diingat bahwa cinta tidak boleh digunakan untuk membenarkan perilaku tidak sopan atau kekerasan. Cinta yang sehat adalah tentang memperlakukan orang lain dengan kebaikan, rasa hormat, dan pengertian, dan tidak pernah terlibat dalam tindakan berbahaya atau tidak sopan.

Tanda bahwa kamu sedang jatuh cinta

Cinta adalah emosi kompleks yang dapat menyebabkan seseorang merasakan berbagai macam sensasi fisik, seperti berkeringat, jantung berdebar-debar, dan hati berbunga-bunga. Penting untuk mengenali perasaan ini sebagai bagian alami dari pengalaman, dan memahami dengan sikap damai dan positif.

Cinta yang sehat adalah mampu menghargai dan mendukung satu sama lain untuk menjadi pribadi yang bertumbuh.

Romantic Relationship

Expressing love can take many forms, such as giving hugs, kisses, doing kind deeds for others, and speaking words of affirmation.

Giving the time to talk and listen to your loved ones is another essential way to express your love and strengthen your relationships.

It's important to remember that true love should never be used to justify disrespectful or violent behavior. Healthy love is about treating others with kindness, respect, and understanding and never engaging in harmful or impolite actions.

Signs that you are in love

Love is a complex emotion that can cause a person to feel physical sensations, such as sweating, heart palpitations, and butterflies in the stomach. It's important to recognize these feelings as a natural part of the experience, and to approach them with a peaceful and positive attitude.



Healthy love is being able to appreciate and support each other to become a growing person.

Toleransi, Inklusi dan Menghargai

Ketika orang diperlakukan dengan buruk karena berbeda dari orang lain, hal itu dapat menyakiti mereka dan membuat mereka merasa tidak nyaman. Ini juga dapat merugikan keluarga dan komunitas mereka, dan bahkan seluruh masyarakat.

Ada peraturan dan undang-undang yang mengatakan tidak boleh memperlakukan orang secara tidak adil karena mereka berbeda. Hukum ini dibuat untuk melindungi hak setiap orang.

Penting untuk peduli kepada orang-orang yang diperlakukan dengan tidak adil karena mereka berbeda. Tidak seorang pun harus diperlakukan buruk karena latar belakang mereka.

Jika seseorang dikucilkan atau diperlakukan tidak adil, kamu dapat menunjukkan kepedulianmu dengan selalu ada untuk mereka dan mendengarkan mereka. Kamu dapat memberi tahu mereka bahwa mereka tidak sendirian dan kamu peduli pada mereka.

Kamu harus berbicara dan mengambil tindakan terhadap stigma dan diskriminasi.



Kamu dapat menunjukan penerimaan, keadilan, dan rasa hormat terhadap orang-orang yang berbeda dari kamu, dan bekerja untuk menciptakan masyarakat yang lebih inklusif dan beragam.

Tolerance, Inclusion and Respect

When people are treated badly because they are different from others, it can hurt them and make them feel bad. This can also hurt their families and communities, and even the whole society.

There are rules and laws that say it's not okay to treat people unfairly because they are different. These laws are made to protect everyone's rights.



It's important to care for mistreated people because they are different. Nobody should be treated badly because of their backgrounds.

If someone is being excluded or mistreated, we can show our support by being there for them and listening to them. We can let them know that they are not alone and that we care about them. We should speak out and take action against stigma and discrimination.

You can promote acceptance, fairness, and respect for people who are different from you, and work towards creating a more inclusive and diverse society.

Komitmen Jangka Panjang dan Menjadi Orang Tua

Komitmen jangka panjang dalam hubungan pasangan sering kali dilambangkan dengan pernikahan, yang bisa menjadi cara bermakna untuk menunjukkan dedikasi dan cinta kamu satu sama lain.

Saat membuat komitmen ini, penting untuk mempertimbangkan kesiapan kamu secara mental, emosional, fisik, dan sosial, agar masuk ke dalam komitmen dengan hati yang jernih dan terbuka.

Bagi banyak orang, pernikahan juga dipandang sebagai komitmen yang dibuat tidak hanya di hadapan manusia lain, tetapi juga di hadapan Tuhan, menambahkan unsur spiritual yang penting pada ikatan yang sakral ini.



Hubungan yang baik adalah tentang kesetaraan. Ini adalah cara untuk berbagi dan memberi dengan tulus.

Persahabatan dan cinta adalah dua hal yang bisa membuatmu merasa luar biasa! Kamu dapat saling membantu untuk tumbuh dan menemukan yang terbaik dalam diri pasangan kamu.

Long-term Commitments and Parenting

Marriage often symbolizes long-term commitment between two people relationship, which can be a meaningful way to demonstrate your dedication and love to one another.

When comes to this commitment, it's essential to consider your readiness mentally, emotionally, physically, and socially, to enter into this phase with a transparent and open heart.

For many people, marriage is also seen as a commitment made before other humans and God, adding an essential spiritual element to this sacral bond.



A great relationship is all about equality. It's a way to share and give without holding back.

Friendship and love are two things that can make you feel amazing! You can help each other grow and find the best in everyone.



Komitmen Jangka Panjang dan Menjadi Orang Tua Lanjutan...

Long-term Commitments and Parenting Continue...

Pernikahan Dini, Pernikahan Anak dan Pernikahan yang dipaksakan

"Memulai sebuah keluarga di usia muda memang sulit, tapi jangan lupa jika itu terjadi, kamu masih memiliki hak untuk melanjutkan pendidikan dan meraih mimpimu."

Bayangkan sahabat kamu menikah di usia yang sangat muda dan segera hamil. Dia mungkin menghadapi konsekuensi sosial dan kesehatan karena Pernikahan Anak, Dini, dan Paksa/ (CEFM) dan pengasuhan anak yang tidak diinginkan.

CEFM mengacu pada pernikahan apa pun di mana setidaknya satu pasangan berusia di bawah 18 tahun. CEFM dapat memiliki konsekuensi sosial yang serius seperti mempersingkat pendidikan atau kehidupan sosial remaja, karena mereka sering terpaksa untuk mengambil tanggung jawab orang dewasa sebelum mereka siap.

Ini juga dapat mempengaruhi kesehatan fisik dan mental mereka, yang menyebabkan komplikasi selama kehamilan dan persalinan, peningkatan risiko kekerasan dalam rumah tangga dan masalah kesehatan mental.

Menjadi orang tua dini dapat mempengaruhi pendidikan, karier, dan kehidupan sosial remaja karena mereka harus memikul tanggung jawab orang dewasa, dan mungkin berjuang untuk menyeimbangkan peran sebagai orang tua dengan tujuan pribadi mereka.

Jika kamu atau seseorang yang kamu kenal berada dalam situasi di mana mereka merasa tertekan atau dipaksa menikah, atau menghadapi pengasuhan yang tidak diinginkan, penting untuk mencari bantuan dari orang dewasa atau organisasi terpercaya.

Tidak seorang pun harus menghadapi tantangan ini sendirian.

Child, Early, and Forced Marriage (CEFM)

"Starting a family at a young age can be difficult, but don't forget that you still have the right to pursue your education and achieve your dreams."

Imagine your best friend gets married at a very young age and becomes pregnant soon after. She may face social and health consequences due to Child, Early, and Forced Marriage (CEFM) and unintended parenting.

CEFM refers to any marriage where at least one partner is under the age of 18. CEFM can have serious social consequences, such as cutting short a young person's education or social life, as they are often forced to take on adult responsibilities before they are ready.

This can also impact their physical and mental health, leading to complications during pregnancy and childbirth, increased risk of domestic violence and mental health problems.

Unintended parenting can impact the teenager's education, career, and social life as they have to take on adult responsibilities and may struggle to balance parenthood with their personal goals.

If you or someone you know is in a situation where they are feeling pressured or forced into marriage or facing unintended parenting, it's essential to seek help from a trusted adult or organization.

No one should have to face these challenges alone.



Komitmen Jangka Panjang dan Menjadi Orang Tua Lanjutan...

Mengasuh Anak

Ada banyak cara menjadi orang tua, termasuk kehamilan terencana dan tidak terencana, adopsi, pengasuhan, dan teknologi reproduksi berbantuan. Yang paling penting adalah bahwa orang tua menyediakan lingkungan yang penuh kasih sayang dan mengasuh anak-anak mereka."



Setiap orang berhak membuat pilihan sendiri untuk menjadi orang tua, terlepas dari kemampuan atau status kesehatan mereka. Semua orang dewasa memiliki hak yang sama untuk memiliki anak jika mereka mau.

Keputusan untuk memiliki anak harus berada di tangan masing-masing individu, terlepas dari kecacatan atau status HIV mereka. Setiap orang berhak mendapat kesempatan yang sama untuk menjadi orang tua jika itu yang mereka inginkan.

Memiliki anak atau tidak adalah keputusan pribadi yang harus dihormati oleh semua orang dewasa, termasuk bagi penyandang disabilitas atau HIV. Setiap orang memiliki hak yang sama untuk memilih apakah akan memulai sebuah keluarga atau tidak.

Beberapa orang mungkin ingin menjadi orang tua; beberapa orang mungkin tidak mau; tidak semua orang bisa menjadi orang tua; dan beberapa orang mungkin menjadi orang tua tanpa keinginan.

Apapun alasan menjadi org tua, perlu diingat: Ikatan antara anak-anak dan orang tua mereka merupakan faktor penting dalam kebahagiaan dan kesejahteraan anak secara keseluruhan.

Long-term Commitments and Parenting Cont...

Parenting

There are many adult parenthood paths, including planned and unplanned pregnancies, adoption, fostering, and assisted reproductive technologies. What matters most is that parents provide their children a loving and nurturing environment."

Everyone deserves to make their own choice about becoming a parent, regardless of their abilities or health status. All adults have an equal right to have children if they want to.

The decision to have children should be up to each individual, no matter what their disability or HIV status may be. Everyone deserves an equal chance to become a parent if that's what they desire.

Whether or not to have children is a personal decision that should be respected for all adults, including those with disabilities or HIV. Everyone has the same right to choose whether to start a family or not.



Some people may want to be parents; some people may not want to; not everyone can become parents; and some people may become parents without the desire

Whatever the reason for becoming parents, keep in mind: The bond between children and their parents is an important factor in a child's overall happiness and well-being.

2 Values, human rights, culture and sexuality

Nilai, hak asasi, kebudayaan dan seksualitas

Nilai dan Seksualitas

Kepercayaan dan prinsip setiap orang didasarkan pada latar belakang kebudayaan, keluarga, agama dan kepercayaan.

Bagaimana jika orang tidak memiliki pandangan yang sama karena kepercayaan mereka yang berbeda?

Ada yang memiliki kepercayaan berdasarkan keturunan namun ada juga yang memilih untuk berganti kepercayaan setelah dewasa, setelah terpapar dengan berbagai hal yang berbeda. Ini adalah hal yang lumrah.



Perbedaan tidak membuat seseorang lebih baik dari orang lain, itu hanya membuat mereka berbeda dan itu tidak masalah - perbedaan membuat kita unik. **Sama seperti motto negara Indonesia, Bhineka Tunggal Ika. Walaupun berbeda namun satu jua**

Values and Sexuality

Every individual is shaped by their unique cultural experiences, spiritual beliefs, and family traditions, which inform their personal values and worldview.



What if people don't have the same views because of their different beliefs?

There are those who have beliefs based on heredity, but there are also those who choose to change their beliefs as adults after being exposed to many different things. This is normal

Differences don't make others better than others, it only makes them different and that's not a problem - differences make us unique. **Just like the motto of the Indonesian state, Bhineka Tunggal Ika. Unity in Diversity**



Budaya, Masyarakat dan seksualitas

Untuk mengembangkan perspektif kamu sendiri tentang perilaku seksual, penting untuk merenungkan norma sosial, agama, dan budaya yang kamu hargai dan bagaimana norma tersebut mempengaruhi keyakinan dan perasaan pribadi kamu tentang seksualitas dan perilaku seksual.

Misalnya, kamu dapat mempertimbangkan bagaimana keluarga atau komunitas kamu berbicara tentang seks, pesan apa yang kamu terima dari media atau budaya populer, dan nilai apa yang kamu anut seputar hubungan.



Dengan merenungkan norma-norma ini dan keyakinan pribadi, kamu dapat mengembangkan perspektif sendiri tentang perilaku seksual yang terinformasi dan terhormat dalam diri kamu dan orang lain. Misalkan kamu dapat memilih untuk tidak melakukan hubungan seks sebelum menikah, menetapkan batasan yang membuat kamu nyaman, dan berkomunikasi secara terbuka dengan teman dekatmu.

Ingat, penting untuk membuat pilihan yang terasa tepat untuk kamu dan menghormati pilihan orang lain. Dengan mengembangkan perspektif yang bertanggungjawab tentang perilaku seksual, kamu dapat membuat keputusan berdasarkan informasi yang memprioritaskan kesehatan dan kesejahteraan seksual kamu.

Culture, Society and Sexuality

In order to develop your own perspective on sexual behavior, it is important to reflect on the social, religious and cultural norms you value and how they influence your personal beliefs and feelings about sexuality and sexual behavior.

For example, you might consider how your family or community talks about sex, what messages you receive from the media or popular culture, and what values you hold about relationships.

By reflecting on these norms and your personal beliefs, you can develop your own perspective on informed and respectful sexual behavior in yourself and others. Such as you may choose not to practice sex before marriage, set boundaries that you are comfortable with, and communicate openly with close friends.

Remember, it's important to make the choice that feels right for you and respect the choices of others. By developing your own perspective on sexual behavior, you can make informed decisions that prioritize your sexual health and well-being.



3 Memahami Gender Understanding Gender

The Social Construction of Gender and Gender Norms

GENDER adalah perbedaan yang tampak antara laki-laki dan perempuan jika dilihat dari karakteristik, peran, fungsi, status, serta tanggung jawabnya secara sosial.

Kesetaraan gender dapat mendorong pengambilan keputusan yang setara terkait perilaku seksual dan perencanaan hidup.

Gender role stereotype adalah keadaan dimana seseorang diharuskan berperilaku sesuai dengan pandangan masyarakat.



Contoh bagaimana norma dan stereotip gender mempengaruhi hubungan romantis bagi remaja dapat dilihat dari harapan bahwa anak laki-laki harus selalu mengambil langkah pertama dalam memulai suatu hubungan atau mengajak seseorang berkencan.

Norma gender ini dapat memberi tekanan pada anak laki-laki untuk mengambil alih suatu hubungan dan dapat membuat anak perempuan merasa harus menunggu orang lain untuk memulai suatu hubungan.

The Social Construction of Gender and Gender Norms

GENDER is the visible difference between men and women when viewed from their characteristics, roles, functions, status, and responsibilities.



Gender equality can promote equal decision-making regarding sexual behavior and life planning.

Gender role stereotypes are circumstances in which a person must behave following society's views.

An example of how gender norms and stereotypes impact romantic relationships for teenagers can be seen in the expectation that boys should always make the first move in initiating a relationship or asking someone out.

This gender norm can pressure boys to take charge in a relationship and make girls feel like they have to wait for someone else to initiate the relationship.

Kesetaraan Gender, Stereotip dan Bias

Gender Equality, Stereotypes and Bias



Homofobia adalah ketakutan atau ketidaksukaan terhadap orang-orang yang mengidentifikasi diri sebagai homoseksual atau yang tertarik pada orang-orang dari jenis kelamin yang sama.

Transfobia adalah ketakutan atau ketidaksukaan terhadap orang-orang yang mengidentifikasi dirinya sebagai transgender atau jenis kelamin yang tidak sesuai. Ini dapat berkontribusi pada diskriminasi, pelecehan, dan sikap terhadap individu yang mengidentifikasi diri sebagai LGBTQ+.

Bayangkan salah satu teman sekelas kamu mengaku sebagai gay atau transgender dan kamu mendengar siswa lain mengolok-olok mereka atau menggunakan bahasa yang menyakitkan. Penting untuk memahami homofobia dan transfobia dan cara menunjukkan kepedulian untuk teman sekelasmu itu.

Meskipun kamu mungkin memiliki keyakinan atau pendapat yang berbeda berdasarkan latar belakang agama atau budaya kamu, tetap penting untuk menunjukkan kasih sayang dan empati kepada teman sekelas kamu yang berjuang dengan identitas mereka.

Faktanya, banyak agama mengajarkan orang untuk mencintai dan menghormati sesama manusia, dan penting bagi kita untuk mempraktikkan nilai-nilai ini dalam kehidupan sehari-hari.

Homophobia is a fear or dislike of people who identify as homosexual or who are attracted to people of the same sex.

Transphobia is a fear or dislike of people who identify as transgender or gender non-conforming. These can contribute to discrimination, harassment, and attitudes towards individuals who identify as LGBTQ+.



Imagine one of your classmates coming out as gay or transgender and you hear other students making fun of them or using hurtful language. It is important to understand homophobia and transphobia and how to show respect for your classmates.

While we may have different beliefs or opinions based on our religious or cultural background, showing compassion and empathy toward our classmates struggling with their identities is still essential.

In fact, many religions teach us to love and respect our fellow human beings, and we must practice these values in our daily lives.

Kesetaraan Gender, Stereotip dan Bias (Lanjutan...)

= EQUALITY =

Sangat penting untuk memperlakukan semua orang dengan hormat dan bermartabat, sama seperti kamu ingin diperlakukan.

Kamu harus ingat bahwa setiap orang berhak untuk mencintai dan dicintai, terlepas dari siapa mereka tertarik atau bagaimana identitas mereka.



Namun, penting juga untuk menghormati adat dan budaya setempat, meskipun pilihan kamu sedikit berbeda.

Keluarga dan komunitas kamu mungkin tidak selalu sepenuhnya memahami pilihan kamu, tetapi penting untuk diingat bahwa mereka peduli dengan kamu dan melakukan apa yang menurut mereka terbaik untuk kamu. Maka jadilah versi terbaik dari diri kamu dan menggunakan pengetahuan dan keterampilanmu untuk membantu orang lain.

Indonesia adalah negara yang indah dan beragam, dan penting bagi kita semua untuk menghormati dan merayakan perbedaan.

Gender Equality, Stereotypes and Bias (Continue...)

It's really important to treat everyone with respect and dignity, just like you would want to be treated.

We should all remember that everyone has the right to love and be loved, regardless of who they are attracted to or how they identify.



However, It's important to respect local customs and cultures, even if your own choices are a little different.

Your family and community may not always fully understand your choices, but it's important to remember that they care about you and are doing what they think is best for you. So, it's important to be the best version of yourself and use your knowledge and skills to help others.



Indonesia is a beautiful and diverse country, and it's important for us all to respect and celebrate our differences.

Kekerasan Berbasis Gender

Gender-based Violence



Ketika kita berbicara tentang pelecehan dalam hubungan, itu sering dikaitkan dengan peran dan stereotip gender tradisional. Artinya, terkadang orang percaya bahwa perilaku atau harapan tertentu diperlukan karena jenis kelamin mereka.

Misalnya, beberapa anak laki-laki mungkin berpikir bahwa mereka perlu memegang kendali dalam suatu hubungan, yang dapat mengarah pada perilaku kekerasan jika mereka merasa tertantang. Demikian pula, beberapa gadis mungkin merasa mereka harus selalu tunduk, yang dapat mempengaruhi rasa kontrol dan otonomi mereka.

Penting untuk mengenali bagaimana peran dan stereotip gender yang berbahaya dapat berdampak negatif pada kedua pasangan dalam suatu hubungan.

Misalnya, kamu dapat bertanya pada diri sendiri mengapa menurut kamu perilaku atau harapan tertentu diperlukan, dan apakah itu berasal dari norma masyarakat atau preferensi pribadi. Kamu juga dapat mendukung tujuan dan ide temanmu, terlepas dari jenis kelaminnya.

Dengan bersikap terbuka terhadap perspektif yang berbeda dan menantang norma gender tradisional, Kita dapat membantu menciptakan hubungan yang lebih sehat dan bahagia bagi semua orang.

When we talk about abuse in relationships, it is often associated with traditional gender roles and stereotypes. This means that sometimes people believe that certain behaviors or expectations are necessary because of their gender.

For example, some boys may think that they need to be in control in a relationship, which can lead to violent behavior if they feel challenged. Likewise, some girls may feel they must always be submissive, which can affect their sense of control and autonomy.

It is important to recognize how harmful gender roles and stereotypes can negatively affect both partners in a relationship.

For example, we can ask ourselves why we think certain behaviors or expectations are necessary, and whether they stem from societal norms or personal preferences. We can also support our partner's goals and ideas, regardless of gender.

By being open to different perspectives and challenging traditional gender norms, we can help create healthier and happier relationships for everyone.



4 Kekerasan dan Keamanan Diri Violence and Staying Safe

Kekerasan



Pemerksaan bukan satu-satunya kekerasan seksual.

Berikut beberapa jenis kekerasan seksual lainnya:

- Pelecehan seksual: Rayuan atau komentar seksual yang tidak diinginkan, permintaan bantuan seksual, atau perilaku verbal atau fisik lainnya yang bersifat seksual yang menciptakan lingkungan yang bermusuhan atau mengintimidasi.
- Eksploitasi seksual: Ketika seseorang menggunakan orang lain untuk tujuan seksual, seperti pornografi atau prostitusi, tanpa persetujuan orang tersebut.
- Pelecehan seksual: Setiap kontak seksual non-konsensual, termasuk pemerksaan, seks oral paksa, dan sentuhan yang tidak diinginkan.
- Perdagangan manusia: Perekrutan, pengiriman, atau penampungan orang untuk tujuan eksploitasi, termasuk eksploitasi seksual.
- Mutilasi alat kelamin perempuan: Suatu prosedur yang melibatkan pengangkatan sebagian atau seluruhnya alat kelamin luar perempuan untuk alasan non-medis.

Penting untuk dipahami bahwa kekerasan seksual dapat terjadi dalam berbagai bentuk dan dapat terjadi pada siapa saja, terlepas dari jenis kelamin, usia, atau karakteristik lainnya.

Ini semua adalah pelanggaran Hak Asasi Manusia

Violence

Rape is not the only sexual violence.

Here are some other types of sexual violence:

- Sexual harassment: Unwanted sexual advances or comments, requests for sexual favors, or other verbal or physical conduct of a sexual nature that creates a hostile or intimidating environment.
- Sexual exploitation: When someone uses another person for sexual purposes, such as for pornography or prostitution, without the person's consent.
- Sexual assault: Any non-consensual sexual contact, including rape, forced oral sex, and unwanted touching.
- Human trafficking: The recruitment, transportation, or harboring of people for the purpose of exploitation, including sexual exploitation.
- Female genital mutilation: A procedure involving partial or total removal of the external female genitalia for non-medical reasons.

It's important to understand that sexual violence can take many forms and happen to anyone, regardless of gender, age, or other characteristics.

These are all violations of human rights



Kekerasan (Lanjutan)

Penting untuk diketahui bahwa pelecehan seksual adalah salah satu bentuk intimidasi yang bisa sangat menyakitkan dan tidak nyaman bagi orang lain. Itu bisa terjadi ketika seseorang membuat lelucon atau komentar seksual, menyebarkan desas-desus, menyentuh seseorang secara tidak pantas, atau membagikan gambar atau video yang tidak pantas tanpa persetujuan seseorang.

Tidak seorang pun pantas mengalami hal ini, jadi penting untuk berbicara dan memberi tahu orang dewasa terpercaya jika kamu atau seseorang yang kamu kenal dilecehkan secara seksual.

Setiap orang memiliki tanggung jawab untuk mengedukasi dan mengingatkan sesama agar terbebas dari semua jenis kekerasan seksual.



Sangat normal untuk merasa malu untuk membicarakannya, tetapi menyimpannya untuk diri sendiri bisa sangat menyakitkan. Penting untuk diingat bahwa kamu tidak harus melaluinya sendirian.

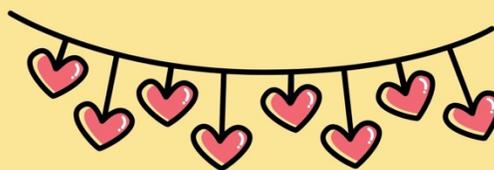
Kamu dapat berbicara dengan orang dewasa terpercaya seperti orang tua, guru, atau siapa pun yang nyaman untuk bercerita. Dibutuhkan banyak keberanian untuk angkat bicara, tetapi kamu berhak mendapatkan dukungan yang dibutuhkan untuk sembuh dan maju terus karena kamu berharga

Violence (Continue...)

It's important to know that sexual harassment is a form of bullying that can hurt and make people uncomfortable. It can happen when someone makes sexual jokes or comments, spreads rumors, touches someone inappropriately, or shares inappropriate pictures or videos without someone's consent.

No one deserves to experience this, so it's essential to speak up and tell a trusted adult if you or someone you know is being sexually harassed.

Everyone is responsible for advocating for people's health and well-being, unburdened by violence.



It's totally normal to feel embarrassed to talk about it, but keeping it to yourself can be really hurtful. It's important to remember that you don't have to go through it alone.

You can talk to a trusted adult such as a parent, teacher, or anyone you feel comfortable with. It takes a lot of courage to speak up, but get the support you need to heal and move on because you are matter.



Konsen, Privasi dan Integritas Tubuh

Hei, ada beberapa hal yang perlu diingat dalam hal menghargai diri sendiri dan orang lain. Penting untuk memberi tahu orang-orang apa yang kamu anggap pribadi dan apa nilai dan batasan kamu. Pada saat yang sama, kamu juga harus menghormati batasan orang lain.

Saat melakukan sesuatu dengan teman kamu, selalu minta persetujuan mereka terlebih dahulu. Dan ingat, sangat penting untuk mendapatkan persetujuan sebelum melakukan apa pun dengan siapa pun. **Itu berarti mereka harus mengatakan ya dengan bebas, tanpa merasakan tekanan apapun. Dan selalu pikirkan tentang kemungkinan konsekuensi dari tindakan kamu.**

Sangat penting untuk dapat berbicara dengan orang-orang dalam hidup kamu, baik itu keluarga, teman, sekolah, pekerjaan, atau pacar. Dan ingat, selalu penting untuk menghormati pilihan orang lain. Jika kamu tidak ingin disentuh, dicium, atau diperlakukan dengan cara tertentu, **tidak apa-apa untuk mengatakan tidak.**

Dan jika seseorang melakukan sesuatu kepada kamu yang tidak kamu inginkan atau tidak kamu setujui, sangat penting untuk berbicara dan segera mendapatkan bantuan. Kamu tidak harus melewatinya sendirian. Ingat, kamu berhak diperlakukan dengan hormat dan bermartabat.

you know?
it's
OKAY
to say
NO

Consent, Privacy, and Body Integrity

Hey, just a few things to keep in mind when it comes to respecting yourself and others. First off, it's important to let people know what you consider private and what your values and boundaries are. At the same time, you should also respect other people's boundaries.

When it comes to doing things with your friends, always ask for their approval first. And remember, getting consent before doing anything with anyone is super important. **That means they have to say yes freely, without feeling any pressure. And always think about the possible consequences of your actions.**



It's really important to be able to talk with the people in your life, whether it's family, friends, school, work, or romance. And remember, it's always important to respect other people's choices. If you don't want to be touched, kissed, or treated in a certain way, **it's okay to say no.**

And if someone does something to you that you don't want or didn't consent to, it's really important to speak up and get help right away. You don't have to go through it alone. Remember, you deserve to be treated with respect and dignity.

Teknologi Informasi dan Komunikasi

Safe use of Information and Communication Technologies (ICTs)

Hai, sekadar pengingat singkat tentang internet, gadget, dan media sosial. Alat itu bisa sangat berguna untuk belajar tentang seks dan seksualitas, tetapi penting untuk menggunakannya secara bertanggung jawab.

Tidak semua yang kamu lihat atau baca itu benar, jadi kamu perlu berhati-hati dan berpikir kritis. Beberapa orang mungkin mencoba membujuk kamu untuk melakukan hal-hal yang ilegal atau berbahaya, seperti meminta informasi atau foto pribadi kamu.

Jadi, selalu berhati-hati dan pikirkan baik-baik sebelum membagikan informasi pribadi apa pun atau melakukan apa pun yang membuat kamu merasa tidak nyaman. Ingat, Kamu mengendalikan tubuh kamu sendiri dan pilihan kamu sendiri.

Apa pun yang bersifat pribadi dapat dibagikan dengan mudah hanya dengan satu "klik". Jika menurut kamu ada foto atau videomu yang akan membuat kamu malu jika membagikannya, dan kamu tidak mau kakekmu melihatnya maka lebih baik jangan pernah mengambil foto atau merekamnya.



Hey, just a quick reminder about the internet, gadgets, and social media. They can be really useful for learning about sex and sexuality, but it's important to use them responsibly.

Not everything you see or read is true, so you need to be careful and think critically. Some people might try to lure you into doing things that are illegal or harmful, like asking for your personal information or photos.

So always be cautious and think carefully before sharing any personal information or doing anything that makes you feel uncomfortable. Remember, you're in control of your own body and your own choices.



Anything private can be shared easily with just one click. If you think there are photos or videos of you that you would be embarrassed to share or if you don't want your grandpa to see them, then it is better never to take photos or record them.

Karena itu sebelum memposting maka berpikirlah (THINK)

Therefore, before posting, think! (THINK)

T : Is it **true** (Apakah itu **benar**?)

H : Is it **helpful** (Apakah itu **berguna**)

I : Is it **inspiring** (Apakah itu **menginspirasi**)

N : Is it **necessary** (Apakah itu **penting**)

K. : Is it **kind** (Apakah itu **baik**)

5 Kemampuan untuk Sehat dan Sejahtera Skills for Health and Well-being

Norma Teman Sebaya dan Pengaruhnya terhadap Perilaku Seksual

Norma sosial dan gender serta pengaruh teman sebaya dapat mempengaruhi pengambilan keputusan dan perilaku seksual.

Konflik sering terjadi pada masa remaja. Oleh karena itu kemampuan bernegosiasi sangatlah penting.

Win win solution bisa menjadi tujuan yang bisa dicapai dalam penyelesaian konflik, namun jika tidak, kamu juga harus belajar menerima kenyataan bahwa tidak semua pendapat kamu adalah yang terbaik.

Lihatlah masalah secara keseluruhan, lihat sisi positifnya dan teruslah berkembang. Akan ada saatnya ketika kamu melihat kembali semua peristiwa, baik dan buruk dalam hidup, dengan rasa syukur karena itu menjadikan kamu seperti sekarang ini, kuat dan hebat.



Sebelum terlibat dalam perilaku seksual apa pun, penting untuk memikirkan hasil baik dan buruk yang mungkin ditimbulkannya. Kamu juga harus memastikan bahwa kamu sepenuhnya menyadari tindakan kamu dan kemungkinan konsekuensi yang menyertainya.

Norms and Peer Influence on Sexual Behaviour

Social and gender norms and peer influence can affect sexual decision-making and behavior.

Conflicts often occur in adolescence. Therefore the ability to negotiate is very important.

Win win solution can be a goal that can be achieved in conflict resolution, but if not, you also have to learn to accept the fact that not all of your opinions are the best.

Look at the problem as a whole, see the positive side and keep growing. There will be times when you look back at all the events, good and bad in life, with gratitude because they made you who you are today, strong and great.

Before engaging in any sexual behavior, it is important to think about the good and bad outcomes it might bring. You should also make sure that you are fully aware of your actions and the possible consequences that come with it.



Pengambilan keputusan

Hal yang mempersulit pengambilan keputusan terkait seks adalah : alkohol dan obat-obatan - ketika kamu berada di bawah pengaruh, akan sulit untuk berpikir jernih dalam membuat pilihan yang baik.

Hal lainnya adalah kemiskinan - jika kamu tidak memiliki akses ke pendidikan atau perawatan kesehatan yang baik, akan lebih sulit untuk belajar tentang seks yang aman dan melindungi diri kamu dari infeksi menular seksual atau kehamilan yang tidak diinginkan.

Penting untuk menyadari faktor-faktor ini dan membuat keputusan yang tepat untuk kamu. Jangan takut untuk meminta bantuan atau berbicara dengan seseorang yang kamu percayai jika kamu merasa tidak yakin atau tertekan.

Ingatlah bahwa kamu selalu memiliki hak untuk mengatakan **tidak** dan membuat pilihan yang kamu rasa aman dan nyaman

Memiliki perbedaan pendapat dengan orang lain adalah bagian alami dari kehidupan. Namun, bekerja sama dan menemukan solusi yang membuat semua orang puas itu penting.

Terkadang kamu dapat menemukan solusi yang menguntungkan semua orang, tetapi di lain waktu kamu harus bersedia berkompromi dan menerima bahwa pendapat orang lain juga penting. Ingat, kamu bisa belajar dari setiap pengalaman dan menggunakannya untuk memperbaiki diri.

Penting juga untuk mencoba dan melihat sisi positif dari berbagai hal, meskipun itu sulit. Segala sesuatu yang terjadi dalam hidup, apakah baik atau buruk, berkontribusi pada siapa kamu sebagai pribadi. Bahkan masa-masa sulit dapat memberi kamu pelajaran berharga dan membantu kamu menjadi lebih kuat.

Jadi hadapilah konflik dan tantangan karena itu dapat membantu kamu menjadi versi diri kamu yang lebih baik.



Decision-Making

Some things that can make it hard to make good decisions about sex. Alcohol and drugs - when you're under the influence, it can be hard to think clearly in making good choices.

Another thing is poverty - if you don't have access to good education or healthcare, it can be harder to learn about safe sex and protect yourself from STIs or unintended pregnancy.

It's essential to be aware of these factors and make the right decisions. Don't hesitate to ask for help or talk to someone you trust if you feel unsure or pressured.

Remember that you always have the right to say **no** and make safe and comfortable choices.



Having disagreements with others is a natural part of life. However, working together and finding solutions that make everyone happy is essential.

Sometimes you can find a solution that benefits everyone, but other times you must be willing to compromise and accept that other people's opinions matter too. Remember, you can learn from every experience and use it to improve yourself.

It's also important to try and see the positive side of things, even when it's tough. Everything that happens in your life, whether good or bad, contributes to who you are as a person. Even tough times can teach you valuable lessons and help you become stronger.

So don't walk away from conflicts and challenges because they can help you become a better version of yourself

Keterampilan Komunikasi, Penolakan dan Negosiasi Communication, Refusal and Negotiation Skills

Katakanlah kamu berada di sebuah pesta dengan beberapa teman, dan seseorang menyarankan untuk melakukan sesuatu yang membuat kamu merasa tidak nyaman, seperti melakukan aktivitas seksual atau berbagi foto yg tidak sopan. Ini adalah tekanan teman sebaya yang negatif, dan penting untuk mengetahui cara menghadapinya.

Salah satu cara untuk menantang tekanan teman sebaya yang negatif adalah dengan mengatakan "**tidak**" dan mempertahankan pendirian kamu. Kamu tidak perlu melakukan apa pun yang tidak ingin kamu lakukan, bahkan jika teman kamu menemukannya. Tidak apa-apa untuk tetap berpegang pada nilai dan keyakinan kamu, dan menghormati batasan kamu sendiri.

Cara lain untuk menantang tekanan teman sebaya yang negatif adalah dengan berbicara dan menjelaskan mengapa kamu tidak ingin melakukan sesuatu. Kamu dapat mengatakan sesuatu seperti "**Saya tidak merasa nyaman dengan itu**" atau "**Menurut saya itu bukan ide yang bagus.**"

Terkadang, teman kamu mungkin tidak menyadari bahwa mereka menekan kamu, dan dengan menjelaskan pemikiran dan perasaan, kamu mungkin dapat mengubah pikiran mereka.

Penting untuk mengatakan **tidak** pada tekanan teman sebaya yang negatif dan mendorong sikap yang sehat terhadap seksualitas dan hubungan di antara teman-temanmu. Saat kamu melakukan ini, kamu dapat membantu menciptakan lingkungan yang bersahabat dan positif di mana setiap orang merasa didukung dan dihormati.



Let's say you're at a party with some friends, and someone suggests doing something that makes you feel uncomfortable, like engaging in sexual activity or sharing unusual photos. This is negative peer pressure, and it's important to know how to deal with it.

One way to challenge negative peer pressure is to simply say "**no**" and stand your ground. You don't have to do anything you don't want to do, even if your friends are pressuring you. It's okay to stick to your values and beliefs, and to respect your own boundaries.

Another way to challenge negative peer pressure is to speak up and explain why you don't want to do something. You can say something like "**I don't feel comfortable with that**" or "**I don't think it's a good idea.**" Sometimes, your friends might not realize that they're pressuring you, and by explaining your thoughts and feelings, you might be able to change their minds.



It's important to say **no** to negative peer pressure and encourage healthy attitudes towards sexuality and relationships among your friends. When you do this, you can help create a friendly and positive environment where everyone feels supported and respected.

Literasi Media dan Seksualitas

Katakanlah kamu dan teman kamu sedang membicarakan film atau acara TV baru yang memiliki adegan tertentu. Penting untuk memikirkan bagaimana menonton adegan ini dapat mempengaruhi cara kamu berpikir tentang perilaku dan hubungan.

Misalnya, jika film tersebut hanya menampilkan pria dengan perut yang sixpack dan wanita dengan tubuh sempurna, film tersebut mungkin memberi kamu ekspektasi yang tidak realistis tentang seperti apa tubuh kamu atau pasangan kamu nantinya. Ini bisa membuat kamu merasa buruk tentang diri sendiri atau menekan pasangan kamu untuk berpenampilan tertentu.

Selain itu, jika film tersebut menampilkan laki-laki yang selalu agresif dan dominan, dan perempuan yang selalu pasif dan tunduk, hal itu dapat memperkuat stereotipe gender yang berbahaya. Itu juga dapat membuat kamu berpikir bahwa perilaku kekerasan atau non-konsensual adalah normal atau dapat diterima, dan itu tidak benar.

Terakhir, penting untuk merenungkan bagaimana menonton media dapat mempengaruhi citra diri dan kepercayaan diri. Jika kamu terus-menerus melihat penggambaran pria, wanita, dan perilaku yang tidak realistis, itu bisa membuatmu merasa tidak cukup baik atau tidak memenuhi standar yang mustahil. Itu juga dapat mempengaruhi cara kamu menilai orang lain, dan membuat kamu menilai mereka dengan standar yang tidak realistis.

Jadi penting untuk menyadari pesan yang kamu dapatkan dari media dan berpikir kritis tentangnya. Kamu harus berusaha untuk memiliki sikap yang sehat dan hormat terhadap perilaku dan hubungan, dan tidak membiarkan media mempengaruhi kamu secara negatif.



Media Literacy and Sexuality



Let's say you and your friends are talking about a new movie or TV show with a certain scene. It's essential to think about how watching this scene might influence how you feel about behavior and relationships.

For example, if the movie only features men with chiseled abs and women with perfect bodies, it may give you unrealistic expectations of what your body or your partner's body will look like. This can make you feel bad about yourself or pressure your partner to look a certain way.

Additionally, if the film features males who are always aggressive and dominant and women who are always passive and submissive, it can reinforce harmful gender stereotypes. It can also make you think that violent or non-consensual behavior is normal or acceptable, which is not okay. Finally, reflecting on how viewing media can affect your self-image and self-confidence is important. If you constantly see unrealistic portrayals of men, women, and behavior, it can make you feel like you're not good enough or don't live up to impossible standards. It can also affect the way you view other people and lead you to judge them by the unrealistic standards.

So it's important to be aware of the messages we get from the media and think critically about them. We should strive to have a healthy and respectful attitude towards behavior and relationships, and not allow the media to influence us negatively.

Mencari Bantuan dan Dukungan

Finding for Help and Support

Keluarga adalah support system paling dekat. Ketika kamu mengalami masalah hubungan dengan sesama teman, mengalami kekerasan seksual maupun ketika memiliki masalah kesehatan. Komunikasikan dengan terbuka kepada keluarga, jika tidak, orang yang bisa dipercaya ataupun profesional



Your family is your first line of defense when it comes to tough times. Whether you're having issues with friends, dealing with a scary health problem, or have experienced sexual assault, don't be afraid to open up to them, or a trusted friend or pro for support. Remember, you're not alone!

Pangalaman pahit masa lalu memang sangat berat namun itu bukanlah alasan untuk kamu berhenti meraih mimpi dan cita cita terbaik kamu.

Past bitter experiences are burdensome, but that is no reason for you to stop achieving your best dreams and aspirations.

Kamu memiliki hak untuk memiliki masa depan terlepas dari apapun masa lalumu.

You have the right to have a future regardless of what your past is.



6 Perkembangan Tubuh Manusia The Human Body and Development

Anatomi dan Fisiologi Seksual dan Reproduksi

Sexual and Reproductive Anatomy and Physiology

Anatomi dan Fisiologi : Alat Reproduksi Pria

Anatomy and Physiology: Male Reproduction

Laki-laki memiliki penis dan skrotum yang terdiri dari 2 testis. Penis terdiri dari saraf, pembuluh darah dan jaringan dan tidak memiliki tulang.

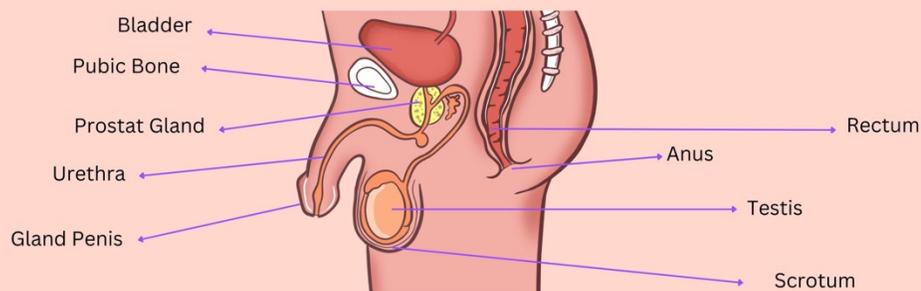
Males have a penis and scrotum, which consists of 2 testicles. The penis comprises nerves, blood vessels, and tissues and has no bones.

Ada yang penisnya disunat dan ada yang tidak, semua ini normal.

Some people have circumcised penises, and some don't. All of this is normal.

Umumnya penis lembek dan saat ereksi akan terjadi darah yang mengalir ke penis meningkat dan penis menjadi keras dan membesar.

Most of the penis is flaccid, and during an erection, blood flow to the penis will increase, and it will become hard and enlarged.



Pembukaan di ujung penis adalah uretra, saluran kemih yang terhubung ke kandung kemih. Namun, uretra juga berfungsi untuk menyalurkan semen, yaitu cairan putih yang berisi sperma. Tapi jangan khawatir, seorang pria tidak bisa kencing dan mengeluarkan sperma pada waktu yang sama.

The opening at the end of the penis is the urethra, the bladder tube that connects to the bladder. However, the urethra also functions to filter semen, which is the white liquid that contains sperm. But don't worry, a man can't pee and release sperm at the same time.

Di belakang penis adalah skrotum yang berisi 2 testis. Testis ini menghasilkan hormon dan setelah pubertas menghasilkan air mani, cairan yang mengandung sperma.

Behind the penis is the scrotum, which contains the two testicles. These testicles produce hormones and, after puberty and puberty, produce semen, which contains sperm.

Tubuhmu sangat luar biasa dan hebat. Jaga dan perhatikan kebersihan organ reproduksimu. Ganti celana dalam dua kali sehari saat normal atau sesering mungkin saat basah

Your body is so unique and extraordinary. Please take care of yourself and pay attention to the cleanliness of your reproductive organs. Change underwear twice a day when normal or more when wet

Anatomi dan Fisiologi Seksual dan Reproduksi (Lanjutan...)

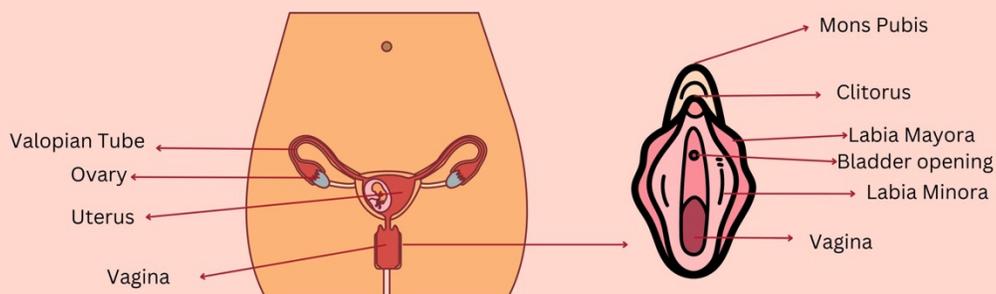
Anatomi dan Fisiologi : Alat Reproduksi

Wanita

Di bagian luar disebut vulva yang terdiri dari labia mayora, labia minora dan klitoris. Klitoris berada di bagian atas vulva yang berbentuk seperti biji kedelai dan sangat sensitif saat disentuh.

Selain itu terdapat 2 saluran yang berada di vulva, lubang yang paling atas disebut uretra yang berhubungan dengan kandung kemih dan merupakan saluran kencing sedangkan vagina adalah saluran di bagian bawahnya. Saluran vagina terhubung ke rahim sepanjang 12-15 cm dan memiliki kemampuan untuk meregang dan elastis. Orang sering salah mengira vulva sebagai vagina.

Organ reproduksi bagian dalam terdiri dari dua ovarium yang berfungsi menghasilkan sel telur dan menghasilkan hormon estrogen dan progesteron. Sel telur yang telah dibuahi akan menuju rahim dan berkembang menjadi janin. Namun jika tidak dibuahi maka sel telur dan dinding rahim akan luruh menjadi darah yang keluar setiap bulan dan biasa disebut **menstruasi**



Betapa luar biasanya tubuh perempuan. Karena itu perlu dijaga kebersihannya agar kamu selalu sehat dan bahagia.

Sexual and Reproductive Anatomy and Physiology (Continue...)

Anatomy and physiology; Female Reproduction

On the outside is called the vulva, which consists of the labia majora, labia minora, and clitoris. The clitoris is at the top of the vulva, shaped like a soybean seed and very sensitive to touch.

In addition, there are 2 channels that are in the vulva, the upper hole is called the urethra which is associated with the bladder and is the urinary tract while the vagina is the channel at the bottom. The vaginal canal is connected to the uterus for 12-15 cm and has the ability to stretch and be elastic. People often mistake the vulva for a vagina.

The internal reproductive organs consist of 2 ovaries that produce eggs and the hormones estrogen and progesterone. The fertilized egg will go to the uterus and develop into a fetus. However, if it is not fertilized, the egg and uterine wall will decay into the blood that comes out every month, commonly called **menstruation**.

How great woman's bodies are. Because it needs to be kept clean so that you are always healthy and happy

Anatomi dan Fisiologi Seksual dan Reproduksi (Lanjutan...)

Kelola menstruasi kamu

Cara menjaga kebersihan saat haid

- Mengganti pembalut secara teratur
- Bersihkan area kemaluan
- Bungkus pembalut bekas dengan kertas dan buang di tempat sampah
- Buang pembalut bekas dengan baik.
- Gunakan pakaian dalam yang menyerap keringat

Saat menstruasi, anak perempuan harus lebih memperhatikan kebersihan. Selain itu tidak ada yang perlu dikhawatirkan. Tidak perlu malu.

Jenis jenis pembalut

Pembalut

Direkatkan pada bagian dalam celana dalam dan digunakan diluar vagina. berfungsi menyerap darah dan biasanya sekali pakai. Ganti setiap 3-5 jam sekali

Tampon

Dimasukkan ke dalam vagina. sekali pakai. Berfungsi menyerap darah. Diganti setiap 4-6 jam sekali

Menstrual Cup

Terbuat dari silikon, rubber, ataupun latex. Dimasukkan ke dalam vagina. Dapat dibersihkan dengan air hangat dan dipakai berkali kali dengan jangka waktu hingga 3 tahun. Lebih murah dan aman terhadap lingkungan



Sexual and Reproductive Anatomy and Physiology (Continue...)

Manage your periods

How to maintain cleanliness during menstruation

- Change pads regularly
- Clean the pubic area
- Wrap it in paper and throw it in the trash
- Dispose of used pads properly.
- Use underwear that absorbs sweat.

During menstruation, girls should pay more attention to cleanliness. Apart from that there is nothing to worry about. Don't be shy.

Types of pads

Pad

Put to the inside of the underwear and use outside the vagina. Serves to absorb direction and is usually disposable. Replace every 3-5 hours.

Tampon

Inserted into the vagina, disposable. Functions to absorb blood. Replaced every 4-6 hours

Menstrual Cup

Made of silicone, rubber, or latex. Inserted into the vagina. It can be cleaned with warm water and used multiple times for up to 3 years, cheaper and environment friendly



Anatomi dan Fisiologi Seksual dan Reproduksi (Lanjutan...)

Menstruasi itu kotor dan menakutkan ✗

Menstruasi itu normal dan menyehatkan ✓

Kadang perut kamu merasa keram dan menyakitkan namun ingat menstruasi adalah anugrah Tuhan untuk mempersiapkan seorang wanita menjadi ibu jika sudah pada waktu yang tepat dan jika kamu menginginkan kehamilan. Tubuhmu sedang melakukan apa yang perlu dilakukan. Tidak perlu gugup dan cemas.

Namun kamu harus selalu ingat, **kehamilan dapat terjadi walaupun hanya sekali berhubungan seksual.**

Mengalami haid tidak boleh membatasi kamu untuk pergi ke sekolah, bermain bersama teman-teman dan berolahraga.



Kamu bisa belajar mengelola "menstruasimu" dan tidak membiarkan "menstruasi" mengatur hidupmu.

Kamu dengan jenis kelamin yang berbeda sekarang dapat lebih mampu memahami bagaimana perasaan teman atau saudara perempuanmu. Beri mereka privasi dan jangan pernah membuli mereka. Mereka sedang melalui periode normal dan menyehatkan dalam tubuh mereka.

Sexual and Reproductive Anatomy and Physiology (Continue...)

Period is dirty and scary ✗

Period is normal and healthy ✓

Sometimes your stomach feels cramped and painful, but remember, menstruation is a gift from God to prepare a woman to become a mother when the time is right and you want pregnancy. Your body is doing what it needs to do. Do not need to be nervous and anxious.

But you must remember that **pregnancy can occur even if you only have sex once.**

Having your period shouldn't limit you from going to school, playing with friends and exercising.

You have to manage your periods instead of letting your periods manage you.



Those of a different sex can now better understand how your friend or sister feels. Give them some privacy and never bully them. They are going through a normal and healthy period in their body.

Reproduksi

Jenis kelamin bayi ditentukan atom yang sangat kecil yang disebut **kromosom** yang terjadi awal kehamilan.

Hormon adalah pembawa pesan dalam tubuh kamu yang membantu janin tumbuh, berubah, dan mengendalikan bagian tertentu dan perasaan pribadi seorang calon ibu.

Hormon sangat penting selama pubertas ketika tubuh kamu banyak berubah dan juga selama kehamilan ketika bayi tumbuh di dalam tubuh ibu.

Anak laki-laki dan perempuan dapat tumbuh untuk memiliki bayi ketika mereka dewasa. Pria memiliki sperma dan wanita memiliki sel telur yang bergabung bersama untuk menghasilkan bayi. Seiring bertambahnya usia, semakin sulit untuk memiliki bayi.

Setiap orang memiliki perasaan untuk menjadi orang yang tertarik dan menarik secara seksual, sejak kamu lahir sampai kamu tua. Itu adalah bagian normal dari kehidupan.

Terkadang orang merasa senang atau gembira dengan perubahan kemampuan mereka untuk memiliki bayi, dan terkadang mereka mungkin merasa sedih atau khawatir.

Tidak apa-apa untuk memiliki perasaan yang berbeda dan penting untuk membicarakannya dengan seseorang yang kamu percayai atau profesional seperti dokter, psikolog, perawat ataupun bidan

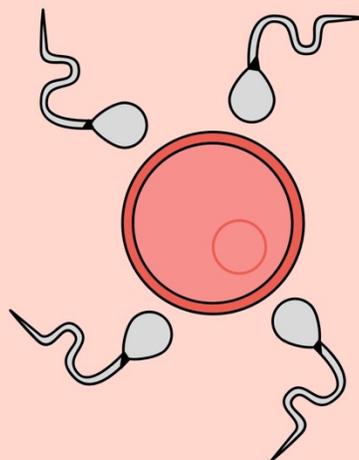


Reproduction

The sex of a baby is decided by tiny things called **chromosomes** early on in pregnancy.

Hormones are like messengers in your body that help babies grow, change, and control the private parts and feelings of a mom.

Hormones are essential during puberty, when your body changes a lot, and during pregnancy, when a baby grows inside a mother's body.



Boys and girls can grow up to have babies when they are mature. Man has sperms, and woman has egg that combine to be a baby. As we get older, it becomes more and more challenging to have a baby.

Everyone has feelings about being sexually attracted and attractive from the time they are born into old age. It's a normal part of life.

Sometimes people may feel happy or excited about their changed ability to have a baby, and sometimes they may feel sad or worried.

It's okay to have different feelings, and it's important to talk about them with someone you trust or a professional such as a doctor, psychologist, nurse or midwife.

Pubertas

Pubertas adalah waktu yang menyenangkan dan transformatif dalam kehidupan anak laki-laki dan perempuan saat mereka bertransisi dari masa kanak-kanak ke dewasa. Selama periode ini, tubuh mengalami banyak perubahan, termasuk pertumbuhan yang cepat, perkembangan organ seksual, misalnya menstruasi untuk anak perempuan, dan suara yang keras untuk anak laki-laki.

Perubahan ini disebabkan oleh **hormon**, yaitu pembawa pesan kimiawi yang diproduksi oleh tubuh. Hormon bertanggung jawab atas berbagai perubahan fisik dan emosional, seperti pertumbuhan rambut pada tubuh, perkembangan payudara pada anak perempuan, dan peningkatan massa dan kekuatan otot pada anak laki-laki.

Merasa sedikit bingung atau kewalahan selama masa pubertas adalah hal yang wajar, tetapi penting untuk diingat bahwa setiap orang melewati tahap kehidupan ini. Penting juga untuk menjaga tubuh kamu dengan makan makanan yang sehat, berolahraga secara teratur, dan tidur yang cukup.

Jika kamu memiliki pertanyaan atau kekhawatiran tentang pubertas, jangan ragu untuk berbicara dengan orang dewasa atau ahli kesehatan terpercaya. Mereka dapat memberi kamu informasi dan dukungan untuk membantu kamu melalui masa perubahan dan pertumbuhan yang menyenangkan ini.



Puberty

Puberty is an exciting and transformative time in the lives of boys and girls as they transition from childhood to adulthood. During this period, the body goes through many changes, including growth spurts, development of sexual organs, the start of menstruation for girls, and the hardening of the voice for boys.

These changes are caused by **hormones**, which are chemical messengers produced by the body. Hormones are responsible for a variety of physical and emotional changes, such as growth of body hair, breast development in girls, and increases in muscle mass and strength in boys.

It's normal to feel a little confused or overwhelmed during puberty, but it's important to remember that everyone goes through this stage of life. It's also important to take care of your body by eating a healthy diet, exercising regularly, and getting enough sleep.

If you have questions or concerns about puberty, don't hesitate to talk to an adult or a trusted healthcare professional. They can provide you with information and support to help you through this exciting time of change and growth.



Pubertas (Lanjutan...)

Sebagai seorang remaja, penting untuk dipahami bahwa tubuh kamu mengalami banyak perubahan selama masa pubertas. Salah satu perubahan untuk pria muda ini adalah pengalaman ereksi.

Wajar jika pria muda mengalami ereksi, entah karena terangsang atau tanpa alasan tertentu.

Penting juga diketahui bahwa beberapa remaja mungkin mengalami gairah dan keluarnya cairan di malam hari, yang sering disebut dengan mimpi basah. Ini adalah bagian normal dari pubertas dan tidak berarti ada yang salah dengan kamu.

Dengan memahami bahwa mengalami ereksi, mimpi basah, atau respons seksual lainnya adalah bagian normal dari pubertas, kamu dapat mengakui bahwa pengalaman ini adalah bagian normal dan sehat dari masa pertumbuhan.

Penting untuk diingat bahwa setiap orang mengalami perubahan dan pengalaman ini, dan tidak ada yang perlu ditakuti atau memalukan.

Jika kamu memiliki pertanyaan atau kekhawatiran tentang perubahan atau pengalaman ini, penting untuk berbicara dengan orang dewasa atau penyedia layanan kesehatan terpercaya.

Dengan tetap mendapat informasi dan memahami perubahan normal yang terjadi selama masa pubertas, kamu dapat mengendalikan kesehatan dan kesejahteraan seksual kamu.



Puberty (Continue...)



As a teenager, it's essential to understand that your body is undergoing many changes during puberty. One of these changes for young men is the experience of erections.

It's normal for young men to experience erections due to arousal or for no particular reason.

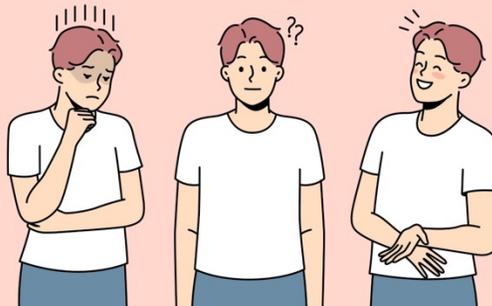
It's also important to know that some adolescents may experience arousal and release of fluids at night, which is often called a wet dream. This is a normal part of puberty and doesn't mean anything is wrong with you.

By understanding that having erections, wet dreams, or other sexual responses are a normal part of puberty, you can acknowledge that these experiences are a normal and healthy part of growing up.

It's important to remember that everyone goes through these changes and experiences, and there is nothing to be ashamed or embarrassed about.

If you have questions or concerns about these changes or experiences, it's important to talk to a trusted adult or healthcare provider.

By staying informed and understanding the normal changes that occur during puberty, you can take control of your sexual health and well-being.



Pubertas (Lanjutan...)

Apa itu mimpi basah

Mimpi basah adalah ketika kamu mengalami orgasme saat tidur, dan kamu bangun untuk menemukan bahwa kamu mengalami ejakulasi air mani (untuk anak laki-laki) atau lubrikasi (untuk anak perempuan). Ini juga dikenal sebagai emisi nokturnal. Mimpi basah biasanya terjadi pada masa pubertas saat tubuh kamu mengalami banyak perubahan, termasuk memproduksi hormon yang menimbulkan gairah seksual.

Mimpi basah adalah bagian normal dari pertumbuhan dan perkembangan seksual. Itu tidak berarti ada yang salah dengan kamu, dan tidak memiliki efek negatif pada kesehatan kamu. Itu bisa menjadi tanda bahwa tubuh kamu berfungsi dengan baik dan bersiap untuk aktivitas seksual di masa depan.

Jika mengalami mimpi basah, tidak perlu merasa sungkan atau malu. Ini adalah proses alami yang terjadi pada banyak orang, dan tidak perlu malu. kamu dapat berbicara dengan orang dewasa terpercaya, seperti orang tua atau dokter, jika kamu memiliki masalah atau pertanyaan.

Bagaimana mengelola mimpi basah

Bereskan tempat tidur, berganti pakaian bersih dan bertindak seperti biasa. Tidak ada yang salah.



Puberty (Continue...)

What is the wet dream

A wet dream is when you have an orgasm during your sleep, and you wake up to find that you have ejaculated semen (for boys) or lubrication (for girls). It is also known as a nocturnal emission. Wet dreams usually happen during puberty when your body is going through a lot of changes, including producing hormones that cause sexual arousal.

Wet dreams are a normal part of growing up and developing sexually. They don't mean anything is wrong with you, and they don't have any negative effects on your health. In fact, they can be a sign that your body is functioning properly and getting ready for sexual activity in the future.

If you have a wet dream, there's no need to feel embarrassed or ashamed. It's a natural process that happens to many people, and it's nothing to be ashamed of. You can talk to a trusted adult, such as a parent or doctor, if you have any concerns or questions.

How to manage wet dreams

Make the bed, change into clean clothes and act as usual. Nothing is wrong

Citra Tubuh

Tahukah Anda bahwa setiap orang memiliki preferensi unik mereka sendiri dalam hal apa yang menurut mereka menarik dari penampilan fisik seseorang? Ya, itu benar!

Tidak ada definisi kecantikan yang cocok untuk semua, dan apa yang menurut seseorang menarik mungkin tidak sama untuk orang lain. Itu semua tergantung pada kepercayaan dan adat istiadat masyarakat tempat mereka tinggal.

Jadi, jangan terlalu khawatir untuk menyesuaikan diri dengan pendapat tertentu - jadilah diri sendiri dan ingatlah bahwa kecantikan datang dalam berbagai bentuk, ukuran, dan warna.

Kamu tahu, ada banyak tekanan di luar sana untuk berpenampilan tertentu.

Tapi inilah caranya: Kamu harus selalu memprioritaskan kesehatan mu - secara mental, fisik, spiritual, dan emosional - di atas ekspektasi masyarakat tentang seperti apa tubuh kamu.

Kecantikan atau ketampanan kamu bukan hanya tentang penampilan fisik mu - itu juga berasal dari cara kamu memperlakukan diri sendiri dan orang lain.

Ketika kamu mencintai, bertanggung jawab, dan menunjukkan kepedulian terhadap diri sendiri dan orang-orang di sekitar mu, itu akan bersinar dan membuat kamu semakin menarik.

Jadi, tetaplah menjadi luar biasa dan sebarkan kebaikan ke mana pun kamu pergi!

Body Image

Did you know that everyone has their own unique preferences when it comes to what they find attractive in someone's physical appearance? Yep, that's right!

There's no one-size-fits-all definition of beauty, and what one person finds attractive might not be the same for another person. It all depends on the beliefs and customs of the community they're part of.

So, don't worry too much about fitting into a certain mold - just be yourself and remember that beauty comes in all shapes, sizes and colors.



You know, there's a lot of pressure out there to look a certain way.

But here's the thing: You should always prioritize your health - mentally, physically, spiritually, and emotionally - over societal expectations of what your body should be like.

Your beauty or handsomeness isn't just about your physical appearance - it also comes from how you treat yourself and others.

When you love, take responsibility, and show care towards yourself and those around you, it shines through and makes you even more attractive.

So, keep being awesome and spreading kindness wherever you go!



Citra Tubuh (Lanjutan)

Apakah ukuran payudara atau penis penting?

Ada yang besar, ada juga yang kecil, tapi itu bukan yang utama, kadang ukuran kanan dan kirinya juga berbeda, dan itu wajar.

Pada akhirnya, yang terpenting adalah apa yang bisa dihasilkan dari diri kamu, ide, tujuan, nilai dan hal-hal baik yang kamu lakukan. Itu yang paling penting

Sama seperti anggota tubuh lainnya, ada yang matanya sipit, ada yang matanya besar, ada yang telinganya lebar, dan ada yang lebih kecil; Ada yang jari-jarinya panjang dan lentik, ada yang pendek dan lebar. Semua itu normal adanya



Ukuran tidak mempengaruhi fungsi organ tersebut.

Kamu menarik apa adanya

IMPORTANT!

Body Image (Continue)

Does breast or penis size matter?



Some are big and small, but that's not the main thing. Sometimes the right and left sizes are also different, and that's normal

Ultimately, what matters is what you get from yourself, your ideas, goals, values, and the good things you do. That's the most important.

Just like the other members of the body, some have narrow eyes, some have big eyes, some have wide ears, and some are smaller; Some have long, curved fingers, some are short and wide. All of that is normal



Size does not affect the function of these organs.

You are amazing just the way you are

7 Perilaku Seksual dan Sexuality - Sexuality and Sexual behaviour

Seks, Seksualitas dan Siklus Kehidupan Seksual



Untuk berkomunikasi dan memahami perasaan seksual yang berbeda dan berbicara tentang seksualitas dengan cara yang tepat, penting untuk berpikiran terbuka dan tidak menghakimi.

Ini berarti menghormati keyakinan dan pilihan orang lain, dan menghindari bahasa yang menyakitkan atau menghina.

Sangat penting untuk membuat keputusan tentang seks, sehingga kamu dapat melindungi kesehatan dan kesejahteraan diri sendiri dan pasangan kamu.

Ingatlah bahwa tidak apa-apa memutuskan untuk tidak aktif secara seksual dan harus dihormati. Bertanggung jawab berarti mempertimbangkan kesehatan diri sendiri dan kesehatan pasangan, serta mempraktikkan komunikasi yang terbuka dan jujur.

Sangat penting untuk mengetahui fakta tentang seks sehingga kamu dapat membuat keputusan. Misalnya, beberapa orang mungkin percaya bahwa kamu tidak bisa hamil saat pertama kali berhubungan seks, tapi itu mitos - kamu bisa.

Dengan mempelajari faktanya, kamu bisa melindungi diri sendiri dan pasangan.

Jika kamu mendengar mitos tentang seks, jangan takut untuk mempertanyakannya dan mencari informasi yang akurat.

Sex, Sexuality and the Sexual Life Cycle

To communicate and understand different sexual feelings and appropriately talk about sexuality, it's essential to be open-minded and non-judgmental.

This means respecting other people's beliefs and choices and avoiding hurtful or derogatory language.

It's essential to make informed decisions about sex to protect yourself and your partner's health and well-being.

Remember that it's okay to decide not to be sexually active and should be respected. Being responsible means considering your and your partner's health and practicing open and honest communication.



It's important to know the facts about sex so that you can make informed decisions. For example, some people might believe that you can't get pregnant the first time you have sex, but that's a myth - you can.

By learning the facts, you can protect yourself and your partner.

If you hear a myth about sex, don't be afraid to question it and seek out accurate information.

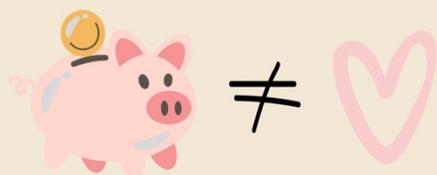


Perilaku Seksual dan Respon Seksual

Aktivitas seksual transaksional adalah ketika seseorang memberi kamu sesuatu yang berharga seperti uang, hadiah, atau bantuan sebagai imbalan untuk seks.

Ini bisa beresiko karena kamu mungkin terkena infeksi menular seksual (IMS) atau hamil secara tidak sengaja. Itu juga dapat memperburuk ketidaksetaraan gender dan ketidakseimbangan kekuatan dalam hubungan.

Ingat, transaksi seks dapat membuat kamu lebih rentan dan kurang mampu menegosiasikan seks yang lebih aman. Penting untuk memiliki keterampilan untuk mengatakan "tidak" dan berkomunikasi secara tegas untuk melindungi kesehatan dan kesejahteraan kamu.



Sebagai seorang remaja, penting untuk mengetahui bahwa kamu memiliki pilihan untuk meminimalkan risiko yang terkait dengan perilaku seksual dan mendukung rencana hidup kamu.

Menggunakan kondom dan alat kontrasepsi lainnya dapat mengurangi risiko akibat yang tidak diinginkan seperti HIV, IMS atau kehamilan.

Namun lebih baik untuk mengetahui bahwa memilih untuk tidak berhubungan seks sebelum menikah adalah yang paling aman, membuat kamu tidak hamil dan terhindar dari penyakit menular seksual. kamu terhindar dari tanggungjawab yang sebenarnya belum atau tidak perlu.

Sexual Behaviour and Sexual Response

Transactional sexual activity is when someone gives you something valuable like money, gifts, or favors in exchange for sex.

It can be risky because you may get sexually transmitted infections (STIs) or become pregnant unintentionally. It can also make gender inequality and power imbalances worse in relationships.

Remember, transactional sex can make you more vulnerable and less able to negotiate safer sex. It's important to have the skills to say "no" and communicate assertively to protect your health and well-being.

As a teenager, it is important to know that you have choices to minimize the risks associated with sexual behavior and support your life plans.

Using condoms and other contraceptives can reduce the risk of unwanted outcomes such as HIV, STIs or pregnancy.

It is also good to know that choosing not to have sex before marriage is the safest, keeping you from getting pregnant and sexually transmitted diseases. You avoid unnecessary responsibilities.



8 Kesehatan Seksual dan Reproduksi Sexual and Reproductive Health

Kehamilan dan Pencegahan Kehamilan

Pencegahan Kehamilan

Baiklah remaja, mari bicara tentang mencegah kehamilan yang tidak direncanakan!

Ada banyak cara yang bisa kamu lakukan, yang pasti adalah jangan melakukan hubungan seksual sama sekali, ini yang terbaik, kamu tidak perlu takut terhadap resiko kehamilan dan terkena penyakit menular seksual.

Kamu masih bisa bebas mengejar mimpi dan masa depanmu.



Namun sebagai pengetahuan saja, ada cara lain untuk mencegah kehamilan seperti menggunakan kondom pria dan wanita, pil KB, suntikan, implan, atau kontrasepsi darurat.

Kami menyebutnya "metode modern" dan cara ini bekerja dengan baik **jika kamu menggunakannya dengan benar dan konsisten.**

Terakhir, jika kamu atau seseorang yang kamu kenal sedang hamil dan membutuhkan dukungan, ada banyak sumber daya yang tersedia.

Tidak seorang pun boleh didiskriminasi karena kehamilan mereka, dan setiap orang berhak mendapatkan akses ke perawatan kesehatan yang aman dan komprehensif. Jadi mari jaga diri sendiri dan satu sama lain, oke?

Pregnancy and Pregnancy Prevention

Pregnancy Prevention

All right teens, let's talk about preventing unplanned pregnancies!

You can do it in many ways, but one thing for sure is not to have sexual intercourse at all; this is the best; you don't need to be afraid of the risks of pregnancy and contracting sexually transmitted diseases.

You can still be free to pursue your dreams and your future.

But just as knowledge, there are other ways to prevent pregnancy, such as using male and female condoms, birth control pills, injections, implants, or emergency contraception.

We call these "modern methods," **which work well if you use them correctly and consistently.**

Finally, if you or someone you know is pregnant and needs support, many resources are available.

No one should be discriminated against because of their pregnancy, and everyone has the right to access safe and comprehensive health care. So let's take care of ourselves and each other, shall we?



Kehamilan dan Pencegahan Kehamilan (Lanjutan)

Pregnancy and Pregnancy Prevention (Continue)

Kehamilan Sehat

Mari bicara tentang memiliki kehamilan yang sehat! Ada hal-hal yang dapat membantu atau merusak kehamilan kamu, jadi penting untuk mengetahuinya. Kami menyebutnya "praktik pralahir"

Beberapa hal yang dapat membantu adalah makan makanan sehat, cukup tidur, dan berolahraga (dengan persetujuan dokter tentunya!). Hal-hal yang dapat merugikan termasuk merokok, minum alkohol dan menggunakan obat-obatan.

Penting juga untuk diingat bahwa memiliki kehamilan yang sehat tidak hanya bergantung pada ibu. Ayah, pasangan, dan anggota keluarga semuanya dapat berperan dalam mendukung kehamilan yang sehat.

Jika kamu atau seseorang yang kamu kenal sedang hamil, ada baiknya memiliki rencana untuk tetap sehat.

Ini mungkin berarti melakukan pemeriksaan rutin dengan penyedia layanan kesehatan, mengonsumsi vitamin prenatal, dan mendapatkan dukungan dari orang yang dicintai.

Dan jangan khawatir, mengakses layanan prenatal tidak sesulit kelihatannya. Kamu dapat meminta rekomendasi penyedia layanan kesehatan kamu, mencari sumber daya dikomunitas kamu, atau bahkan menggunakan pencarian online untuk menemukan layanan di dekat kamu.

Jadi mari bekerja sama untuk memiliki kehamilan yang sehat dan bayi yang sehat!

Healthy Pregnancy

Let's talk about having a healthy pregnancy! There are things that can either help or hurt your pregnancy, so it's important to know what they are. We call these "prenatal practices."

Some things that can help are eating healthy foods, getting enough sleep, and exercising (with your doctor's okay, of course!). Something that can hurt include smoking, drinking alcohol, and using drugs.

It's also important to remember that having a healthy pregnancy isn't just up to the mom. Dads, partners, and family members can all play a role in supporting a healthy pregnancy.

If you or someone you know is pregnant, it's a good idea to have a plan for staying healthy.

This might mean going to regular check-ups with a healthcare provider, taking prenatal vitamins, and getting support from loved ones.

And don't worry; accessing prenatal services isn't as complicated as it might seem. You can ask your healthcare provider for recommendations, look for resources in your community, or even use online tools to find services near you.

So let's work together to have healthy pregnancies and healthy babies!



Kehamilan dan Pencegahan Kehamilan (Lanjutan)

Pregnancy and Pregnancy Prevention (Continue)

Adopsi Anak

Memberikan hak asuh kamu kepada orang lain bisa menjadi pilihan yang sangat baik bagi seseorang yang belum siap atau tidak mampu menjadi orang tua.

Itu dapat memberi seorang anak rumah yang penuh kasih dan stabil dan dapat memberikan ketenangan pikiran kepada orang tua karena mengetahui bahwa anak mereka dirawat dengan baik.

Tapi seperti keputusan besar lainnya, penting untuk mengevaluasi risiko dan manfaatnya.

Adopsi dapat menimbulkan tantangan emosional bagi semua orang yang terlibat, jadi penting untuk memikirkan bagaimana kamu dan keluarga kamu dapat menangani tantangan tersebut.

Ingat, tidak ada keputusan yang benar atau salah dalam menentukan apa yang terbaik untuk kamu dan masa depan anak kamu.

Jika kamu atau seseorang yang kamu kenal sedang mempertimbangkan untuk mengadopsi seorang anak, penting untuk melakukan riset, berbicara dengan orang yang kamu percayai, dan mendapatkan dukungan sepanjang jalan.



Child Adoption

Giving your custody to someone else can be an excellent option for someone who is not ready or unable to be a parent.

It can provide a child with a loving and stable home and give parents peace of mind knowing their child is well cared for.

But like any big decision, evaluating the risks and benefits is essential.

Adoption can pose emotional challenges for everyone involved, so it's crucial to consider how you and your family can handle those challenges.

Remember, there is no right or wrong decision regarding what is best for you and your child's future.

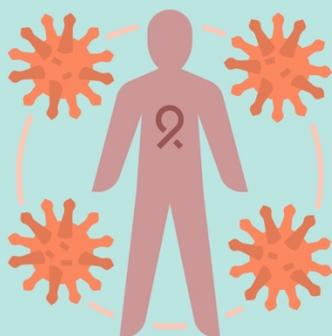
If you or someone you know is considering adopting a child, it's essential to research, talk to people you trust, and get support along the way.



Stigma, Perawatan, Pengobatan dan Dukungan HIV dan AIDS

HIV (Human Immunodeficiency Virus) adalah virus yang menyerang sistem kekebalan tubuh, yaitu sistem pertahanan tubuh terhadap infeksi dan penyakit. Jika tidak diobati, HIV dapat menyebabkan AIDS (Acquired Immunodeficiency Syndrome), yang dapat mengancam jiwa.

HIV menyebar melalui pertukaran cairan tubuh tertentu, seperti darah, air mani, cairan vagina, dan air susu ibu. Ini dapat terjadi melalui kontak seksual tanpa kondom, berbagi jarum suntik atau alat suntik lainnya, atau dari ibu ke anak selama kehamilan, persalinan, atau menyusui.



Meskipun tidak ada obat untuk HIV, ada pengobatan yang efektif yang dapat membantu orang dengan HIV hidup lama dan sehat. Cara terbaik untuk melindungi diri dari HIV adalah dengan melakukan hubungan seks yang aman dengan menggunakan kondom setiap kali berhubungan seks, menghindari berbagi jarum suntik atau alat suntik lainnya, dan melakukan tes secara teratur.

Penting untuk diketahui bahwa orang yang hidup dengan HIV masih dapat hidup normal, bekerja, berkeluarga, dan berpartisipasi dalam komunitasnya. Itu bukan sesuatu yang memalukan atau didiskriminasi. Setiap orang berhak mendapatkan rasa hormat dan dukungan, terlepas dari status HIV mereka.

HIV and AIDS Stigma, Care, Treatment and Support

HIV (Human Immunodeficiency Virus) is a virus that attacks the immune system, which is the body's defense system against infections and diseases. If left untreated, HIV can lead to AIDS (Acquired Immunodeficiency Syndrome), which can be life-threatening.

HIV is spread through the exchange of certain body fluids, such as blood, semen, vaginal fluids, and breast milk. This can happen through unprotected sexual contact, sharing needles or other injection equipment, or from mother to child during pregnancy, childbirth, or breastfeeding.



While there is no cure for HIV, there are effective treatments that can help people with HIV live long, healthy lives. The best way to protect yourself from HIV is to practice safe sex by using condoms every time you have sex, avoiding sharing needles or other injection equipment, and getting tested regularly.

It's important to know that people living with HIV can still live normal lives, work, have families, and participate in their communities. It's not something to be ashamed of or discriminated against. Everyone deserves respect and support, regardless of their HIV status.



Stigma, Perawatan, Pengobatan dan Dukungan HIV dan AIDS (Lanjutan...)



Diskriminasi HIV sangat tidak keren guys! Tahukah kamu bahwa memperlakukan seseorang secara berbeda adalah ilegal hanya karena mereka mengidap HIV? Itu berarti setiap orang berhak mendapatkan rasa hormat dan kesempatan yang sama, apa pun statusnya.

Hidup dengan HIV tidak berarti hidup kamu sudah berakhir – ini salah, jauh dari itu! Dengan perawatan dan dukungan yang tepat, kamu tetap bisa menjadi bintang rock dan menjalani hidup yang sehat dan utuh. Jadi jangan biarkan siapa pun memberi tahu kamu sebaliknya!

Cinta adalah cinta, dan itu adalah hak dasar manusia untuk semua orang. Itu berarti orang dengan HIV memiliki hak yang sama untuk mengekspresikan perasaan mereka dan memiliki hubungan jangka panjang seperti orang lain. Mari semua mendukung hak masing-masing untuk mencintai dan dicintai!

Terkadang sulit untuk menangani HIV sendiri, dan itu tidak apa-apa. Kelompok pendukung dan program yang dijalankan oleh dan untuk orang dengan HIV dapat sangat membantu. Mereka menawarkan semua jenis layanan, mulai dari konseling hingga acara sosial hingga sekadar nongkrong dan berada di sana untuk satu sama lain.

Bergabung dengan kelompok atau program pendukung bisa menjadi cara yang bagus untuk merasa lebih terhubung dan didukung. Jadi jangan takut untuk bertanya atau melakukan riset untuk menemukan grup atau program lokal yang dapat membantu kamu. Dan ingat, tidak apa-apa untuk meminta bantuan saat kamu membutuhkannya!

HIV and AIDS Stigma, Care, Treatment and Support (Continue...)

HIV discrimination is so not cool, guys! Did you know it's illegal to treat someone differently just because they have HIV? That means everyone deserves the same respect and opportunities, no matter what their status is.

Living with HIV doesn't mean your life is over – Its wrong, far from it! With the right care and support, you can still be a rockstar and live a full, healthy life. So don't let anyone tell you otherwise!

Love is love, and it's a basic human right for everyone. That means people with HIV have the same right to express their feelings and have long-term relationships as anyone else. Let's all support each other's right to love and be loved!

Sometimes it's hard to deal with HIV on your own, and that's totally okay. Support groups and programs run by and for people with HIV can be super helpful. They offer all kinds of services, from counseling to social events to just hanging out and being there for each other.

Joining a support group or program can be a great way to feel more connected and supported. So don't be afraid to ask around or do some research to find local groups or programs that can help you out. And remember, it's always okay to ask for help when you need it!

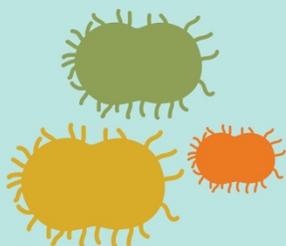


Memahami, Mengenal dan Mengurangi Risiko IMS, termasuk HIV

Understanding, Recognizing and Reducing the Risk of STIs, including HIV

STD = Sexual transmitted Diseases atau infeksi menular seksual

Infeksi bakteri, virus dan parasit dapat ditularkan oleh seseorang yang juga telah memiliki infeksi menular seksual. Ada banyak jenis penyakit menular seksual, termasuk klamidia, gonore, sifilis, herpes, HPV, dan HIV. Penularan terjadi melalui cairan tubuh seperti darah, cairan semen pada air mani dan cairan vagina.



Stigma seputar STDs

Stereotip yang bisa muncul ketika seseorang mengidap STDs

- Kamu telah berhubungan dengan banyak orang
- Kamu itu kotor
- Kamu tidak pernah menggunakan perlindungan

dan meskipun itu bisa saja benar atau salah. Kamu tidak boleh menjadikannya lelucon atau ejekan. Karena akan sangat melukai perasaan temanmu yang mungkin menderita STDs. Ini akan membuat teman kamu tersebut tidak mau pergi untuk pemeriksaan atau berobat. Akibatnya, penyakit akan semakin parah dan risiko penularan akan sangat luas. Stigma juga dapat membuat orang tidak jujur tentang penyakitnya, terutama kepada pasangan seksualnya.

Kamu dapat tertular STDs meskipun hanya melakukan hubungan seksual dengan penderita STDs satu kali, sekalipun menggunakan pelindung seperti kondom. Kamu masih bisa terkena STDs.

STD = Sexually Transmitted Diseases

Bacterial, viral, and parasitic infections are transmitted by someone with a sexually transmitted infection (STDs). There are many types of sexually transmitted diseases, including chlamydia, gonorrhea, syphilis, herpes, HPV, and HIV. Transmission occurs through bodily fluids such as blood, semen in semen and vaginal fluids.

Stigma surrounding STDs

Stereotypes that can arise when someone has STDs

- You have been in contact with many people
- You are dirty
- You never use protection

and while it may be true or false, you should never make it a joke or a mockery. Because it will hurt the feelings of your friend, who may be suffering from STDs, the person will not want to go for a check-up or get treatment. As a result, the disease will get worse, and the risk of transmission will be extensive. Stigma can also lead people to be dishonest about their illness, especially to their sexual partners.

You can catch STDs even if you only have sexual intercourse with someone with STDs once, even if you use protection such as a condom. You can still catch STDs.



Memahami, Mengenal dan Mengurangi Risiko IMS, termasuk HIV (Continue...)

Bagaimana cara mengetahui bahwa seseorang menderita STDs

Tidak semua STDs menunjukkan gejala. Kamu tidak bisa mengetahui jika seseorang menderita STDs hanya dengan melihat penampilannya saja.

Sama seperti kehamilan, kamu bisa tertular STDs hanya dengan satu kali berhubungan seksual

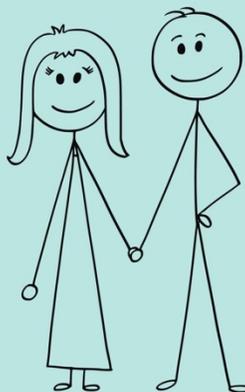
Jika kamu tetap memilih untuk melakukan hubungan seksual maka ada beberapa cara yang bisa dilakukan untuk mengurangi resiko STDs :

- Batasi partner seksual
- Lakukan test
- Komunikasikan dengan pasangan seksual terkait riwayat seks kamu
- Hindari obat-obatan terlarang dan alkohol
- Edukasi diri kamu tentang perilaku seks
- Gunakan pelindung yang terbuat dari bahan latex seperti kondom

Ada yang bisa disembuhkan, jika di ketahui lebih awal dan ada juga yang memiliki efek sangat serius pada tubuh karena itu sangat penting untuk mencegahnya

Apakah HIV bisa disembuhkan?

Sayangnya sampai saat ini belum ada bukti yang bisa menghilangkan virus HIV. Namun infeksi bisa dikendalikan dengan minum obat yang teratur.



Understanding, Recognizing and Reducing the Risk of STIs, including HIV (Continue...)

How do you know someone have STDs

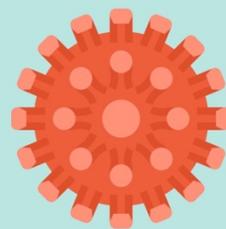
Not all STDs show symptoms. You can't tell if someone has STDs just by looking.

You can catch it with just one sexual intercourse

If you still choose to have sexual intercourse, there are several ways you can do to reduce the risk of STDs:

- Limit sexual partners
- Take a test
- Communicate with sexual partners regarding your sex history
- Avoid illegal drugs and alcohol
- Educate yourself about sexual behavior
- Use protection made of latex material such as condoms

Some can be cured if caught early and some have very serious effects on the body which is why it is so important to learn to prevent them



Can HIV be cured?

Unfortunately, until now, no evidence can eliminate HIV from the patient's body. But the infection can be controlled by taking regular medication

Goals and Affirmation

Saya ingin mencapai
I want to achieve

I can do this

Saya bersemangat untuk
I am excited to

I believe in me

Goals and Affirmation

Saya berharap untuk
I hope for

I deserve good things

Saya akan mengatasi
I will overcome

I am a fighter

Credited Resources

- [Canva.com/design](https://www.canva.com/design)
- International Technical guidance on sexuality education by WHO 2018
- [Amaze.org](https://www.amaze.org)



Good
Luck!

—love—

SARTIANI BILI