# Supplementary Material File 7 Peer supporter focus group guide

NOTE: At the start of all focus groups and interviews participants were given a short introduction explaining the purpose of the session and what would be talked about. This was followed by a statement about confidentiality procedures and finally whether participants were asked whether they were still happy to take part. For the purposes of Appendices 6-11, these sections have been removed for clarity, structure and flow.

**Recruitment to be a peer supporter:**

1. What interested you being a peer supporter?
2. After we came in and spoke to you in your school did you understand what becoming a peer supporter involved?
   1. What could we have made clearer?
   2. Did we miss out any important information?
   3. Did anything we said put you off of signing up?

**Training content:**

1. What did you think of the PLAN-A training you received?
   1. Was it what you expected?
      1. Can you expand?
      2. If not – what *did* you expect? What would you have preferred?
      3. What could we have made clearer?
   2. What did you enjoy the most?
   3. What would have changed about the training?
2. Was there anything that you didn’t understand or wanted to go over more?
3. How did you find the balance between practical activities and the more classroom-like parts?
4. How would you change this?
5. Was the booklet you received useful?
6. Did you look at it throughout the training day?
7. How do you think you might use it when being a peer supporter?
8. How could we have made this more useful?

**Trainers**

1. What did you think of the people who led the training?
   1. Was the person friendly and approachable?
   2. Did the trainer go over things clearly and answer any questions you had?
   3. How supported did you feel by them?
   4. Did you feel that you were given a say in how parts of the training went?
   5. Could they have done anything differently that would have made the training better/more enjoyable/helpful/instructive?

**Being a peer supporter – *your role as a P-S continues as long as you continue to support and encourage others. Thinking about that role…***

1. Did the training prepare you enough to be a peer supporter in your school?
2. After the training, did you feel confident about being a peer supporter?
3. Thinking about being a peer supporter, and being honest - can you tell me how much you think you have done to give messages about being active to your friends?
   1. What seems to work well?
   2. What type of messages
   3. What type of settings (draw out some examples)
4. What kind of things do you and your friends do that are active?
   1. Are any of these new (i.e. you didn’t do them before PLAN-A)?
   2. What made you start doing that?
5. If yes to 11a): has taking up these new activities involved (you or your family) spending any money that you didn’t spend before? (e.g. paying for clubs, or transport, buying clothing or equipment because of this new activity)
6. Have there been times when being a peer supporter has been challenging?
   * + 1. What type of messages
       2. What type of settings (draw out some examples)
7. Overall, what did you think about being a peer supporter?
   1. Do you enjoy it?
   2. Is it rewarding?
   3. Have you learned much?
8. Do you think you have been successful in encouraging other girls in your year to be active?
   1. How can you tell?
   2. Do you think others have known when you have been peer-supporting?
9. What do the other people in your year think about your role as a peer supporter?
   1. Have you had any praise/compliments from others?
   2. Has anybody said anything negative to you?
   3. Have any of your friends expressed any feelings about NOT being nominated as a peer supporter?
   4. *If negative*; what could have been done to make this better?
10. Would you be a peer supporter again? Why/why not?

**Assistance from others – *During the last couple months since your training…***

1. Did you ever feel you wanted to contact any of the PLAN-A team with questions?
   1. If yes, did you do so?
   2. If not, how come?
   3. Do you feel you needed support? If so, who from and how?
2. Have you worked with other peer supporters to help carry out your role to encourage your friends to be active?
   1. Was this helpful? Why?
   2. Did you discuss any issues/challenges you had with your role?
   3. How did you communicate with other peer supporters about these things?
3. Could anything more be done to encourage you to speak about any challenges with other peer supporters or the PLAN-A team?

**Summary**

1. If you were trying to encourage other year 9 girls at other schools to become peer supporters, what would you tell them?
   1. What is the best thing about PLAN-A?
   2. What has PLAN-A done for or given you?
   3. What has PLAN-A done for or given the other girls in your year?
2. If we could improve three things to make the role of being a peer supporter better, what could we do?

**Training logistics:**

1. Did you find it OK to get to the training on time?
   1. Were the start and end times of the training days OK?
2. What did you think of the venue?
3. Was there enough space to do the training activities?
4. What about outside space?
5. Was there anything else you would have preferred?
6. If it differed between the top-up day, which was best and why?
7. *If training was on-site: What did you think about having the training on-site?*
8. Were there enough breaks?
9. Was the food and drinks we provided OK?

**CLOSING**

* That’s all the questions I have for you today. You have helped us a lot and we will use your input develop our project further.
* Is there anything else that you think is important that we should know about of the things that we have discussed today?
* Do you have any questions for me?
* Thank you very much for your time and attention. We appreciate you sharing your thoughts and opinions with us!