



(RESEARCH ARTICLE)



APPLYING CANVA SOFTWARE TO IMPROVE THE EFFECTIVENESS OF SEXUALITY EDUCATION FOR 5–6-YEAR-OLD CHILDREN IN SELECTED KINDERGARTENS OF LUNG TAM COMMUNE, TUYEN QUANG PROVINCE

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ABSTRACT

In the current context of educational reform and the accelerated application of information technology, integrating digital tools into early childhood educational activities has become an inevitable trend. This study explores the effectiveness and feasibility of using Canva, a free and highly intuitive design software, to support early childhood educators in developing visual learning materials for sexuality education. Sexuality education for children aged 5–6 is crucial for developing correct gender awareness, establishing essential self-protection skills, and preparing a solid psychological foundation before they transition to primary school. Our research was conducted in selected kindergartens in Lung Tam Commune, Tuyen Quang Province—a highly socio-economically disadvantaged region with limited access to modern educational materials. By researching the pedagogical contents, implementing Canva-designed materials (infographics, flashcards, posters), and evaluating their teaching impact, this study makes a significant practical contribution. A survey conducted with 26 administrators and teachers of 5–6-year-old classes at Thai An and Dong Ha Kindergartens validates the high necessity and feasibility of the proposed measures.

Keywords: Sexuality education, Canva, Tuyen Quang, Lung Tam Commune kindergartens, Teaching and learning.

1 INTRODUCTION

In recent years, child sexual abuse has become an increasingly alarming social issue, causing grave concern for families, schools, and society as a whole. Notably, the age of victims exhibits a worrying younger trend, with many recorded cases involving preschool-aged children. When subjected to abuse, the vast majority of young children lack the cognitive capacity to recognize dangerous grooming or abusive behaviors, do not know how to protect themselves, and do not possess sufficient vocabulary or language skills to express and share their experiences with adults. This stark reality highlights that child sexual abuse prevention cannot merely rely on reactive, post-incident interventions. Instead, it must be implemented proactively, systematically, and from the earliest stages of formal education, beginning at the kindergarten level through early childhood sexuality education.

Selecting selected kindergartens in Lung Tam Commune, Tuyen Quang Province as the geographical domain for this research stems from the practical socio-economic conditions of the locality. This is a mountainous area characterized by significant economic hardships, where teachers' and children's access to modern educational tools and materials is extremely restricted. In this context, exploring the application of Canva—a free, highly accessible, and easy-to-use digital design tool—in organizing sexuality education activities is of paramount importance. It not only has practical significance in elevating the overall quality of local early childhood education but also actively supports teachers in reforming their pedagogical methodologies despite severe resource and infrastructural constraints.

2 RESEARCH CONTENT

2.1 Overview of Thai An Kindergarten and Dong Ha Kindergarten, Lung Tam Commune, Tuyen Quang Province

2.1.1 Overview of Thai An Kindergarten

Thai An Kindergarten is located in Lung Tam Commune, Tuyen Quang Province, which is designated as an extremely disadvantaged highland commune. The school is situated approximately 16 kilometers from the commune's administrative center. To facilitate school attendance and ensure early education access for children living in remote, high-altitude villages and hamlets, the school operates one main campus and three satellite campuses.

In the 2025–2026 academic year, Thai An Kindergarten accommodates 13 classes and age-groups with a cumulative enrollment of 262 children, divided into 4 nursery groups and 9 kindergarten classes. Notably, 100% of the students are from ethnic minority backgrounds, with the Hmong ethnic group accounting for approximately 97% of the total student body. The school has successfully achieved a 100% mobilization rate for children aged 3–5 years and 5-year-old children, meeting all assigned local enrollment targets. The school's workforce consists of 22 personnel, comprising 3 administrators and 19 class teachers. Although the institution still lacks dedicated medical staff and school accountants, the teaching staff displays a profound sense of responsibility and actively pursues professional self-improvement. Additionally, 100% of the staff meet national training standards, with the majority holding university degrees, which has progressively stabilized and enhanced the quality of childcare, nutrition, and early education.

2.1.2 Overview of Dong Ha Kindergarten

Dong Ha Kindergarten was founded in May 2004, following its separation from Dong Ha Primary School, initially named Dong Ha Commune Kindergarten. In July 2025, the institution officially changed its name to Dong Ha Kindergarten. During its foundational years, the school encountered severe infrastructural deficits, which presented immense challenges in organizing child care, nutrition, and early education activities. Consequently, the initial student enrollment rate across satellite campuses remained low.

For the 2025–2026 academic year, the school manages 11 classes and age-groups with a total of 231 students, composed of 3 nursery groups and 8 kindergarten classes. The student mobilization rate for kindergarten-aged children has successfully reached 100%, reflecting a significant increase in local parental awareness and communal investment in early childhood care and education. The school's professional staff comprises 24 members, including 3 administrators and 21 class teachers. Administratively, the staff is partitioned into 3 specialized professional units: the Nursery Unit, the 3–4-Year-Old Kindergarten Unit, and the 5-Year-Old Kindergarten Unit. Teachers systematically participate in professional development and pedagogical training to consistently elevate the quality of childcare and education.

2.2 Measures for Applying Canva Software in Organizing Sexuality Education Activities for 5–6-Year-Old Children

2.2.1 Objectives

These measures are designed to assist educators in effectively searching, selecting, and processing visual illustrations from digital spaces, building structured digital asset databases, and designing vibrant, intuitive, and appealing visual teaching aids such as infographics, flashcards, and posters. These digital assets provide educators with tailored, contextualized instructional content, thereby minimizing preparation time during lesson planning and optimizing pedagogical delivery in early childhood classrooms. Furthermore, this initiative strives to strengthen teachers' information technology integration capacity, professional design competence, and creative pedagogical design throughout early childhood sexuality education.

2.2.2 Implementation Content

Teachers proactively explore, retrieve, select, and process digital assets, illustration materials, and artistic mediums appropriate for early childhood sexuality education from diverse internet repositories. Critically, the filtering and

selection of digital content must be rigorously grounded in scientific accuracy, educational values, and alignment with the cognitive, psychological, and physiological development of children aged 5–6. By searching and extracting graphics from Canva's massive digital library, teachers perform essential formatting steps, including standardization, image cleaning, background removal, and asset compilation, to compile high-quality resources directly supporting classroom teaching.

2.2.2.1 Designing Sexuality Education Infographics on Canva

- Step 1: Develop Design Ideas: Define the core objectives and pedagogical rationale of creating the infographic (e.g., helping children identify and distinguish genders, building self-protection techniques, and recognizing personal physiological traits positively). Adopt an approachable, modern, and cute visual style. Select child-friendly, engaging character illustrations matching the developmental stage of the target children.
- Step 2: Account Registration or Authentication: Access the Canva web portal or launch the mobile application to log in or create an account. Click 'Sign up' to register a new user profile or 'Log in' to access an existing account, with options for rapid authentication using Google, Facebook, or personal email credentials.
- Step 3: Select Design Templates: In the main interface of the Canva homepage, enter specialized search terms such as 'Kindergarten', 'Sexuality education', or 'Children infographic' in the search bar. Canva yields a vast catalog of pre-designed templates. Teachers can select a suitable structural template or initiate a completely custom design from scratch.
- Step 4: Incorporate Appropriate Visual Elements: Within the editing layout, navigate to the 'Elements' tab on the left-side panel to search for required graphics. Alternatively, teachers can select 'Uploads' to import tailored images from a local directory or mobile device. Organize and modify these illustrations, graphics, and text boxes to align with the core educational message.
- Step 5: Perform Fine-Tuning and Formatting: Modify font colors by selecting text boxes and activating the 'Text Color' tool. Customize typographies via the 'Font' menu, and rescale layout items using corner handles or numeric dimension inputs. For image editing, click on the target image and choose 'Edit Image' or 'Effects' to adjust brightness, contrast, and opacity, apply artistic filters, execute 'Background Remover' commands, structure layer ordering, and define border properties. Review the layout carefully to ensure structural harmony, clear textual readability, and visual engagement for young learners.
- Step 6: Output Export and Classroom Utilization: Upon design completion, click 'Share' followed by 'Download'. Select appropriate output formats such as PDF, JPG, or PNG to compile the file. The compiled document can be presented digitally on classroom displays, printed physically, or integrated into interactive classroom games.

2.2.2.2 Designing Sexuality Education Flashcards on Canva

- Step 1: Establish Instructional Content: Identify clear learning goals for the flashcards, which focus on enabling children to identify and respect gender characteristics and boundaries. Establish a cute, modern, and visually clear style featuring highly recognizable, friendly characters.
- Step 2: Access the Design Platform: Log in to the Canva system via web or mobile application using Google, Facebook, or a personal email account.
- Step 3: Select Dimensions and Templates: Search for 'Flashcard' on the homepage. Set appropriate dimensions (e.g., A4, A3, or custom sizing) and search for 'Kindergarten' or 'Flashcard' templates. Choose clear, clean, and easily observable card designs.
- Step 4: Curate and Organize Graphic Elements: Utilize the 'Elements' panel to search for specialized graphic assets or use 'Uploads' to import locally prepared illustrations. Arrange the graphic and textual components systematically.
- Step 5: Format Text and Visual Properties: Customize typography, adjust text sizing, modify color schemes, and apply background removal tools or visual filters to ensure high visual clarity for group learning.
- Step 6: Export and Pedagogical Integration: Download the completed cards in PDF, JPG, or PNG formats. These cards can be utilized in slideshows, printed for hands-on activities, or integrated into sexuality education games.

2.2.2.3 Designing Sexuality Education Posters on Canva

- Step 1: Formulate Poster Concepts: Define objective statements tailored to children's cognitive age. Focus on helping children recognize their gender, understand basic body parts, acquire self-protection skills, and establish respectful gender behaviors. Adopt a cute and contemporary cartoon style featuring familiar boys and girls. Collect bright color palettes, recognizable symbols, and concise slogans that maximize visual attraction and facilitate effortless absorption of key safety concepts.
- Step 2: Sign In or Register on Canva: Access the Canva design platform via web or mobile app using standard credentials (Google, Facebook, or personal email).

- Step 3: Select Layouts and Designs: Search 'Poster' in the search field. Choose standard poster dimensions (A4, A3, or customized layouts) and search 'Education' or 'Gender' to find and edit standard academic poster designs.
- Step 4: Populate with Target Elements: Access 'Elements' to locate educational graphics or click 'Uploads' to import local illustrations. Position visual aids, text blocks, and logos appropriately on the layout canvas.
- Step 5: Adjust Styling and Text Details: Refine fonts, color contrasts, text sizing, and image layers. Utilize image filters, borders, and transparency settings to ensure a highly attractive, balanced, and child-centered poster presentation.
- Step 6: Export and Display: Export the final poster file as PDF, JPG, or PNG. The outputs can be digitally projected on interactive screens, printed as large-format classroom wall hangings, or shared digitally with families.

2.2.3 Implementation Conditions

To ensure that Canva software application in 5–6-year-old child sexuality education achieves its optimal effectiveness, school administrations must provide strong leadership and direct professional activities that equip teachers with information technology skills. Concurrently, local schools must invest in hardware infrastructure (computers, projectors, tablets, and high-speed Internet connections) required to design and present digital learning materials. School boards must also establish standardized procedures for using Canva in sexuality education, aligning technological integration with early childhood developmental objectives and institutional resources.

Professional departments should regularly disseminate management guidelines regarding the modernization of sexuality education contents, methods, and delivery channels. They should organize regular professional workshops to share pedagogical experience and strictly monitor and evaluate the quality of Canva integration. For teachers, holding a comprehensive, age-appropriate understanding of early childhood sexuality education—particularly key safety concepts for 5–6-year-olds—is mandatory. Teachers must also master basic Canva tools to select, develop, and construct vibrant, highly intuitive, and engaging visuals.

Furthermore, all Canva-designed visual aids—including infographics, flashcards, and posters—must meet rigorous standards: scientific accuracy, brevity, strong visual appeal, high educational value, and strict developmental alignment with the cognitive capabilities of 5–6-year-old children.

2.3 Survey on the Application of Canva Software in Early Childhood Sexuality Education

2.3.1 Survey Objectives

A pedagogical survey was conducted to systematically evaluate the necessity and feasibility of the proposed Canva-based sexuality education measures for the 5–6 age group at Thai An Kindergarten and Dong Ha Kindergarten in Lung Tam Commune, Tuyen Quang Province.

2.3.2 Survey Content and Methodology

- Survey Content: Participants evaluated the perceived necessity (Very Necessary, Necessary, Not Necessary) and practical feasibility (Highly Feasible, Feasible, Not Feasible) of the three proposed Canva integration measures.
- Methodology: A physical/digital survey questionnaire was developed, containing descriptive questions and matrix-style evaluation rubrics. The opinions of early childhood administrators and classroom teachers were gathered, collected, and statistically analyzed.

2.3.3 Survey Subjects

The survey sample comprised 26 early childhood educational professionals, including school administrators and class teachers responsible for 5–6-year-old groups, at Thai An Kindergarten and Dong Ha Kindergarten, Lung Tam Commune, Tuyen Quang Province.

2.4 Analysis of Survey Results

- Perceived Necessity: Analysis of the quantitative data in Table 3.1 reveals that all proposed measures utilizing Canva software to organize early childhood sexuality education received extremely high ratings. A substantial majority of surveyed administrators and teachers evaluated the measures as 'Very Necessary'.
- Practical Feasibility: As summarized in Table 3.1, the proposed measures were overwhelmingly evaluated as highly feasible and effective. Remarkably, 0% of the respondents (no managers or teachers) considered any of the proposed pedagogical measures 'Not Feasible'.

Table 3.1: Survey results on the necessity and feasibility of Canva application measures in organizing sexuality education for 5–6-year-old children at Thai An and Dong Ha Kindergartens (N = 26)

No. No.	Proposed Measures Proposed Measures	Necessity Level (%) Necessity Level (%) Necessity Level (%)			Feasibility Level (%) Feasibility Level (%) Feasibility Level (%)		
		Very Necessary	Necessary	Not Necessary	Highly Feasible	Feasible	Not Feasible
1	Collecting digital resources, illustrative content, and artistic styles for sexuality education designs using Canva software	53.8	46.2	0.0	57.7	42.3	0.0
2	Developing educational plans for visual arts activities integrated with sexuality education for 5–6-year-old children in kindergartens	57.7	42.3	0.0	53.8	38.5	7.7
3	Coordinating with families and the local community to organize early childhood sexuality education activities for the 5–6 age group	50.0	50.0	0.0	61.5	38.5	0.0

Note: Data collected from survey with kindergarten staff (N = 26). Feasibility and necessity calculations represent percentage of respondents.

3 CONCLUSION

Applying Canva software to organize sexuality education activities for 5–6-year-old children in kindergartens is an indispensable and highly meaningful task in the current era of educational reform. The integration of Canva enables educators to easily design highly visual, dynamic, and engaging teaching aids. These tools stimulate children's interest, encourage proactive participation, and help establish vital gender awareness, self-protection skills, and developmentally appropriate safety behaviors. Consequently, children are fostered comprehensively in terms of cognitive, skill-based, and attitudinal dimensions within an educational environment that is demonstrably safe, caring, and friendly.

Throughout this research, several crucial milestones have been successfully achieved:

- **Theoretical Foundation:** We successfully structured the theoretical framework regarding early childhood sexuality education, modern information technology applications, and the strategic integration of Canva software in organizing active learning experiences for 5–6-year-old kindergarten children.
- **Practical Evaluation:** We conducted a detailed survey, analysis, and critical evaluation of the current state of Canva application in sexuality education at Thai An and Dong Ha Kindergartens. This investigation clearly mapped out teachers' technological literacy, cognitive awareness, and practical challenges, alongside identifying critical infrastructural opportunities and bottlenecks in localized implementation.

STATEMENTS ON COMPLIANCE WITH ETHICAL STANDARDS

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Statement of informed consent

Informed consent was obtained from all individual participants included in the study.

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