



Taboo Topics Find a Safe Arena for Discussion in Saudi Arabia

Too often women have questions but no place to voice them and seek potential answers. This holds especially true in Saudi Arabia where women are faced with limited mobility and restricted access to information. The WIT Professional Development Network (PDN) at Effat University recognizes and meets this vital need for information. Women who participate in WIT have the rare opportunity to network and discuss topics in a safe and open atmosphere outside of their homes. For many women, the PDN serves as the first point of information for crucial topics such as cervical and breast cancer, sex education and many more.

One recent event, a session titled *Prepare Yourself for Marriage*, provided women with an introduction to sex education. The lecture, given by a local doctor, discussed sexual relations between a husband and wife from a scientific point of view. For many women in the audience, it is likely the only instruction they will ever have on the topic. Other recent wellness lectures have focused on women's health, family issues, physical fitness, nutrition and skin care. Ultimately, access to this information allows women to be proactive and make informed decisions that so many of us take for granted.

- [Visit WIT Saudi Arabia's website to learn more](#)