

3. 3.4 Free sexual health care for students

The university is dedicated to supporting the health and wellbeing of our students by offering complimentary sexual and reproductive health services to all. We believe that accessible and confidential health care is essential to creating a safe and supportive campus environment.

Our campus health centre provides a comprehensive range of services tailored to meet the health and wellness needs of our student community, all free of charge:

- **Personal Counselling:** Access private, professional counselling from qualified experts on matters related to sexual and reproductive health. This service offers a safe space for students to address personal concerns and make informed, healthy choices.
- **Educational Workshops:** Students are encouraged to participate in regular workshops covering important topics such as healthy relationships, understanding consent, and reproductive health. These sessions are designed to increase awareness and empower students with essential knowledge for their well-being.
 - Each October, Isra University's [Faculty of Pharmacy conducts a Health Awareness Day dedicated to breast cancer awareness](#), in recognition of Breast Cancer Awareness Month (often referred to as 'Pink Month'). Faculty members participate in workshops such as 'The Role of Universities in Disseminating Health Messages', which focus on programs for raising breast cancer awareness.
 - A Medical Day event was held on campus, featuring health education sessions on topics such as healthy nutrition, body composition analysis, vision testing, diabetes, and hypertension screening, as well as physical exams for breast cancer and cervical cancer screening conducted by the nursing faculty and students.
 - An awareness day was organised on campus, with reproductive health education for students as one of the primary topics addressed.
 - The School of Nursing at Isra University offers a core course titled '**Adult and Maternal Health**,' focusing on the health of new mothers, reproductive health, and postpartum care. This course covers the nursing process in women's health, including care during pregnancy, childbirth, and postpartum. It also includes essential skills related to family planning methods and the care of women with various health conditions. Another course, '*Growth and Development*,' explores the concepts of growth and development across the lifespan, covering children, adolescents, and adults. This course addresses the biological, psychosocial, cognitive, and spiritual characteristics of each developmental stage.
- Isra University also offers two **elective courses** that all are part of university elective modules where a student can select and complete before graduating: "**Law in Our Life**" and "**Human Rights**". The course addresses issues related to actions to be taken when domestic violence or harassment of any type, especially sexual or gender discrimination

happens to the student. This course educates the students about their rights and what they can do if they were subject to any of these acts.

- Our mission is to create a supportive and accessible environment, ensuring that every student has the resources they need to maintain their health and make informed decisions. We handle all **consultations whether in-person or online with the utmost confidentiality**, ensuring that students feel respected and supported.