

# Behavior

Affects and is affected by  
personal factors &  
environment

Negative behaviors or  
experiences with  
menstrual management  
add to fear and anxiety.

*and*

Perceptions of  
menstruation affect how  
it is managed.

The environment, incl.  
condition of facilities at  
school, affects what  
behaviors are possible.

*and*

Practices by girls create or  
reinforce aspects of their  
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.