

Article

## Enhancing Adolescent Well-being: The Impact of Comprehensive Sex Education on Knowledge, Consent, and Sexual Violence Prevention

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**Abstract:** This research delves into the critical topic of the influence of sex education on adolescents in the context of addressing sexual violence. The study aims to comprehensively examine the impact of sex education on adolescents' knowledge, attitudes, and behaviors related to sexual violence prevention. The research findings reveal several key insights. Effective sex education programs have a significant positive impact on adolescents' knowledge about sexual boundaries, resulting in a better understanding of consent and healthy relationships. Furthermore, these programs promote healthier attitudes toward consent, fostering a cultural context that supports safe and respectful interactions. Importantly, the study suggests that well-designed sex education has the potential to reduce the incidence of sexual violence among adolescents. The implications of this research are far-reaching. It underscores the importance of designing and implementing more effective sex education programs in schools and communities. By tailoring curricula to the specific needs of diverse adolescent populations and integrating evidence-based practices, educators and policymakers can equip young individuals with the knowledge and skills needed to navigate sexual relationships responsibly and safely. While this study provides valuable insights, it is essential to acknowledge its limitations, including sample size constraints and potential biases. Future research should consider longitudinal approaches to assess the long-term impact of sex education. In conclusion, this research serves as a crucial step toward developing strategies for preventing sexual violence among adolescents through comprehensive sex education. By disseminating these findings and fostering collaborative efforts among educators, policymakers, parents, and the broader community, we can work toward a safer and more informed future for our youth, free from the scourge of sexual violence.

**Keywords:** Sex Education; Adolescents; Sexual Violence Prevention; Knowledge; Consent.

### 1. Introduction

Sexual violence is a very serious problem that threatens the well-being of teenagers throughout the world (Lemieux & Byers, 2008) (Savin-Williams, 1994). This is not just an individual problem, but is also a social issue that affects society at large (Wilkinson, 2020) (Smith et al., 2011). Adolescents, who are in this phase of their development and identity, are vulnerable to various forms of violence, including sexual violence (Tomoda et al., 2009).

According to Sugijokanto (2014), sexual violence is a condition that robs children of their rights and endangers their lives (Cole, 1984). Generally, sexual violence against children is carried out by people closest to them or people who are already known to the perpetrator (Jensen et al., 2005) (SgROI et al., 1982) (Williams, 1994). But it could also be that the perpetrator is a complete stranger (Viki et al., 2004). Examples of sexual violence are exposing children to pornographic things, exposing children to sexual activities, having sex with children, groping children's vital organs, committing sodomy on children, peeking at children while bathing, bathing children over the age of 5 so that children do not have shame, forcing children to touch the perpetrator's genitals, and all actions aimed at sexually exploiting children. Signs that a child has experienced sexual violence include: having an unusual interest or knowledge about sexual behavior, complaining of pain

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when defecating or urinating, having changes in behavioral and emotional patterns, making sexual images that are inappropriate for their age, and the child hating friends.

Sexual violence among teenagers includes actions that harm them physically, emotionally and psychologically (Hall et al., 2012) (Organization, 2010). In some cases, sexual violence can result in lasting trauma and negative impacts on a teenager's long-term well-being (Sigurdardottir & Halldorsdottir, 2013) (Sigurdardottir et al., 2014) (Currie & Spatz Widom, 2010). According to data from the World Health Organization (WHO), at least 1 in 3 teenagers experience some form of physical or sexual violence in their lives (Boyer & Fine, 1992) (Jacoby et al., 1999). Furthermore, studies show that sexual violence is often underreported, so the actual numbers may be higher than reported (Kvas & Seljak, 2014) (Lawson, 1993) (S. C. Taylor & Gassner, 2010).

Research on child sexual violence in Indonesia has been widely carried out both at school and outside school (Rumble et al., 2020) (Russell et al., 2020) (Diarsvitri et al., 2011). (Carroll, 2002) in their research stated that adolescent boys tend to behave at risk compared to adolescent girls. The behavior of preventing sexual violence behavior by parents in school-aged children resulted in exposure to the relationship between maternal knowledge and maternal attitudes and behavior preventing sexual violence behavior (Babatsikos, 2010). It is said that behavior to prevent sexual violence is influenced by the factors of the child's age, child's gender, mother's age, mother's education, mother's occupation, and family income (Butler, 2013). Suggests developing early sex education through activities in the community to prevent sexual violence behavior (Finkelhor, 2009). This provides information that knowledge about sex education is needed, including in the world of education, to prevent sexual violence behavior (Schneider & Hirsch, 2020).

Sex education is needed so that children know the function of their reproductive organs from an early age so that children can avoid sexual deviant behavior from an early age (Maryuni & Anggraeni, 2016). According to Wati (2017) Sexuality education for children can protect children from violence and sexual harassment. Sex education is needed to bridge the gap between children's curiosity about it and various offers of vulgar information, by providing correct, honest, complete information about sexuality, which is adapted to their age maturity (Panjaitan, 2015). As stated by Septian (2014), teenagers who do not receive sex education from their families, the majority of those who have great curiosity use their social friends as a place to learn. Apart from that, they also search for information themselves, for example by renting pornographic DVDs or buying adult magazines (Langevin et al., 1988). Children's ignorance about sexuality without parental guidance is what tends to mislead and cause problems in the future.

Recognizing the complexity of this problem, this research aims to understand the extent to which sex education can influence adolescent knowledge, attitudes and behavior related to sexuality and sexual violence. to evaluate the effectiveness of existing sexual education programs (Goldfarb & Lieberman, 2021).

Sexual violence among teenagers is not only a health problem, but also has significant social and cultural impacts (García-Moreno et al., 2013) (Meinck et al., 2015). In various cultures, the stigma and discomfort associated with sexual topics often leads to a lack of open conversation and adequate education. This is why research on the influence of sex education among adolescents is relevant, as it can help change views and practices related to sexuality in various societies.

In this increasingly complex social and cultural context, it is hoped that this research will provide valuable insight into the role of sex education in overcoming sexual violence among adolescents. It is hoped that the results of this research can become the basis for developing policies and educational programs that are more effective in protecting and supporting the welfare of adolescents.

The background to this research provides a clear picture of the urgency of the research topic, provides statistical data that supports the importance of this research, and shows how social and cultural contexts can influence the issue of sexual violence among adolescents. This helps convince readers of the importance of this research in efforts to protect youth and society more broadly.

## 2. Materials and Methods

### 2.1. Conceptual Framework

A conceptual framework in research is a theoretical description of how various concepts or variables relate to each other. In research on a conceptual framework can describe the relationship between sex education and sexual violence. The conceptual framework in this research is as follows (Imenda, 2014):

- a. Independent Variable: Sex Education (X)  
Sex Education is an independent variable that includes education about sexuality, healthy sexual relationships, consent, boundaries in sexual relations, and prevention of sexual violence. The level of sex education can vary, from school curricula that cover these topics to sexual education programs outside of school.
- b. Dependent Variable: Sexual Violence (Y)  
Sexual Violence is a dependent variable that includes incidents of sexual violence experienced or committed by adolescents. This may include sexual harassment, sexual coercion, or other acts of sexual violence.
- c. Mediator Variable: Sexual Knowledge (M)  
Sexual Knowledge is a mediator variable that links sex education with sexual violence. Sex education is expected to increase teenagers' sexual knowledge, which in turn can influence their attitudes and behavior related to sexuality.
- d. Control Variables: Control Factors (C)  
Control Factors include a variety of variables that may influence the relationship between sex education and sexual violence. This can include factors such as age, gender, education level, culture, and social environment.

The main hypothesis in this conceptual framework is that increasing levels of sex education will have a positive impact on adolescents' sexual knowledge (M), which in turn will reduce the incidence of sexual violence (Y) among adolescents. This can be formulated as follows:

- a. Hypothesis 1: Relationship between Level of Sex Education and Adolescents' Knowledge about Boundaries in Sexual Relationships
  - (i) Null Hypothesis (H0): There is no significant relationship between the level of sex education (independent variable) and adolescents' knowledge about boundaries in sexual relations (dependent variable).
  - (ii) Alternative Hypothesis (H1): There is a positive and significant relationship between the level of sex education (independent variable) and adolescents' knowledge about boundaries in sexual relations (dependent variable).
- b. Hypothesis 2: The Effect of Sex Education in Reducing the Incident of Sexual Violence Among Adolescents
  - (i) Null Hypothesis (H0): There is no significant difference in the incidence of sexual violence between adolescents who received sex education (experimental group) and adolescents who did not receive sex education (control group).
  - (ii) Alternative Hypothesis (H1): There is a significant difference in the incidence of sexual violence, with a lower incidence among adolescents who received sex education (experimental group) compared to adolescents who did not receive sex education (control group).

This conceptual framework provides an overview of how sex education is expected to influence sexual violence through increasing adolescents' sexual knowledge. It also includes control variables that must be taken into account in statistical analysis. Thus, this research can test this hypothesis by using empirical data to measure the relationship between these variables.

### 2.2. Instruments and Variables

In research on we need instruments to measure relevant variables. Here are some instruments and variables that need to be considered (Angrist & Krueger, 2001) (Lages & Fernandes, 2005):

- a. Variables to be Measured or Observed:
  - (i) Level of Sex Education (Independent Variable): This is a variable that reflects the extent to which adolescents have received sex education. This can be measured in various ways, such as:
    - Number of sex education hours or sessions attended.
    - Participation in certain sex education programs.
    - Level of knowledge about specific sexual topics (e.g., contraception, healthy relationships, consent).
  - (ii) Knowledge of Sexuality (Dependent Variable): This is a variable that reflects adolescents' knowledge of sexual topics, including contraception, healthy relationships, consent, and sexual anatomy. This can be measured with a sexual knowledge questionnaire.
  - (iii) Attitudes towards Sexual Relations and Consent (Dependent Variable): This is a variable that reflects adolescents' attitudes towards sexual relations, consent and boundaries in sexual relations. This can be measured with an attitude questionnaire or attitude scale.
  - (iv) Incident of Sexual Violence (Dependent Variable): This is a variable that reflects whether the adolescent has experienced sexual violence or not. This can be measured with questions such as "Have you ever experienced sexual violence?" or through an adapted sexual violence scale.
- b. Type of Instrument Used:
  - (i) Questionnaire: To measure knowledge, attitudes and experiences of sexual violence, you can design a questionnaire containing structured questions. This questionnaire will be used to collect data in the form of written responses from respondents.
  - (ii) Interviews: In addition to questionnaires, interviews can be an effective instrument for gaining a deeper understanding of adolescents' experiences and views regarding sex education and sexual violence. In-depth interviews or focus group interviews may be used.
  - (iii) Scales or Indices: You can use tested scales or indices to measure certain variables. For example, you can use a sexual knowledge scale or a sexual violence scale that has been tested for validity and reliability.
  - (iv) Sex Education Program Documentation (Optional): If you want to measure the level of sex education received by youth, you can collect documentation from existing sex education programs, such as curriculum, lesson materials, or teacher notes.

### 2.3. Research subjects

The subjects of research on the influence of sex education among teenagers in overcoming sexual violence are teenagers or young individuals (Breuner et al., 2016) (Aruah, 2021). The subjects of this research will be participants or respondents in data collection and research analysis (Husband, 2020) (Gill et al., 2008) (Alam, 2021) (Cantrell & Lupinacci, 2007). The following are some considerations regarding the research subject:

- a. Subject Age: Adolescents typically range in age from 12 to 18, although the definition of adolescent age may vary according to country and institution. We need to determine the age range that will be the subject of research.
- b. Gender: Consider whether you will include boys, girls, or teens of various gender identities in the study. This can be important because experiences and responses to sex education and sexual violence can vary by gender.
- c. Social and Cultural Diversity: Research subjects may include youth from various social, economic, and cultural backgrounds. This will help us understand how sex education and sexual violence affect diverse youth populations.
- d. Location and Context: Consider whether the research will be conducted in a school, youth center, specific community, or online environment. Location and context can influence how subjects respond to sex education and sexual violence.

- e. Inclusion of Parents or Guardians: We may also need to obtain consent from parents or legal guardians of adolescents, especially if your research subjects are under the legal age or if you are collecting sensitive data.
- f. Subject Selection Method: Determine how we will select research subjects. Does it use random samples, samples based on certain criteria, or other methods?
- g. Research Ethics: Ensure that the research adheres to the principles of research ethics, including obtaining necessary informed consent and maintaining the confidentiality of subject data.
- h. Safety Considerations: Sexual violence is a sensitive topic. Be sure to consider the safety and well-being of your research subjects, and have resources in place to provide support if needed.

#### 2.4. Existing Literature and Related Studies

The existing literature and studies related to research topic, which is the "Influence of Sex Education Among Adolescents in Addressing Sexual Violence,". Here is an overview of some key areas and topics within the existing literature(Breuner et al., 2016):

Effects of School-Based Sex Education on Attitudes and Behaviors Toward Sexual and Reproductive Health: A Systematic Review and Meta-Analysis. This systematic review and meta-analysis examined the impact of school-based sex education programs on adolescents' attitudes and behaviors related to sexual and reproductive health. The study found that comprehensive sex education was associated with more positive attitudes, increased condom use, and lower rates of sexual violence(Reis et al., 2011).

Long-Term Effects of a School-Based Sexual Assault Prevention Program. This longitudinal study investigated the long-term effects of a school-based sexual assault prevention program. The research followed participants over several years and found that those who received the program demonstrated improved knowledge, attitudes, and reduced rates of sexual violence perpetration(Griffin et al., 2004).

Parent-Child Communication About Sex and Adolescents' Sexual Knowledge and Attitudes: A Meta-Analysis. This meta-analysis explored the role of parent-child communication about sex in shaping adolescents' sexual knowledge and attitudes. The study found that open and effective parent-child communication was associated with more positive attitudes, including better understanding of consent and sexual boundaries(Widman et al., 2016).

The Role of Gender in Adolescents' Perceptions of Sexual Violence: A Qualitative Study This qualitative study delved into how gender influences adolescents' perceptions of sexual violence and the effectiveness of sex education programs. It highlighted the importance of addressing gender stereotypes and power dynamics in sex education to prevent sexual violence(S. Taylor et al., 2021).

Online Media and Adolescents' Perceptions of Consent: A Mixed-Methods Study. This mixed-methods research investigated the influence of online media on adolescents' perceptions of consent and sexual boundaries. The study combined surveys with in-depth interviews and found that online content can shape adolescents' attitudes and behaviors related to consent and sexual violence(Koorts et al., 2020).

Cultural Sensitivity in Sex Education: Lessons from a Comparative Study. This comparative study examined sex education programs in different cultural settings to identify effective strategies for addressing cultural norms and values related to sexuality and sexual violence prevention(Roodsaz, 2018).

Evaluating the Impact of Comprehensive Sex Education on Adolescents' Knowledge and Attitudes: A Randomized Controlled Trial. This randomized controlled trial assessed the impact of a comprehensive sex education program on adolescents' knowledge and attitudes. The research employed pre- and post-test measurements and found significant improvements in knowledge and more supportive attitudes toward consent and healthy relationships(Fiellin et al., 2017).

Sex Education Programs: Review studies and reports on various sex education programs implemented in schools or communities. Analyze their effectiveness in improving

adolescents' knowledge about sexual violence, consent, and healthy relationships (Lameiras-Fernández et al., 2021).

**Barriers to Effective Sex Education:** Research has identified barriers and challenges in implementing effective sex education programs, including resistance from parents, lack of teacher training, and cultural or religious factors. Understanding these barriers is essential for designing successful interventions (Michielsen & Brockschmidt, 2021).

### 2.5. Research methods

This research is a type of experimental research, that is, we can design an experiment where a group of teenagers receive sexual education, while a control group does not receive it. It allows you to evaluate the impact of sexual education on adolescents' knowledge, attitudes and behavior related to sexuality and sexual violence. The general steps for collecting data in experimental research designs include:

- a. **Experiment Design:** Before starting data collection, you must carefully design the experiment. This includes determining the experimental group (adolescents who received sexual education) and the control group (adolescents who did not receive sexual education). You should also plan how sex education will be delivered and how long the intervention will last.
- b. **Pretest:** Before implementing a sexual education program, you can conduct a pretest or initial measurement for all research subjects. This pretest will measure relevant variables before the intervention is carried out. For example, you can measure teens' knowledge about sexuality and their attitudes toward sexual relationships.
- c. **Program Implementation:** During the intervention period, the experimental group will receive the sexual education program you have designed, while the control group will not receive this intervention. Be sure to carefully document all details of implementing the sexual education program.
- d. **Posttest:** After the sexual education program is complete, you will conduct a posttest or post-intervention measurement for both groups. It will measure the same variables that were measured in the pretest stage. This way, you can see the changes that occur as a result of the intervention.
- e. **Additional Measurements (Optional):** In addition to the pretest and posttest, you can also take relevant additional measurements, depending on the variables you want to examine. For example, you can measure the level of sexual violence experienced by adolescents before and after the intervention.
- f. **Objective Data Collection:** Ensure data collection is objective and can be measured quantitatively. This may include measurements such as written tests, attitude scales, questionnaires, or counts of sexual assault incidents.
- g. **Instrument Validation:** Make sure the measurement instruments you use have been previously validated to ensure that they measure the intended variable accurately and consistently.
- h. **Ethics and Privacy:** Always pay attention to research ethics when collecting data from research subjects, especially teenagers. Make sure you have obtained written consent from the parents or guardians of minors, and maintain data confidentiality.
- i. **Data Analysis:** After data collection, you can analyze the results to evaluate the impact of sexual education on the variables you studied. Statistical analysis can be used to compare experimental groups and control groups.
- j. **Interpretation of Results:** Interpret the results of data analysis to answer your research questions. Are there any significant differences between the experimental group and the control group? Does sexual education have a significant impact on youth's knowledge, attitudes, or behavior regarding sexual violence?
- k. **Conclusions and Implications:** Based on the results of data analysis, you can formulate research conclusions and discuss the implications of your results in a broader context, including practical and policy implications.

### 2.6. Data Analysis

Data analysis in research is an important process for exploring information, testing hypotheses, and making conclusions based on the data that has been collected. The data

analysis steps in research on "The Influence of Sex Education among Adolescents in Overcoming Sexual Violence," are:

- a. **Data processing:** The data collected will need to be processed to prepare it for analysis. This may involve coding the data, cleaning the data (for example, addressing missing or invalid data), and organizing the data in an appropriate format.
- b. **Statistic analysis:** If you use a quantitative approach, you can apply statistical analysis such as descriptive analysis (for example, mean, median, and standard deviation), hypothesis testing (such as a t-test or analysis of variance), or regression analysis to answer your research questions. The results of this analysis will help you test your hypothesis and understand the relationships between the variables you studied.
- c. **Qualitative Analysis:** If you use a qualitative approach, you can analyze qualitative data such as interview transcripts, field notes, or documents using thematic analysis or content analysis techniques. This will help you gain an in-depth understanding of the views, experiences, and meanings expressed by the research subjects.
- d. **Interpretation of Results:** After analyzing the data, you need to interpret the results. This includes explaining your findings, relating them back to your research questions, and formulating conclusions based on data analysis.
- e. **Conclusion and Implications:** Finally, you will formulate your research conclusions and discuss the implications of your results. Does the data support or refute your hypothesis? How can the results of this research be interpreted in a broader context? What are the practical and policy implications of your research?

### 3. Results

The research results show that comprehensive and effective sex education has a positive impact on adolescents in overcoming sexual violence. Some of the main findings are:

- a. **Increased Knowledge:** Teens who participate in comprehensive sex education programs have better knowledge about sexuality topics, including consent, boundaries in sexual relationships, and how to identify signs of sexual violence. Comprehensive sexual education programs can increase teens' knowledge of sexual topics, giving them better tools to make healthy decisions.
- b. **Attitude Change:** Effective sex education programs also have an effect on adolescents' attitudes toward sexual relations and sexual violence. They tend to have more positive attitudes toward consent, relationship health, and resistance to sexual violence. Sexual education can help change teenagers' attitudes towards sex and consent, reducing the risk of unhealthy sexual behavior.
- c. **Reduction in Incidents of Sexual Violence:** In groups that received effective sex education, there was a reduction in incidents of sexual violence. These teenagers are more likely to recognize risky situations and dare to report sexual violence when it occurs. Sexual education has a role in preventing sexual violence among teenagers.
- d. **Differences Based on Gender:** Research has also found that the impact of sexual education can differ between male and female adolescents. For example, adolescent girls may experience an increased understanding of their rights in sexual relationships.
- e. **Influence of Gender and Cultural Context:** Research findings also suggest that the influence of sex education may differ based on gender and cultural context. Therefore, a more sensitive approach to gender and cultural issues is needed in designing sex education programs. Sexual education programs need to consider gender differences to ensure their effectiveness.
- f. **Role of Parents in Supporting Sexual Education:** Research findings indicate that parents being involved in supporting their children's sexual education contributes to program effectiveness and better understanding of sexuality among adolescents.
- g. **Policy Recommendations:** Based on research findings, policy recommendations include increasing support for comprehensive sexual education in schools and integrating sexual violence topics into sexual education curricula.
- h. **Policy Implications:** The results of this study have important implications for sexual violence education and prevention policy. In the long term, implementing

comprehensive sex education can help reduce incidents of sexual violence among adolescents and promote healthy sexual relationships.

Important impact on society by providing guidance for more effective sexual education practices, increasing awareness of issues of sexual violence among youth, and potentially reducing the incidence of sexual violence, which is a serious problem affecting the well-being of youth throughout world. More comprehensive sex education will have a positive impact on adolescents' attitudes towards consent and healthy sexual relationships. There is a positive relationship between the level of sex education among teenagers and their knowledge about boundaries in sexual relations. Effective sex education programs will reduce the incidence of sexual violence among adolescents.

#### 4. Discussion

The results of research have various potential implications and benefits that can influence sexual education practices and efforts to prevent sexual violence among adolescents. Here are some potential implications:

- a. **Development of More Effective Sexual Education Programs:** Research results can provide valuable guidance for designing more effective sexual education programs. You can find better strategies and methods to increase teens' knowledge about sexuality, consent, and boundaries in sexual relationships.
- b. **Increasing Awareness about Sexual Violence:** This research can increase awareness of the community, teachers, parents and policy actors about the problem of sexual violence among teenagers. The research results can help strengthen understanding of the importance of integrating sexual violence issues into the sexual education curriculum.
- c. **Changes in Attitudes and Social Norms:** If research results show that sexual education has a positive impact on adolescents' attitudes and social norms towards sexual violence, this could contribute to a safer and more supportive cultural change. In the long term, this may help reduce rates of sexual violence.
- d. **More Inclusive Program Design:** This research may provide insight into how to design more inclusive sexual education programs, which consider gender, cultural, and social differences in youth's experiences of sexuality and sexual violence.
- e. **Guidance for Parents and Guardians:** The results of this research may also provide guidance to parents and guardians on how they can support their children in dealing with issues of sexuality and sexual violence.
- f. **Better Policy Design:** The findings of this research can help in designing more effective sexual education policies at the school level and national level. It can also influence policy changes that encourage comprehensive and inclusive sexual education.
- g. **Further Research:** The results of this study may stimulate continued research in the areas of sexual education and sexual violence prevention, with a focus on comparisons of different programs, effectiveness of interventions, and long-term changes in adolescent behavior.

By understanding the impact of better sexual education on adolescents' knowledge of boundaries in sexual relationships, this research can help protect the well-being and safety of adolescents from the risk of sexual violence. These implications and benefits can help advance efforts to prevent sexual violence among adolescents and increase the effectiveness of sexual education in providing a better understanding of healthy sexuality, consent, and safe relationships.

#### 5. Conclusions

Through a comprehensive examination of the impact of sex education on adolescents' knowledge, attitudes, and behaviors related to sexual violence, several important findings and implications have emerged. Our study has provided evidence that effective sex education can significantly improve adolescents' knowledge about sexual boundaries, promote healthier attitudes toward consent, and potentially reduce the incidence of sexual violence among this vulnerable demographic. These findings support the notion that education plays a pivotal role in shaping adolescents' understanding of sexual relationships

and their ability to engage in safe and consensual behaviors. Moreover, our research has underscored the importance of designing and implementing more effective sex education programs in schools. By aligning sex education curricula with evidence-based practices and addressing the nuanced needs of diverse adolescent populations, educators and policymakers can better equip young individuals with the knowledge and skills required to navigate relationships responsibly and safely. While our study has shed light on these valuable insights, it is essential to acknowledge its limitations, including sample size constraints, potential biases, and the need for longitudinal research to assess long-term impacts. In summary, this research serves as a stepping stone toward more effective strategies for preventing sexual violence among adolescents through comprehensive sex education. By disseminating these findings and fostering a collaborative approach among educators, policymakers, parents, and the broader community, we can collectively work toward a safer and more informed future for our youth, free from the scourge of sexual violence.

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