

# "TANGKIS" Prevent Sexual Abuse

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## **A study on prevention and mitigation efforts of violence towards teenagers and kids**

TANGKIS can become a way to prevent sexual abuse. TANGKIS can be taught to the children since they were still in the kindergarten. It is said by Head of Woman Crisis Center (WCC) Dian Mutiara Malang Sri Wahyuningsih, SH, MPd.

TANGKIS is abbreviated from T: Tubuhmu adalah milikmu (your body is yours); A: Ada rahasia di balik baju (there is a secret behind the suit); N: Nggak boleh, ya nggak boleh (may not means not allowed); G: Gelagat bahaya, waspadai (be aware of the danger signs); K: kalau dipaksa, lawan (if forced, fight!); I: Ingat, ngga semua rahasia baik (remember, not every secret is good); S: Selalu cerita ke orang tua (always tell your parents).

Your body is yours, she explained that each child should protect and love his/her own body however appearance and shapes of the body. By loving each part of their body, nobody could do anything which can be put to shame, not comfortable and hated his/her own body.

There is a secret behind the suit, she explained that no one could see or touch it since part of the body is a secret. Sometimes the doctor opens it but they also should also give explanations.

May not means not allowed. She explained that each kid should be brave to say "Not Allowed" although into the ones they know or love, even your own family members. If their body or feeling is hurt by anyone else, each kid should be brave to reject anything they ask and do.

Danger signs, be aware. Each kid should know his/her surroundings and who are within. Although they know them, be aware if they do something strange. For instance, suddenly they become very good, without any reasons giving free food and taking to quite places.

Always tell the parents. Each kid is advised not only to tell about excited activities. But also should tell things that make them sad or angry. Adult people whom the kids believe will listen and could help.

Sri Wahyuni mentioned that TANGKIS action is not only done for kids socially, namely started from under three years old until *akil baligh* (grown-up) and boys started to wet dream.

Meanwhile for teenagers, prevention could be done by understanding reproduction health.

Sexual abuse of children in Malang has increasing from three until four cases each month in 2015 becomes four until five cases each month in 2016. Head of Woman Crisis Center (WCC) Dian Mutiara Malang Sri Wahyuningsih, SH, MPd mentioned factors which cause the occurrence of such increasing are such as declining on

appreciation of human rights and technology advancement. She said that technology advancement as recent giving ways to ease people to do sexual abuse.

"As parents there are several efforts to do to protect children from perpetrators of sexual violence. They can give examples and to establish good communication with children," said Sri Wahyuningsih.

Good examples could be done by mutual respect, fulfill promises, instill honesty and cultivate an attitude of mutual cooperation. Establishing good communication could be done by taking the time to have dialogue with the kids, be a good listener and do not patronize.

Other efforts to be done are such as teaching TANGKIS to the children since they were still in the kindergarten.

A presentation on prevention and mitigation of violence towards teenagers and children is an event held by Ikatan Pensiunan (Pensioner Bonding) of Brawijaya University, Friday (6/Jan/2017). Head of convener Dra. Ristika, MM mentioned the event was aimed to facilitate the pensioners who have expertise in their own areas.

"Fortunately Mrs. Sri Wahyuningsih indeed focused on the area, thus we held the event," she said.

Meanwhile in the similar time, also officially launched Griya Tata Rias dan Perawatan Khusus Wanita (cosmetology house and special treatment for women) at Gedung Kebudayaan Mahasiswa. The launching was conducted by Head of Dharma Wanita UB Titik M. Bisri.

Griya Perawata dan Perawatan Khusus Wanita is daily open Monday until Saturday at 08:00 a.m. - 05:00 p.m. [Oky Dian/Humas UB/trans. Denok]

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