Behavior affects and is affected by personal factors & environment.

**Personal Factors**
Affect and are affected by behavior & environment

**Environmental Factors**
Affect and are affected by behavior & personal factors

Individual fear or anxiety about menstruation fosters an environment where menstruation is not discussed. And

A difficult environment contributes to anxiety and low self-efficacy in relation to menstrual management.

- Negative behaviors or experiences with menstrual management add to fear and anxiety.
- Perceptions of menstruation affect how it is managed.

- The environment, incl. condition of facilities at school, affects what behaviors are possible.
- Practices by girls create or reinforce aspects of their environment.

- Perceptions of menstruation affect how it is managed.