

The Effectiveness of Parent Roles in Children's Sex Education

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BSTRACT

Sexual offenses are not new, they have been happening for a long time and continue to happen every year, even in Indonesia. Not only experienced by adults, but also teenagers and even minors are getting sexually abused and assaulted by the predator. According to reports, children and girls are more prone to get sexual harassment, with many occurrences remaining unreported due to fear, stigma for the victims, and a lack of understanding. One of the most effective preventive measures is sex education, which aims to equip children with knowledge and skills. However, discussions about sex are considered misinformation and social taboos, often disguised, a clear understanding of what constitutes good sex education is crucial. In this case family especially parents have responsibility as the first environment for the children to shape their children knowledge, attitude, behaviour and life skill about sexual topic through sex education. The aim of this study is: to identifying how effective the implement of the parent's roles as far. The method that used in this study is a literature review. The study was carried out based on 10 selected sources and analyzed. As a result, the conclusion point is concluded. From the overall resources used to assess the effectiveness of the parental role, the results show that the implementation is moderate to low in achieving the desired results. This ineffectiveness is evidenced by the moderate to low results on children. However, sex education is one of those things that cannot be addressed or taught only once; instead, it must be a continuous process to know the children. In the other hand the parents can imply: 1. Balance engagement to support each other to be effective, 2. Create and build open communication, and 3. Collaborate with the school and teacher. From that, hopefully sex education can have a good influence on children's understanding, attitudes, and how they behave in responding.

Keywords: *Effectiveness parent's roles, children sexual education, Sex Education*

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INTRODUCTION

Sexual offenses and harassment are not new issues and phenomena that have emerged in the current era of globalization. These crimes have existed for a long time and still occur year after year, worldwide including Indonesia. Even during the pandemic, the number of sexual violence cases has not decreased. This is not only experienced by adults,

but also teenagers and even minors are getting sexually abused and assaulted by the predator.

According to National Commission on Violence Against Women (2024), cases of non-physical and physical sexual harassment are more commonly reported than rape. However, a rise of victims' understanding of the forms and types of sexual harassment is not always accompanied by a thorough understanding of the forms and different types of sexual violence among law enforcement officials. According to reports, children and girls are more prone to get sexual harassment, with many occurrences remaining unreported due to fear, stigma for the victims, and a lack of understanding. Sex crimes may have severe consequences for young victims, driving long-term emotional, psychological, and physical trauma. These patterns show a lack of public understanding of sexual education. The problems and traits highlight the urgency and necessity for treatment or prevention.

One of the most effective preventive measures is sex education, which aims to equip children with knowledge and skills. Sexual education for children refers to understanding of the body, interpersonal interactions, reproductive health, and self-awareness. The World Health Organization (WHO) (2023) describes comprehensive sexual education as a learning process that focuses on the cognitive, emotional, physical, and social components of sexuality, with the goal of providing the knowledge, skills, and attitudes required for developing healthy and responsible relationships. Sex education includes the study of factors of religious belief, ethics, morals, physiology, economics, and other topics necessary for a person to understand themselves as sexual beings and form positive relationships (Breuner et al., 2016). However, discussions about sex are considered misinformation and social taboos, often disguised, a clear understanding of what constitutes good sex education is crucial.

In this context, the family has a vital role to play in educating children about sex. As the first environment where children learn and grow, the family provides a strong foundation for a healthy and positive understanding of sexuality to provide accurate information on knowledge, values, norms and attitudes. Family, especially parents are seen as key figures who are not only able to educate their children, but also provide, complement and maintain the family culture and ethos. They nurture their children's psychological and physical well-being and help them prepare for adulthood (Turnbull, van Wersch, & van Schaik (2008). From Munawwarah, Fajriah, and Misriaton (2023) parents have a vital role in nurturing, caring for, and raising their kids, giving guidance, support, and safety as they grow. According to Ceka & Murati (2016) the role of parents refers to various responsibilities and expectations essential for the development and well-being of their children, such as:

1. Being an educator
2. Caregiver
3. Role model
4. Emotional supporter, and

5. Disciplinarian,

Providing sex education is included in the roles and responsibilities of parents to children, which as discussed earlier, sex education is a non-formal subject and it requires the involvement or engagement of parents and their roles. However, many parents, particularly in Asian, African, and Eastern cultures, feel uncomfortable discussing reproductive health and sexuality with their children.

According to Ballal et al. (2020) in a study conducted in southern India, it was found that out of 202 supportive parents, 59.9% of parents who believed that their children should receive sexuality education provided this information individually. The remaining 81 parents agreed with sexuality education but chose not to give it to their children, with reasons that they felt awkward discussing the topic and believed that their children would learn it on their own. According to Nafisah et al. (2023) to findings from the literature indicate that while parents in that research understand the value of educating their children about sex education, parent-child discussions on sex education are uncommon. This is due to the strength of the taboo culture. Furthermore, it is also their opinion of sex education should not be given to children at a young age since parents aren't ready for it. Meanwhile, children in their developmental years, especially the golden age and primary school age, are curious and have a variety of questions they want to ask when they see or know new things they encounter. This discomfort among parents highlights the need for open and effective communication about sex education, as it is an essential aspect of children's development and well-being.

The main question that arises is how effective these roles are in practice in children sex education? The term effectiveness relates to doing the right things meaning how successful something is at achieving the desired result (Sundqvist, Backlund, & Chron er, 2014).

METHOD

This research employed a literature review as a method. Cisco, J. (2014) defined A literature review as a thematic combination of resources that provides readers with a current summary of theoretical and empirical results on a specific topic. Rather than obtaining new data through experiments or surveys, a literature review requires doing research, reading, analysing, evaluating, and summarizing the findings of previously published studies, books, articles, reports, and other sources of scientific information (typically journals and articles) on a specific topic. A literature review might result in a whole report or article, or it can be part of a grant application, thesis, or dissertation Auraria. (n.d.). Based on Mohammed (2020) generally, there are six key steps: finding relevant literature, evaluating references, analysing trends, arguments, and gaps, and outlining the framework.

From Santosa (2021) moreover, literature reviews assist writers in identifying research gaps and difficulties. The phases and components of a literature review usually are:

1. Problem formulation: Using questions, identify the issue and its components.
2. Research Step: Find relevant literature to discover gaps that can be remedied.
3. Reading: reading articles or other forms of information.
4. Analyse: Evaluate the results for relevance.
5. Evaluate the article's relevance to research and important results.
6. Synthesis: describe the major results and how they relate to the research.

In addition, to the steps mentioned earlier this study will shorten the six steps of the literature review to only four, listed below.

1. Identification & Determination of Research subject: Selecting a relevant topic for study and outlining the study's scope. (parent roles/ involvement/ engagement/ participation)
2. Data Collection through Literature research: Conducting a comprehensive literature research to gather relevant data and information.
3. Data analysis and evaluation entails analysing and evaluating obtained data to support research aims.
4. Drawing Conclusions and Interpretations: Summarizing the study findings and offering related interpretations.

The criteria for measuring the effectiveness of the indicator from 10 article.

No	Effectiveness Parent roles in sex education	
	Indicator: Parent roles	Indicator 2: Children outcome
1.	Being an educator	• Understanding sex education
2.	Caregiver	• Attitude change (confident and more open to the parents)
3.	Role model	
4.	Emotional supporter, and	• Prevention of sexual act
5.	Disciplinarian	

FINDING AND DISCUSSION

Findings

The following step in this research is to collect data by doing a thorough literature review. The literature review is an important stage that helps researchers to collect relevant data and information to support their study aims. During this stage, writers look for and examine numerous sources of information connected to the study topic, such as academic journals, books, research papers, and other sources that give insights into the issue at hand. This project will undertake a comprehensive literature analysis to acquire a better understanding of the effectiveness of parents' roles in children's sexual education. The search engine used to do the search was Google Scholar, connected papers with the terms "Parent's roles in children's sex education", "Parental involvement in child sex education", and "Effectiveness of parents roles in sex education". A literature search yielded ten sources, which are listed below:

No	The Researcher	Tittle
1.	Nur Azira Fideyah Binti Abdullah Siti Mariam Muda Norhasmah Mohd Zain Siti Hazariah Abdul Hamid	The role of parents in providing sexuality education to their children
2.	Vaishnavi Ballal Rekha Thapar Bhavya Sandepudi Abinand Narayan Manganahalli Devaraj Shreehari Manikoth Jayarajan Nithin Kumar Bhaskaran Unnikrishnan Prasanna Mithra	Sexuality education – do our children need it? Perspective of parents from coastal South India
3.	Friday Nyimbili Rossa Mainza Luciano Mumba Brian Katunansa	Teacher and parental involvement in providing comprehensive sexuality education in selected primary schools of Kalomo district of Zambia
4.	Triece Turnbull Anna van Wersch Paul van Schaik	Parents as educators of sex and relationship education: The role for effective communication in British families
5.	Adiyati Yumna Lara Fridani Yuliani Nurani	PARENTS' ROLES AND SEX EDUCATION RIGHTS FOR EARLY CHILDHOOD
6.	Sedigheh Hassani Moghadam Jila Ganji	The role of parents in nurturing and sexuality education for children from Islamic and scientific perspective
7.	Wenjing Zhang Yuzhi Yuan	Knowledge, attitudes, and practices of parents toward sexuality education for primary school children in China
8.	Munawwarah Heliati Fajriah Misriaton Misriaton	Parents' role in early sex education introduction for childhood in Taman Pintar Daycare Banda Aceh
9.	Sorah Stein Taylor Kohut Karola Dillenburger	The importance of sexuality education for children with and without intellectual disabilities: What parents think
10.	Emawaliyanti Ratna Ajeng Dewantari	Sexual education for adolescents: parent role in rural area

The study concentrated on the roles of parents in sex education, exploring the effectiveness of parental roles and the effects on children's understanding and attitude related to sexual education. The studies evaluated used several kinds of indicators to determine effectiveness, which include the parent's roles as an educator, caregiver, role model, emotional supporter, and disciplinarian, as well as the child's understanding of sex education, attitude changes, and prevention of sexual activities.

Based on the result of this study, it was found that the parent's roles was moderately effectively established to the criteria. The data of parent's roles implementation is not sufficient to meet the benchmarks for effective sex education, and this is reflected in the low impact on children's understanding and behaviour.

Parents role being educators

Out of ten, eight articles showed that many parents implemented being educators in providing sex education to their children. This roles scored highly across the board, indicating that parents are generally effective in educating their children about sex education. Eight of them found that parents successfully assumed the role of educators by giving important knowledge regarding sexual education. Emphasizing the value of parents as their children's primary sources of information, this was one of the positions that was most consistently completed. The two studies that did not find this role to be helpful put it down to a lack of communication and uncomfortable with the subject.

Parents role as role model

According to six research that found the role model indicator to be effective, children frequently pick up sexual behavior and attitudes by watching their parents. However, in four studies, parents supposed to teach sexual principles were not consistently expressed themselves through their actions. On the other hand, in four studies, parents who were expected to educate sexual values on their children did not always demonstrate those ideas through their behaviour.

Parents role as emotional supporter

In five studies, the role was effectively carried out by parents, who were found to give the emotional support needed for children to feel comfortable talking about sensitive topics. The other five studies found that the emotional support function was lacking often as an outcome of emotional gap or lack of communication between parents and children.

Parent as Disciplinarian

six studies that looked at the disciplinary role found that establishing limits and rules surrounding sexual conduct was helpful in preventing dangerous sexual behaviour. But according to three studies, this role lost some of its effectiveness when the measures were overly strict or tough, or when they were based on social, cultural, or religious beliefs without providing helpful reason. Children lead to defensive and hiding secret.

Parent as the care giver

Lastly, Why is it the last one? as one of the roles of a caregiver is to make sure that the emotional and physical needs of the children are fulfilled. Making sure that children's physical and emotional needs are addressed is a key component of this role.

Eight studies found that parents were good at being care giver, providing a safe space where kids felt comfortable talking about sex. However, in two studies, this role was either overlooked or poorly executed, usually as the result of cultural or individual discomfort when discussing about sexuality with children.

Children understanding of Sex Education

In seven of the studies, children showed a good knowledge of the subject, which is consistent with parents' successful responsibilities as educators. Three research, however, pointed to knowledge gaps that connected to a lack of parental involvement in important roles related to education and support.

Attitude change

Six studies found positive improvements in attitude, including increased confidence and openness when talking about sex with parents. The other four studies showed little to none change, which can be an indication of parents' roles being unfulfilled, especially when it comes to giving care and emotional support.

Prevention of sexual acts

Getting to the goal of preventing sexual actions was more challenging; four studies showed effect in this area. Lower effectiveness in preventing harmful sexual behaviours was connected in the remaining 6 studies with a lack of parental involvement in all roles, especially emotional, role model, and disciplinarian ones. However, since sexual education is not a short program or lesson that we learn about immediately, we need more time and observation to assess changes and other things.

Only a few studies scored parents fully in all categories, demonstrating variances in how well parents perform these tasks in sex education. There are some roles like emotional supporter, role model and disciplinarian were frequently ranked lower, probably suggesting challenges related to balancing authority and open communication. Hence, the results of this study found that the effectiveness of parents' roles in sex education varies greatly; there are parents who also only deliver or explain sexual things in general terms, because when parents were growing up, the topic of 'sex' was not discussed freely. Therefore, not all parents regularly carry out all those roles, resulting in mixed outcomes for their children. Most parents probably succeed in introducing and teaching their children about body changes or general information, but failing in providing emotional support or setting effective discipline guidelines. Even in most of these situations, the overall success of sex education is compromised as children may not receive the full range of direction necessary for complete understanding and appropriate behaviour.

DISCUSSION

The 10 resources shows that the parent's roles has significant effect on the children knowledge, understanding, attitudes and behaviours regarding sexual health and wellbeing. The following results that the writer found which are discussed as follows:

Educator and caregiver

From ten studies, eight of them discovered that parents agree that being educators play a crucial part in educating children about sexuality. Most of them are aware of teaching or providing sexual education to their children. According to Nur et al. (2020), 82% of parents believe that providing sexuality education to children can help them recognize and protect themselves against sexual harassment. Yumna et al. (2023) state that the earlier sex education can be delivered at home, the sooner children are able to shape the right beliefs about sex, making it simpler for parents to cope with situations connected to sex.

However, there are also some parents that hesitate to implement that roles. The things that make them hesitate are mostly due to age and societal stigma regarding taboo sexual discussions. Some parents think children will naturally learn as they age, this is not totally wrong, hence parents need to start to teach them the accurate or the correct information as they grow. Another reason is also because they are ashamed to talk deeper about the topic or lack of knowledge so they choose to avoid the discussion. Some of them also consider that the topic should be taught by teachers because they are better trained. That made the children just know rather than really understand when the parents delivered the information about sex education or just general information.

Parental knowledge and comprehension of sexual education itself is also an important thing that parents must have for the effectiveness of parents' roles in providing the children sex education. They must have adequate understanding about sexual health, myth, attitudes, and development in order to deliver accurate and appropriate information. Waliyanti and Dewantari (2021) found that parents with poor education levels impacted the quality of conversations between children and parents. Educating themselves helps them to confidently answer inquiries and clarify any misconceptions their children may have. Parents can start to introduce the vital organ with the right name or scientific name, rather than censoring or changing the vital organ.

Begin early and be age-appropriate. This is something that parents have to be aware of. from Ballal et al. (2020) Sexuality education should cover topics that are age-appropriate, relevant, and comprehensive. Starting early by recognizing the child's age will help the child develop stronger comprehension. Zhang & Yuan (2023) In China, parents actively teach their children about sexuality at home using media such as television and the internet. Almost 70% of parents reported teaching their children about sexuality through television and the internet. Parents may use picture books, entertaining movies, everyday experiences, and current events as chances to explore many topics about sexual education. As children grow up, parents may introduce new topics by using technology and the internet to teach more complex concepts. Children who get sex education from their parents are more likely to grasp and consider the right information, which can help them develop knowledge, confidence, and psychological well-being. Parents who are uncomfortable discussing sexuality and lack knowledge about sex education inevitably affect their children's understanding of the subject.

Emotional supporter and disciplinarian

This role is also important but rarely recognized. Six out of ten studies have found that parent's role as disciplinarian is higher than emotional support, five out of ten. Teaching children about rules, consequences and boundaries is not wrong, that is a good step to make them aware of their value, their body and life skill. However, the children's low response rate made this role implication less effective. According to the majority of research, parents concentrate more on teaching knowledge about socializing properly and enforcing regulations to prevent inappropriate behaviours. Although emotional support is provided in the form of advice, care and concern, it appears to be undervalued in comparison to the roles of educator and disciplinarian. Based on (Chen et al., 2017) in Waliyanti and Dewantari (2021). Authoritarian parenting involves hitting and scolding children who break parental norms, creating a sense of restriction for them. The emotional support component, which includes active listening, empathy, and creating a safe environment for children to express their emotions, is downplayed. Parents are becoming more engaged in guiding behaviour through advice and discipline, as shown by the examples of warnings and restrictions. This suggests that while parents care about their children's well-being, their primary approach is instructive rather than deeply emotionally supportive, which could be a potential gap in their roles as comprehensive emotional supporters. The documents reflect that in many cases, parents may overlook the need for emotional nurturance while focusing on knowledge transmission and discipline.

Although emotional support is equally important and necessary. For example, in the presence and communication skills. It's important for parents to enhance their communication skills with their children to show emotional support. Being present and creating an open and safe communication with a supportive and nonjudgmental environment is an effective way to allow children to ask questions and seek help without fear of being humiliated or punished. According to Guzmán et al. (2003) in Turnbull et al. (2008) responsive parents who spend time with their children have a closer and more connected relationship, enabling more comfortable sexual communication. There are still many parents who can't give the children a parent figure and think that talking about it to children at an early age is impolite or inappropriate, it's not. That will make the children feel embarrassed or hesitant to ask parents about things related to sex later on. Since the parents are known as their children's primary educators, their first sources. Having an important influence in developing their attitudes, beliefs, and values about life things including sexuality. Due to the topic not one time or single talk, this conversation should be a regular dialogue for parents. Parents should monitor and supervise the children about the new information or misinformation they might get later on as they grow up. Being persistent, consistent, and confident can build the children's trust of the foundation information that they had previously.

Role Model

Last but not least is the Parents role as role models in sex education. This score is the same with the disciplinarian 6 out of ten, However, this is often missed. Parents frequently remind and teach their children about attitudes and other topics, but they rarely give examples. from a lack of interaction, leisure, and daily behaviour. Children often feel distanced from their parents due to their busy work schedules (Waliyanti & Dewantari, 2021). Based on Munawwarah et al. (2023) children learn from their parents, therefore it's important to show respect, communication, and consent in relationships. For example; parents may tell children not to use devices too frequently, but they frequently show them busy with their gadgets, they may prevent children from sleeping late, but parents are often awake watching television or doing other things causing them to sleep late, or the parents asked the children not to wear shorts or to dress properly in front of people, but the parents did not dress appropriately. Whereas children will learn from what they see. Therefore parents must be role models for them. By demonstrating trustworthy interactions and activities, children will have a solid foundation to learn from and copy.

CONCLUSION

Sex education is one of those things that cannot be addressed or taught only once. Instead, it must be a continuous process. Parents are the foundation and primary gate that has a significant impact on children's personal, physical, and emotional development, particularly during their golden age. These findings belief that based on theory, parental involvement is probably very effective. From the overall resources used to assess the effectiveness of the parental roles, the results indicate that the implementation is moderate to low in reaching the desired outcomes in children. That are evidenced by moderate to frequently low outcomes in children. In other words, the effectiveness of the parental roles in sex education is highly depended on the comprehensiveness of their involvement. The lack of parental roles contributes to low child outcomes.

As a result, the study's findings imply that in order to obtain the best results in sex education, parents must execute all of their tasks continuously and in a balanced manner. Parents can improve the way they encourage their children to learn, by enhancing their communication skills, knowledge, actions, self-regulation and self-esteem. All roles must be given in equal proportions in other the other hand the parents can imply:

- 1. Balance engagement to support each other to be effective**

Being a caregiver also educator by providing actual learning, supporting children emotionally. Being a role model, and being a disciplinarian is a unity that must be realized and developed. The parents can start to open discussion with children about sex education early in their growth stages maximizes the effectiveness of parents' roles in giving awareness, knowledge, and comprehension. Being a role model by preparing themselves with a sufficient understanding of the aspects taught, not shy to admit mistakes and apologize, providing a foundation of religious

values, education, and social morality values in age-appropriate ways, and providing continual guidance in physical, emotional, and psychological well-being will help children trust their parents, and build confidence, attitude and behaviour of children as they grow up.

2. Create and build open communication

Be present for the children by creating the open, safe and comfortable environment so children can discuss the topic more comfortable with the parents. Improve the communication skills, and provide emotional support and body language. set some time at least a few hours a day to chat and listen to your child's stories about their day or something else.

3. Collaborate with the school and teacher

Some parents may lack confidence and knowledge to teach or delivering sex education to their children. Instead of just assuming that it's the teacher's job, to support parent performance, knowledge and confidence, parents can collaborate with the school and the teacher through attending workshop, make integrated learning topic or activities they learn at the school and at home, build networking and communication with the teacher.

Only then can sex education have a good influence on children's understanding, attitudes, and how they behave in responding. There is no better or worse role. All roles are interrelated and important to shape the child's personality and also knowledge about sex education as they grow.

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