

The role of Najwa's adventure story on taking care of her body (based on google sites) in early childhood sexual education

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Abstract

This study aims to describe the implementation of the Google Sites-based media "Najwa's Adventure: Taking Care of Her Body" in introducing sexual education to early childhood as a preventative measure against the increasing number of cases of sexual violence and the lack of appropriate media. The method used was a qualitative case study approach through interviews and observations of children aged 4–6 years. Data analysis used the Miles and Huberman model. The results showed that this interactive story media is effective in helping children understand body boundaries, recognize private parts, and distinguish between safe and unsafe touch. Children showed high interest, were able to correctly name private body parts, and dared to refuse uncomfortable touch. This media also made it easier for teachers and parents to convey sensitive material and improve communication regarding children's self-protection.

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INTRODUCTION

The prevalence of sexual violence cases occurring and experienced by children today is deeply concerning; indeed, the situation can be described as critical and urgent, causing significant public alarm. Early childhood refers to children aged 0 to 6 years, a period marked by rapid growth and development. At this age, children are considered excellent imitators, so whatever they hear and see is easily imitated by them. The cases of violence affecting these children are not unrelated to the long-standing taboo culture, where mentioning genitalia is considered vulgar and inappropriate to utter (Arika & Ichsan, 2022)

According to Law No. 35 of 2014, children have the right to protection encompassing all activities aimed at ensuring and safeguarding their rights so they may live, grow, develop, and participate optimally in accordance with the dignity and worth of humanity, as well as receive protection from violence and discrimination; parents bear responsibility for this.

The rise in such cases must be a shared concern. Parents, teachers, the government, and all stakeholders must act as protectors of children against various threats, including sexual misconduct. Often, sexual violence is perpetrated by those closest to the child, such as forcing a child to kiss or hug in an uncomfortable manner. Low parental awareness regarding child protection is one of the factors contributing to the increase in cases of sexual misconduct, such as *sexual abuse*. Therefore, children should be equipped with sufficient self-protection skills from an early age. According to KPAI research, 70% of parents are not yet able to raise their children using methods appropriate for today's times. Given their significant role, parents should be a child's primary source of guidance in various matters, including accurate and appropriate information on reproductive health. Discussions on reproductive health topics must be initiated as early as possible, in a continuous and sequential manner (Muslim & Ichwan, 2021)

Additionally, teachers often face limitations in educational media that can help introduce sex education to young children. The available media remains very limited and is not suitable for the developmental needs of young children. Therefore, innovative media is needed to bridge the needs of children, educators, and parents regarding early childhood sex education. The "Najwa's Adventure: Taking Care of Her Body" media, based on Google Sites, serves as a solution to provide an enjoyable learning experience through various activities on the website. The character Najwa, a smart and cheerful 5-year-old girl, helps children understand private body parts, types of touch, and body safety rules using a narrative approach.

The urgency of Najwa's research on maintaining her body using Google Sites lies in the pressing need for safe, child-friendly, and developmentally appropriate sexual education materials. Therefore, this study is important for evaluating the implementation of Google Sites-based materials featuring Indonesian children's characters as a learning tool, in order to assess their effectiveness and children's responses in the process of introducing sexual education from an early age as a preventive measure for child protection.

Various studies have discussed the introduction of concepts regarding bodily boundaries, safe and unsafe touch, and various media that can be used to introduce sex education to young children. For instance, studies conducted by (Azzahra, 2020) and (A.J. Pauweni et al., 2022) emphasize that children aged 0–6 years need to learn about body parts, gender identity, and their respective roles. Additionally, early childhood sex education can be provided by parents as early as possible as a preventive measure to help prevent sexual abuse from occurring. Parents can provide sex education appropriate to the child's developmental stage, such as teaching the names of body parts, understanding how to care for bodily organs, and distinguishing between appropriate and inappropriate actions. Another study conducted by (Narayani et al., 2022) on the implementation of sex education for children suggests that it can be delivered through learning materials presented by teachers using various methods and media. One method that can be applied is storytelling, and one medium that can be used for children regarding sex education is songs, specifically the song titled "I Protect Myself," with the learning theme "Myself" and the sub-theme "My Body Parts."

This study introduces a novelty in the development and implementation of Google Sites-based sexual education media specifically designed for early childhood. Unlike previous studies that generally used standard storybooks or simple educational models, this study presents an interactive medium titled “Najwa’s Adventure: Protecting Her Body,” based on Google Sites. This medium integrates the concepts of body boundaries, recognition of private body parts, and safe versus unsafe touch through an adventure storyline that is enjoyable and relevant to children’s imagination, thereby providing a more natural and non-intimidating learning experience.

“Najwa’s Adventure: Protecting Her Body” was developed as an interactive website using Google Sites, featuring illustrated stories, character illustrations, and simple activities that help children understand *the concept of body safety boundaries*. The use of Google Sites allows teachers to display the content via digital devices such as laptops, projectors, or tablets, making the learning process more engaging, interactive, and accessible.

The objective of this study is to describe the implementation of the “Najwa’s Body Safety Adventure” media, based on Google Sites, as a tool for introducing sex education to young children. Additionally, this study aims to determine how the media is used in the learning process, how children respond to and understand the concepts of body boundaries, private body parts, and safe versus unsafe touch after participating in the activity, as well as the perspectives of teachers and parents regarding the media’s effectiveness in helping children understand safe, enjoyable, and developmentally appropriate sexual education. Through these objectives, the study is expected to provide a concrete picture of the benefits of this media, as well as recommendations for educators in providing learning that supports the protection and safety of children from an early age.

METHOD

This study is a qualitative study using a case study approach. Qualitative research methods emphasize the observation of phenomena and focus more on the substantive meaning of those phenomena. The analysis and depth of qualitative research are greatly influenced by the power of the words and sentences used. The focus of qualitative research is on the process and the interpretation of the results. Qualitative research pays greater attention to human elements, objects, and institutions, as well as the relationships or interactions among these elements, in an effort to understand an event, behavior, or phenomenon (Safarudin et al., 2023). A case study involves examining an event, situation, or phenomenon—often referred to as a social phenomenon—with the aim of uncovering the distinctive or unique characteristics present within the case under study (Ilmiah & Pendidikan, 2024).

The subjects of this study were several families with young children aged 4–6 years. The research was conducted at an early childhood education center (Paud) located in Cianjur Regency. Data collection techniques in this study involved observation and interviews to directly observe how children respond to media, understand story content, interact during learning, and demonstrate understanding of the concepts of bodily boundaries and safe touch. Data analysis followed the Miles and Huberman model, which comprises three stages: data reduction, data presentation, and drawing conclusions, in accordance with the Miles and Huberman model. Through this method, the study aims to provide a comprehensive overview of the implementation of the “Najwa’s Adventure: Protecting Her Body” media, based on Google Sites, and its effectiveness in introducing sex education to children aged 4–6 years.

RESULTS AND DISCUSSION

Result

The research results indicate that the "Najwa's Adventure: Protecting Her Body" educational media plays a significant role in helping young children understand the concept of sex education in a safe, respectful, and developmentally appropriate manner for young children. The story, presented as an adventure featuring the main character Najwa, provides children with opportunities to learn through experiences closely tied to their daily lives. Children do not merely view the story as entertainment but also as a concrete example of how to care for their bodies, understand boundaries, and recognize potentially unsafe situations.

During classroom learning sessions, it was evident that the children showed a high level of interest in the simple yet meaningful storyline. When the teacher read the story, most children listened attentively, asked spontaneous questions, and gave responses indicating an initial understanding of personal boundaries. The use of cheerful characters makes it easier for children to identify with them, so the messages conveyed do not feel patronizing. Teachers also reported that after the storytelling activity, children were more active in identifying which parts of the body may and may not be touched by others, indicating an increase in body literacy and self-awareness.

Interview results with classroom teachers indicate that the use of the "Najwa's Adventure: Protecting Her Body" media facilitates teachers in delivering sex education to young children.

One teacher stated, "Through Najwa's story, children find it easier to understand which body parts need to be protected. I also feel more comfortable explaining it because the language is simple and not intimidating for the children." (interview, November 2025)

Another teacher also noted that this media helps maintain a conducive classroom atmosphere. "The children seem enthusiastic; they listen seriously but remain relaxed. The story feels like play, but in reality, they're learning something important." (interview, November 2025)

Thus, it can be concluded that this medium helps them convey sensitive topics that are typically considered taboo and difficult to introduce to young children. Teachers feel that Najwa's adventure stories provide natural language and context, allowing them to explain the concept of bodily privacy without instilling fear or excessive anxiety in young children. This medium also helps teachers maintain a cheerful and safe learning environment for the children, as the messages are conveyed through familiar situations involving interactions with close family members.

Meanwhile, results from interviews with parents indicate positive behavioral changes after children were introduced to this media.

One parent said, "After hearing Najwa's story at school, my child became brave enough to say no when they didn't like something, and often reminds me that they need to take care of their body." (interview, November 2025)

Another parent added, "This story helps us as parents, because our child initiates the conversation on their own. It makes it easier for us to explain things without feeling awkward." (interview, November 2025)

These findings indicate that Najwa's journey to protect her body not only impacts the child but also strengthens the family's role in continuing sex education at home. This story serves as a safe, respectful, and culturally appropriate tool for fostering communication between parents and children.

Observations show that through Najwa's adventures, children can understand the concept of "my body" more concretely and gain a realistic picture of situations they need to be cautious about. Children's responses during reflection activities indicate that they can articulate why the body must be protected and what actions to take when facing confusing situations.

Additionally, this medium helps strengthen communication between teachers, children, and parents. Teachers use the story to facilitate further discussion, while parents use it as a starting point for conversations at home. Thus, learning does not stop at school but continues within the family environment, ensuring that the message of sexual education is fully grasped. Consistency in conveying this message across both environments helps children understand that taking care of their bodies is an important matter supported by all the adults around them.

Overall, this study demonstrates that Najwa's adventure in taking care of her body serves not only as a learning medium but also as an emotional support tool that helps children feel safe and confident in recognizing and caring for their own bodies. The narrative and contextual approach makes sex education easier and more acceptable for young children, while simultaneously minimizing the risk of misunderstanding. This story provides a meaningful, enjoyable, and relevant learning experience that aligns with current developmental needs

Discussion

This study aims to connect findings regarding the role of Najwa's Body-Care Adventure in early childhood sex education with established theories and relevant prior research. Overall, the research findings indicate that Najwa's adventure story plays a significant role in helping children understand the concept of body protection, recognize personal boundaries, and develop awareness regarding body areas that may or may not be touched by others. These findings confirm that a story-based approach can serve as an effective and safe means of delivering sex education to young children.

The main findings of this study indicate that after engaging with Najwa's adventure story, children were able to identify private body parts more accurately, refuse uncomfortable touch, and demonstrate the courage to express feelings of insecurity. Compared to previous research, this study offers a new perspective (Kamilah, 2021) study showed that the storybook **I Love My Body** is a learning medium appropriate for children's development and capable of optimizing six developmental indicators; however, it did not highlight the use of an adventure-based narrative structure. In this study, the character Najwa was proven to strengthen children's understanding through more holistic cognitive and emotional experiences, as children were directly involved in a story plot representing real-life situations.

Although the study's findings align with existing literature, this research still has limitations. The study focused solely on one type of story medium without comparing it to other media, such as digital media, animated videos, or interactive storytelling, which have also been proven effective in early childhood sex education (Pratiwi & Subhiyakto, 2022). This limitation opens opportunities for future research to test various forms of adventure media or different characters to enrich early childhood sex education models.

The significance of these research findings is all the more important given that sex education for young children is still considered taboo by some segments of society. Therefore, a story-based approach offers a safe, respectful solution that does not threaten prevailing cultural norms. By introducing the character Najwa, who is the same age as young children, children gain a concrete understanding of how to protect their bodies and how to respond when faced with situations that could potentially endanger them. In addition to reinforcing children's understanding of bodily boundaries, this study also demonstrates that **Najwa's Adventures in Body Care** fosters children's confidence to say "no" when facing situations that make them feel uncomfortable. This aspect is crucial, given that recent research confirms that age-appropriate sex education can help children understand personal boundaries and courageously express discomfort regarding potentially dangerous situations (Andina et al., 2025).

These findings are also consistent with literature indicating that young children learn concepts through emotional experiences, repetition, and behavioral modeling (Pusparani et al., 2025). The "Najwa's

Adventure" medium facilitates all three of these aspects simultaneously. The story presents repeated messages about the importance of body care, the character Najwa acts as a model of safe behavior, and the plot elicits emotional responses that help children understand the concept more deeply. The implications of these findings suggest that adventure story media can serve as an innovative model in early childhood sex education, particularly within the Indonesian cultural context, which requires a contextual educational approach that does not provoke resistance.

Additionally, this study found that children more easily grasp the concept of body autonomy when the material is presented through an adventure narrative that presents problematic situations along with their solutions. These findings are supported by the results of (Sabani et al., 2022), who state that stories with a conflict-resolution structure can enhance children's ability to connect abstract concepts with real-life situations. This structure also contributes to strengthening children's understanding of personal boundaries and recognition of risky situations, thereby supporting more effective sex education.

This research is also consistent with recent studies on children's media literacy, which emphasize the importance of positive character representations that resonate with children's daily experiences (Zidan et al., 2025) revealed that peer characters depicted realistically and easily relatable to children can significantly enhance empathy and moral understanding. The character Najwa, portrayed as a smart, cheerful, and polite child, serves as a behavioral model that children can emulate without causing psychological pressure.

Furthermore, recent research emphasizes the importance of collaboration between schools, families, and the government in creating a comprehensive and safe sex education system for young children (Artikel, 2025). Story-based media is considered effective as a communication bridge between teachers and parents because it uses simple language aligned with cultural values. These findings align with research showing that *Najwa's Adventure: Protecting Her Body* is utilized by teachers in schools and continued by parents as discussion material at home, thereby making learning more consistent and sustainable.

Additionally, (Rustiyanti et al., 2020) state that contextual narrative-based learning media can significantly enhance children's body literacy compared to verbal approaches alone. Children exposed to contextual stories are better able to identify private body parts, understand self-protection functions, and recognize risky situations. These findings further reinforce the position of the "Najwa's Adventure: Protecting Her Body" media as an innovative approach relevant to the current educational needs of early childhood.

Thus, this study reinforces the current literature (Wulansuci, 2018), which states that story-based media not only serve as visual aids but are also capable of comprehensively enhancing children's understanding. This adventure-story-based approach is relevant to the learning needs of young children, emphasizing holistic, safe, and developmentally appropriate aspects.

CONCLUSION

Research on the "Najwa's Adventure: Protecting Her Body" story, hosted on Google Sites, demonstrates that this storytelling medium is effective in introducing sex education to young children in a safe, enjoyable, and developmentally appropriate manner. Najwa's adventure story helps children understand the concept of bodily boundaries, safe and unsafe touch, and the courage to say "no" when they feel uncomfortable. These findings align with the study's objectives and reinforce the argument that a narrative approach strongly supports early protection against the risk of sexual violence. This medium also makes it easier for teachers and parents to initiate conversations about sensitive topics, thereby fostering more open and educational communication. Although the results are positive, this study has limitations regarding the scope of the sample and the use of a single type of media. Therefore, further research could explore other forms of media or test its long-term effects. Overall, Najwa's Adventures makes a tangible contribution to early childhood sexual education and has the potential to be further developed as a more comprehensive educational strategy.

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