

SEX EDUCATION BASED ON THE PHILOSOPHICAL PARADIGM FOR ADOLESCENS: CHALLENGES AND STRATEGIES FOR PREVENTING FREE SEX IN THE DIGITAL ERA

PENDIDIKAN SEKSUAL BERDASARKAN PARADIGMA FILSAFAT BAGI REMAJA: TANTANGAN DAN STRATEGI UNTUK MENCEGAH SEKSUAL BEBAS DI ERA DIGITAL

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Abstrak

This study aims to determine the role of sex education for adolescents, its challenges, strategies, and philosophical paradigms. This study was conducted using a qualitative approach with a systematic literature review method. The analysis was carried out by synthesizing journals (both international and national) by examining the titles, reference years, authors, content, and discussion of the references. The results of this study are: 1. The main role of sex education is equip adolescents with values and norm that will help them make good and responsible decisions about their sexuality and mitigate promiscuous sexual practices; 2) The digital era has brought a number of negative impacts, one of the most worrying being the ease with which children can access content that is not appropriate for their age, including pornographic websites; 3) Parents, teachers, and health workers have a significant contribution to make in providing sex education; 4) The philosophy of sex is a discussion of conceptual and moral questions, such as the nature of sexual desire, sexual orientation and activity, the morality of sexual acts and various sexual practices. The conclusion of this study is that sex education plays a key role in instilling moral values. Parents, teachers, and health workers play a key role in providing sex education to create a generation of adolescents who understand the philosophical paradigm of sex.

Abstract

This study aims to determine the role of sex education for adolescents, challenges, strategies, and philosophical paradigms of sex education. This research was conducted based on a qualitative approach using a systematic literature review method. The analysis was conducted by synthesizing journals (both international and national) by examining the title, year of reference, author, content, and discussion of the references. The results of this research are: 1. The main role of sex education is equip adolescents with values and norm that will help them make good and responsible decisions regarding their sexuality and mitigate the practice of free sex; 2) The digital era has brought a number of negative impacts, one of which is the ease with which children can access content that is not appropriate for their age, including pornographic sites; 3) Parents, teachers, and health workers have a major contribution to make in providing sex education; 4) The philosophy of sex discusses conceptual and moral questions, such as the nature of sexual desire, sexual orientation and activity, the morality of sexual acts and various sexual practices. The conclusion of this study is that sex education plays a key role in instilling moral values. Parents, teachers, and health workers play a key role in providing sex education to create a generation of adolescents who understand the philosophical paradigm of sex.

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INTRODUCTION

Sex education is the process of providing information for public about sexuality and reproductive health (Nurjanah, 2019). According (Munawaroh, 2023), sex education is an important aspect in shaping the knowledge, attitudes, and behavior for adolescents. The concepts discussed in sex education include gender roles, reproductive health, body image, sexual development, and interpersonal relationships (Nurjanah, 2019). If adolescents do not receive proper education from an early age, it can lead to deviant behavior in adolescents (Siswanti, 2019). The general public, who often lack confidence in education policies, frequently express strong support for or rejection of certain forms of sex education (Bialystok, 2020).

Concepts that cannot be ignored when discussing sex education are morality and ethics. This is in line with what was stated by Aziz (2015), who said that sex education is education about behavior based on values that apply in society. Ethics are a measurement of human behavior and way of life, enabling people to distinguish between what is good and what is not (Nurjanah, 2019). Indonesian culture adheres to the philosophy of “Bhinneka Tunggal Ika”, which means that despite differences, there is a common goal. Therefore, a person's ethics are greatly influenced by the social and cultural factors embraced by society. Therefore, to improve understanding of sex education, it is necessary to integrate the concepts in this education with the norms that apply in society, such as humanitarian norms and empathy (Kuswanto, 2025).

Sex education is one of the preventive efforts to protect adolescents from free sex. Sex for adolescents should not be limited only biological material about the reproductive system, but also should be enriched with the philosophical foundation (Chesser, 2016). Philosophical approach of sex education emphasizes the strengthening of moral values, logical thinking, and awareness of the long-term impacts of every action (Chesser, 2016). A philosophical framework for sex education will fully explain its assumptions and establish a close relationship literature of philosophy and sexual health education (Reiss, 2006).

Sex education should begin in family, especially parents. However, discussions about sex are still considered taboo. Parents are not a transparent person for discussion, so children tend to seek information themselves in their social circles, where the information may not necessarily be accurate (Jannah, 2019). In addition, health workers also face challenges for implementing sex education programs. According Robin et al. (2004), focusing on the right skills, program adaptation, program clarity, and determining who will facilitate the program will determine the success of sex education programs for adolescents. These programs are expected to control and reduce the number of risky sexual behaviors among adolescents (Robin et al., 2004).

In digital era, we are faced with two sides: positive and negative impacts. The positive side is high technology help us doing task faster. But it also has a negative impact if we are not wise in its use. The various of digital media can be a communication tool that provides high opportunities for sexual education, including health promotion (Guse et al., 2012). The internet and other forms of digital media provide sex education easily accessible regardless of time and space (Guse et al., 2012). On the other hand, in this digital era, we cannot rely on traditional content in implementing sex education. High influence of digital media, it is necessary to incorporate aspects of affectivity, interpersonal relationships, and empowerment that can be provided by parents and schools (Prado et al., 2021). This is the reason behind the importance of understanding adolescents' knowledge and attitudes about sexuality, especially the sources of sex education that serve as a cornerstone for adolescents in obtaining sexual information. If adolescents obtain inaccurate information about sexuality, it will lead to high-risk sexual relationships and gender inequality (Prado et al., 2021).

In this digital era, many adolescents search information about sexuality on the internet. In addition, pornography is currently on the rise. This is driven by the ease of internet access about sexual practices, creating misunderstandings among adolescents, especially about gender roles (Prado et al., 2021). Pornography is characterized by risky sexual behaviors such as unprotected sex, grouping sex, and humiliation (Prado et al., 2021). Therefore, it is crucial to equip knowledge for adolescents, manners, and skills to make responsible decisions about their sexual relationships (Prado et al., 2021). In a study (Prado et al., 2023) examined sources of sex education, including the internet, school, sex education talks, parents, pornography, friends, personal experience, and social relationships, it was reported that some adolescents experienced the highest rate of unwanted situations, with 66.7% experiencing unwanted pregnancies, 67.4% undergoing abortions, 64.8% contracting sexually transmitted diseases, and 57.1% experiencing the least satisfying sexual experiences among those who received sex education from pornography. Many teenagers have abortions at young age because cultural values, religious practices, and strong patriarchy social structures force women. The selective abortions happened based on gender or discriminate girls (Yadav et al., 2020). Women in early adulthood (ages 18–25) has the highest rates of unwanted pregnancies and sexually transmitted infections (Schlegel & Smith, 2020).

The development of digital technology has had a significant influence on adolescent behavior, including the search for information about reproductive health (Assyifa, 2025). This issue presents an opportunity to expand access to sex education (Shegog, 2014). However, digital media information is not all scientific validity; some even has the potential caused misinformation (Mason, 2019). The highly open access information in the digital caused the position adolescents vulnerable to pornographic content and free sex behavior. The behavior is not in line with social norms and moral values (Pratiwi, 2024). According (Prado et al., 2023), there is a relationship between the source of sex education and adolescents' attitudes toward protecting themselves. The unwise use of digital media in sex education, such as the use of pornographic content as a source of sex education, has been shown to increase sexual dissatisfaction among adolescents (Prado et al., 2023).

According (Guse et al., 2012), there are several strategies that can be implemented to reduce the negative effects of media for adolescents including; 1. Providing sex education that is integrated into the school environment and outside the school environment through non-formal education; 2. Restricting internet access that has content or websites related sexuality. It is not appropriate for adolescents; 3. Health promotion can be carried out by researchers or health services related to the adaptive use of the latest digital media. In addition, according to (Rohrbach et al., 2015), educational interventions in the education curriculum can be a tactical step because they can facilitate education on sexual health behavior (Rohrbach et al., 2015). Furthermore, (Butler et al., 2025) adds that social-emotional learning programs can also be combined to improve interpersonal skills and regulation in adolescents from elementary school until high school. Based on the above explanation, this study aims to determine the role of sex education for adolescents, the challenges and strategies that can be used to provide sex education in the digital era, and the philosophical paradigm behind it?

METHOD

A. Research Design

In this study, the author used the *Systematic Literature Review* (SLR) method. Literature research is research conducted using literature in the form of books, notes, journals, and others (Gorschek, 2016). Systematic Literature Review research is a method of data collection by reviewing books, journals, and previous studies relevant to the problem being studied. In searching for theories,

researchers collect as much information as possible from relevant literature. After obtaining relevant literature, researchers immediately organize it systematically for use in research (Avon & Indiana, 2022)(Prado, et.al, 2023). Summarized from various literature, researchers describe the importance of sex education for adolescents and early childhood as having a significant influence on children's awareness of sexual and mental health according to gender (Guse et al., 2012) (Robin et al., 2016).

Based on this background, this study was conducted to examine how philosophy-based sex education for adolescents: challenges and strategies for preventing promiscuity in the digital era. This study is expected to contribute development of sex education based on philosophical studies that influence morals and behavior, as well as the importance of the role of parents in accompanying children in accessing technology and the negative impact of exposure to invalid digital content. The objectives of this study are: 1) To describe the importance of sex education for adolescents; 2) To analyze the challenges of sex education in the digital era based on philosophical studies; 3) To identify appropriate strategies for promoting sex education for adolescents; 4) To describe the philosophical paradigm of sex education in relation to social values and norms.

Literature research includes general processes such as systematically identifying theories, finding literature, and analyzing information related to the research topic. This study uses a *Systematic Literature Review* (SLR) approach to identify, evaluate, and synthesize research findings related to philosophy-based sex education in adolescents, with an emphasis on the challenges and strategies for preventing free sex behavior in the digital era. This review process is based on the *Preferred Reporting Items for Systematic Reviews and Meta-Analyses* (PRISMA) 2020 guidelines.

Protocol and in Tabel 1.	Stage	Number of Articles	Description	Registration
Tabel 1. protocol PRISMA	Initial research results	80	From 8 databases	Review follows the standards.
	Duplicates removed	75	Remaining 75 articles	
	Title & abstract screening	50	50 passed	
	Full-text analyzed	40	40 accepted	
	Final article included	30	Synthesis review included	

Source: (Goldfarb & Lieberman,2020)

Information sources were obtained through literature searches conducted in eight major electronic databases: Scopus, Web of Science, ERIC, PubMed or MEDLINE, PsycINFO, JSTOR, ProQuest Education, and Google Scholar. In addition, the bibliographies of selected articles were manually searched to identify additional references. The study selection process included: 1) Removal of duplicates using reference management tools (Mendeley or Zotero). (2) Screening of titles and abstracts by two independent reviewers. Articles that did not meet the inclusion criteria were excluded. (3) Full-text review of articles that passed the screening. Articles that were irrelevant or did not meet the criteria were recorded with the reasons for exclusion. (4) The results of the selection process were reported using a PRISMA flow diagram Table 2.

Tabel 2. Criteria and Description on Literature in Research

No	Criteria	Description
1	Title	The journal article discusses topics related to sex education, the role of parents in the sex education of children and adolescents, the relationship between philosophy education and sex education, and the influence of digital technology on promiscuity.
2.	Period	Research articles (journals) published between 2004 and 2025 and related to the subject being studied.
3.	Research Basis	The journal covers quantitative and qualitative empirical studies.
4.	Transparency	Research methods (previous research) must explicitly indicate sample size, instruments, and analysis.
5	Validation	Research results must be valid and reliable in accordance with the type of research and scientific publication.

The data extraction process was conducted using a standard form in table format. The information collected included: Author, year, and country; Research objectives and design; Population and context; Philosophical framework used; Focus on sex education; Digital aspects studied; Main findings (challenges and strategies); and Methodological quality assessment. Two reviewers extracted information and focused on topics related to sex education, digital aspects of challenges and strategies, and methodological quality assessment. The reviewers performed the extraction independently, then compared the results, resolving any discrepancies through discussion. The findings were categorized into two main domains: (1) Challenges (e.g., cultural resistance, lack of teacher training, exposure to online pornography); (2) Strategies (e.g., values-based education, digital literacy, parental and school involvement); (3) Philosophical frameworks, or types of digital interventions. This study is a literature review of published articles. All sources are accurately cited and follow the principles of academic integrity.

RESULTS AND DISCUSSION

From the results of the literature review, there are 37 journals that discuss the role, challenges, and strategies of sex education that have been published from 2004 to 2025 (Table 1). This research was conducted using a qualitative data collection approach, which is a data collection approach that emphasizes in-depth description of phenomena through interviews, observation, and document analysis (Daruhadi & Sopiati, 2024). In this study, the author used the Literature Review method, which is a study conducted using several related literature such as books, journals, or articles that present previous studies on the topic to be researched (Daruhadi & Sopiati, 2024). Literature review is the right choice of research method because researchers can ensure that the research steps used are accurate and reliable (Snyder, 2019). Literature of Journal provide in Table 3.

Table 3. Scientific Publications on Sex Education

Research Area	Publication Year	Number of Papers	References
The Role of Parents in Sex Education	2019	2	Siswanti et al., (2019), (Nurjanah, 2019)
	2020	1	Munawaroh (2023)
	2023	1	Bialystok (2020)
Types of Sex Education for Children and Adolescents	2022	1	Howlet C. (2022),
	2023	1	Prado et al., (2023),
The Correlation Between Sex Education and Morality	2015	1	Aziz (2015)
	2021	2	Hand, M (2021), Bialystok L., (2021),
	2022	3	Reiss, M.J. (2022), Mayo (2022). Putri (2022)
	2023	1	Halwani, R. (2023)
The Correlation Between Digital Media and Sex Education	2012	1	Guse et al., (2012).
	2014	1	Shegog et al., (2014),
	2016	1	Nelson (2016)
	2021	1	Araujo et al., (2021),
	2024	1	Sadriani A. (2024),
The Role of Sex Education in Reproductive Health	2004	1	Robin et al., (2004),
	2007	1	Card et al., (2007),
	2019	1	Mason, (2019)
	2020	2	Schleger & Smith (2020),
	2022	1	Melo et al., (2022),
	2023	1	Mantula et al., (2023),
The Importance of Sex Education for Adolescents	2015	1	
	2017	1	Rohrbach et al., (2015),
	2018	1	Kumar et al., (2017),
	2019	1	Proulx et al., (2018)
	2020	1	Nurjanah (2019)
	2021	1	Yadav et al., (2020).
	2022	2	Goldfar et al., (2021),
	2023	1	Anilkumar et al., (2022), Mayo, C. (2022),
		3	Munawaroh (2023)
	2024		Butler et al., (2024), Pratiwi (2024), Sadrini (2024)
			Kuswanto et al., (2025), Yuliana (2025)
	2025	2	
Total		38	

The results of the above research show that publications from 2015 to 2025 mostly discuss the importance of sex education for adolescents, with 14 international journal publications. This proves that many academics are paying great attention to this field. The second most published topic, 7 publications on the correlation between sex education and morals and 6 publications was the

correlation between sex education and reproductive health. This is due to the prevalence of sexually transmitted diseases, which are currently a hot topic among researchers and academics. The number of publications is not too far behind, followed by with 5 publications discussing the correlation between digital media and sex education, and finally 4 publication on the role of parents in sex education and 2 publications on the various types of sex education for children and adolescents.

The Role of Sex Education for Adolescents

Comprehensive sex education emphasizes a holistic approach for human development and sexuality (Manula et al., 2023). The main objective of sex education is to equip values for adolescents that will help them making good and responsible decisions about their sexuality (Manula et al., 2023). Sex education is a program that can mitigate adolescents from various sources of incorrect information. The information are often confusing, thereby equipping them to comply with norms and values in society. So it keep them away from free sex behavior (Manula et al., 2023). Issues raised in sex education can include adolescent sexual development, sexual orientation, sexual behavior, pregnancy, contraception, and all complex health issues (Manula et al., 2023).

Sex education is very important starting from childhood. Children must be introduced to gender differences and given a good understanding of the biological aspects of the differences between male and female reproductive organs (Sadriani et al., 2024). Children also need to be equipped with knowledge about sexual development phases, such as puberty, which includes menstruation (Sadriani et al., 2024). In teaching sex education for children, ethical considerations for self-preservation are a key foundation. Beside that religious and moral factors are certainly relevant (Sadriani et al., 2024). Sex education is also expected to familiarize children with their bodies, which will prepare them to deal with increasingly disruptive technological developments. Sex education is also an effort to broaden understanding of gender and gender norms (Golfarb et al., 2022). The prevalence of gender-based bullying and harassment, as well as oppression of marginalized populations, are issues that must be addressed in sex education (Golfarb et al., 2022).

Sexuality is something that is normal for adolescents to experience, but without proper guidance, it can lead to risky sexual behavior (Rohrbach et al., 2015). In this digital era, establishing a comprehensive sex education curriculum is important to provide knowledge about sex education, social equality values, and inclusivity (Howlett, 2022). Sexual education is an important aspect that is often overlooked in society (Yuliana et al., 2025). Sex education can be the right choice in providing an understanding of the importance of morals, ethics, and responsibility (Yuliana et al., 2025). This shows that sexuality education is the right choice in shaping awareness of a healthy lifestyle in everyday life (Yuliana et al., 2025).

Adolescence is a dynamic period characterized by rapid growth and development (Kumar et al., 2017). Currently, many adolescents still have limited knowledge about sexuality and reproductive health, and only a few know about puberty, sexual health, and pregnancy (Kumar et al., 2017). Sex education should be integrated into the learning process from childhood to adulthood (Kumar et al., 2017). Research (Kumar et al., 2017) shows that 93.5% of adolescents in India would like to have sex education and 86.3% say that sex education can prevent sexually transmitted diseases AIDS, and 91.5% would like doctors to be the facilitators of sex education. Additionally, sex education can reduce negative stigmas surrounding sexuality, such as menstruation, unwanted and unplanned pregnancies, and sexually transmitted infections like HIV (Kumar et al., 2017).

Sex education is also expected to explain gender differences, including diversity, through the internalization of local culture (Mayo et al., 2022). Teaching about sexuality plays a role in increasing adolescents' understanding and knowledge of reproductive health (Yuliana et al., 2025).

Furthermore, according (Reiss et al., 2022), sex education will be more effective if adolescents or students are given the opportunity to explore what is good and what is right, rather than just being told. Therefore, adolescents need to be equipped and introduced to terms such as mutual benefit, consent, and respect, as well as examine the general meaning of each term and its relation to the context of sexual relationships (Reiss et al., 2022).

Challenges of Sex Education for Teenagers

Currently, discussions about sex are still a very taboo topic (Nelson et al., 2016). Especially in the families which should be the main source of information about sex education, it is not functioning properly (Prado et al., 2023). This causes adolescents searching information on the internet to answer all their questions or uncertainties about sexuality (Prado et al., 2023). The abundance of sexuality content that is easily accessible on social media puts adolescents at high risk, because they have high impulsivity in seeking experiences that trigger risky sexual practices (Melo et al., 2022). This is in line with research (Araujo et al., 2021) which states that the use of the internet, mobile phones, and computers contributes significantly as a medium for providing sexual content to adolescents.

The digital era has brought us significant technological advances and changed various aspects of life (Sadriani, et al., 2024). However for adolescents, the digital era also brings a number of negative impacts that need to be watched out for (Sadriani, et al., 2024). One of the most worrying impacts is the ease accessing content that is not appropriate for their age such as pornographic sites. Recent data shows that children's exposure to adult content increases along with their increasing use of digital devices (Sadriani, et al., 2024).

Pornographic content spread on the internet and social media causes adolescents to engage in risky sexual practices such as unwanted pregnancies, the rapid spread of sexually transmitted diseases, and an increase in the number of sexual abuse cases (Prado et al., 2023). This shows that pornography and the internet are the primary facilitators of risky sexual practices (Prado et al., 2023). This is evidence that technological advances not only enable the spread of sexual content but also facilitate sexual practices among adolescents (Melo et al., 2020). The counseling provided by several health worker has not had a significant effect on understanding sexuality (Yuliana et al., 2025). This is due to the homogeneity of students' understanding and. Beside that, adolescents are difficult to understand and relate moral values and sexuality (Yuliana et al., 2025).

Exposure pornographic content at an early age can disrupt psychological development. Children and adolescents will experience confusion and anxiety. It is caused of lack of understanding emotionally and mentally such content (Sadriani et al., 2024). Social media content, which is very easily accessible to adolescents, greatly influences several aspects of their lives, including spending more time watching than studying. Viewing content that is not appropriate for their age will also affect adolescents' academic performance. Sexual relationship disruption is the most significant impact of adolescents' exposure to pornography, and this is difficult to cure (Sadriani et al., 2024).

Sexually transmitted diseases are one of the consequences of free sex which is spreading rapidly. In the United States, one of the most developed countries, 697.2 women out of a total of 100,000 women aged 20 to 24 were infected *with chlamydia*. For *gonorrhea*, there were 702.6 women out of 100,000 women in 2014. The lowest number of cases was *syphilis*, with 10.0, with the most infected age group being 20 to 24 years old (Schlegel & Smith, 2020). The age of 20 to 21 is the reproductive age, which is a period of instability. It causes teenagers to want trying new things, one of which is sexual activity. Mental health problems are also one of the biggest threats to adolescent sexuality (Proulx et al., 2018). This is evident from the results of the 2015 Youth Risk Behavior Survey in the United States, which shows that more than 60% of lesbian, gay, and bisexual adolescents experience

prolonged feelings of despair or sadness, leading to mental health issues and gender dysphoria (Proulx et al., 2018).

Strategies for Preventing Unprotected Sex

Strategies for preventing free sex can be implemented by integrating sex education into the curriculum. Sex education can be provided through a sexuality curriculum with the main objectives of developing sexual health in adolescents, reducing the risk of pregnancy, and improving students' ability to maintain their sexuality with dignity (Rohrbach et al., 2015). Research findings (Rohrbach et al., 2015) show that *the Sexuality Education Curriculum* has a positive effect on the psychosocial well-being of adolescents after participating in the education for one year. Furthermore, (Rohrbach et al., 2015) explains that the approach of sex education through the curriculum can be an appropriate strategy to promote sexual health that can influence healthy sexual habits.

The results of the above study show that adolescents are very vulnerable free sex. It is very important to ensure that adolescents live in a safe environment, namely their homes and schools as the main places of education (Prado et al., 2023). The family is the main pillar of sex education that can prevent adolescents from seeking sources of sexual information that are harmful to their development (Prado et al., 2023). Parents and teachers have a major contribution to make in providing sex education. In addition, health workers such as nurses also play an important role, especially in promoting healthy habits (Prado et al., 2023). Open communication between children and parents about sexuality is an important foundation for forming a positive understanding and attitude towards sex (Sandriani et al., 2023). Discussions about sex are best started when children are young (Sandriani et al., 2023). These communications and discussions will become good communication habits and strengthen the parent-child relationship. A safe and comfortable environment will make children feel comfortable asking questions or discussing sexuality with their parents (Sandriani et al., 2023).

Apart from the school and family environments, sex education can also be provided by health service providers. Various strategies can be used, such as counseling and reproductive health interventions. Counseling will be tailored to the age, such as those aged 25 years, who are in their fertile years, so that they will be given counseling on the basics of reproductive health (Schgel & Smith, 2020). For those over the age of 25, basic knowledge of reproduction may not be appropriate for their age, so counseling material usually covers knowledge about healthy childbirth and baby care (Schgel & Smith, 2020). This explains that the role of health services, such as nurses, is a potential strategy in providing information, giving the best recommendations, education, and providing preventive care against promiscuity for women, especially adolescents (Schgel & Smith, 2020).

According to research (Card et al., 2007) discussing several programs that can be implemented to prevent sexually transmitted diseases or teenage pregnancy due to promiscuity, commonly referred to as PASHA (*Program Archive on Sexuality, Health and Adolescence*), these include: (1) promoting the delay of sexual activity among teenagers; (2) promoting the use of contraception (providing understanding about the use of contraception among sexually active adolescents). The existence of this program, the integration of cultural values, the role of parents and schools, is expected to be able to make a broad contribution in providing an understanding of sexuality to adolescents (Card et al., 2007).

Philosophical Moral Study of Sexual Education

Philosophy of sex is an interesting field that mostly discusses conceptual and moral questions, such as the sexual desire, sexual orientation, sexual activity, the morality of sexual acts, and the morality of various sexual practices (Halwani, 2023). Moral development includes behavioral development involving thoughts and feelings that become the benchmark for individuals to interact with one another (Putri et al., 2022). The moral aspect enables individuals to learn to understand and internalize moral values in society. This of course, requires a philosophical aspect of determining right and wrong in order to develop a sense of responsibility, empathy, and decision-making based on ethical principles of behavior in society (Yuliana et al., 2025). Schools, which are expected to be the right place for adolescent education, are certainly not functioning as they should. This shows that the responsibility for instilling norms and values does not lie solely with schools; families and communities are also expected to be able to create a supportive environment (Yuliana et al., 2025).

Currently, the issue of sex education is still a hot topic of discussion (Bialystok, 2021). Many people do not yet understand the meaning of sexuality, and there are not many state regulations governing it, such as equality in marriage and reproductive rights (Bialystok, 2021). Based on research (Yuliana et al., 2025), it shows that adolescents who have adequate sex education tend to have better morals and are able to understand the boundaries in socializing, responsibility, and are able to protect themselves from deviant behavior (Yuliana et al., 2025). The moral aspect of education is a strong foundation, especially for parents who adhere to conventional beliefs that consider sex education incompatible with moral values. Thus, morality and sex education are two things that must be integrated (Bialystok, 2021).

There are three aspects that must be considered when discussing the issue of sexuality education, namely ethics, individual development, and health promotion. The integration of these three values is expected to protect adolescents from sexually transmitted diseases such as HIV (Bialystok 2021). This shows that there is a significant correlation between sex education and the moral development of adolescents, so it is hoped that sex education programs will continue to be developed with greater frequency (Yuliana et al., 2025).

CONCLUSION AND RECOMMENDATIONS

Based on the results of *a systematic literature review* of several international and national journals, the following conclusions were drawn: 1. The role of comprehensive sex education emphasizes a holistic approach to human development and sexuality. The main objective of sex education is to equip value for adolescents that will help them make good and responsible decisions about their sexuality and mitigate them from various sources of misinformation about free sex; 2) The digital era has brought us significant technological advances and changed various aspects of life. However, for adolescents, the digital age also brings a number of negative impacts that need to be watched out for. One of the most worrying impacts is the ease with which children can access content that is not appropriate for their age, including pornographic sites. Recent data shows that children's exposure to adult content increases along with their increasing use of digital devices; 3) The family is the main pillar of sex education that can prevent adolescents from seeking sources of sexual information that are harmful to their development. Parents and teachers have a major contribution to make in providing sex education. In addition, health workers such as nurses also play a role, especially in promoting healthy habits; 4) The philosophy of sex is an interesting field that mostly discusses conceptual and moral questions, such as the nature of sexual desire, sexual orientation, sexual activity, the morality of sexual acts, and the morality of various sexual practices. The moral

aspect enables individuals to learn to understand and internalize moral values in society. This philosophical aspect of determining right and wrong is certainly needed in developing a sense of responsibility, empathy, and decision-making based on ethical principles of behavior in society.

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