

Supplementary file 4: illustrative quotes from the facilitators and receivers

* (vs)= very successful facilitator

**Um/umm indicates hesitation in the discourse

FACILITATORS						
Section	Main point	Source	Person	Gender	Age	Quote
Organisational issues	Time and transport and other logistical problems	Training session	F6 (vs*)	Girl	15.0	yeah that will more be it I think [activities during the holidays] since honestly during class it's until 6pm Wednesday afternoon we have class also and everything and the weekend either it's to rest or do homework so umm**
		End of program session	F10	Girl	16.0	well the people I had were residents [boarding school] so um they lived in um [city far away] (...) And like even every time there were teachers that swaped their lesson hours around and things like that so
		End of program session	F9	Boy	15.4	I maybe overestimated that time [free time]
		End of program session	F3 (vs)	Girl	15.0	Well what I found difficult was to find um the same date to do an activity with several people
		End of program session	F7	Girl	16.4	Well I called them [receivers] and I explained we talked a good 15min and then um then they told me um it wasn't possible, on Wednesdays they already had activities and there were some that had to keep their little sister too.
		End of program session	F6 (vs)	Girl	15.0	For [receiver] it was a transport problem timewise honestly you could see that he didn't mind joining in the activity or exercising or anything but it was really umm an organization thing
		Telephone notes	F2	Girl	14.0	I didn't know it would be so hard. Either I forget. Either it's not possible.
		Mid program interview	F1 (vs)	Girl	15.8	Yeah I'll do it tonight because well before I had to revise for mock final exams
		SMS exchange	F7	Girl	16.4	well it's not that I don't want to do it anymore but it's tough I will soon have my exam and there are only 2 weeks left of class and [name of receiver] can't the two Wednesdays because she's looking for an internship and on Monday and Tuesday I finish class at 6pm and the other days she can't and during the holidays I can't because I will work so she's ok to do the activity in September.
		SMS exchange	F12	Girl	16.2	Coordinator: So is everything set for an activity next Wednesday? Facilitator : No the sport hall is reserved
	Mid program interview	F4 (vs)	Boy	14.0	well I did struggle a bit for exercising with good weather	
	Contact issues with the coordinator	End of program session	F10	Girl	16.0	Yeah because I just didn't receive them for a while the messages. That's why I changed phone.
		End of program session	F3 (vs)	Girl	15.0	well me with my phone when I have a message I answer but well sometimes I just don't receive them
		SMS exchange	F8	Girl	15.4	Coordinator: Can I call you on a landline? Facilitator: I'm in a social home so the landline is reserved for adults
SMS exchange		F4 (vs)	Boy	14.0	Facilitator: yes sorry I didn't have enough phone credit to answer	
Contact issues with the receivers	End of program session	F3 (vs)	Girl	15.0	well with [receiver] um since she didn't have any method of communication apart from um anyway it was really complicated	
	SMS exchange	F8	Girl	15.4	Hello, I received your calls; I can't answer since I'm in study period, however I changed phone and I therefore don't have the numbers of [receiver 1] and [receiver 2] and since I plan on maybe going running tomorrow or Wednesday that would be easier to warn them by message :)	
Need for support	End of program session	F6 (vs)	Girl	15.0	Coordinator: so what could have helped you? Facilitator: well for me if everything had been organised for the time the place and the activity then umm see with the others and do it all together but if everything was organised Coordinator: Ok so ideally it would have been "ok so the court is reserved for badminton this day this time and [facilitator] is coming to do it with you" Facilitator: Exactly! That would have been really great.	
	End of program session	F9	Boy	15.4	yeah or just do a um I don't know grab a room and have a little ten minute meeting and call [take out of class] all of those who are interested to come um yeah just that it would have been, it would have maybe helped a little.	

Other challenges	Motivation issues	End of program session	F10	Girl	16.0	And then when um we couldn't find dates anymore and then um that's when pff I got a bit fed up I told myself yeah it's crap I don't have any activities.
		End of program session	F12	Girl	16.2	Coordinator: But you knew them right? Facilitator: Yeah but when I went to see them [receivers] they said "oh we don't care"
		End of program session	F3 (vs)	Girl	15.0	Yeah it was rather easy. The only problem afterwards was that [receiver] thought that umm that the activities would be during um lessons. That's why she was motivated, to skip class
		SMS exchange	F9	Boy	15.4	well it didn't go too well [the meeting] because one came and refused and the other didn't show
		Mid program interview	F4 (vs)	Boy	14.0	I told him "you know I have a bike in the basement I have two biked in the basement if you want we could do a bit of cycling I'll lend you a bike" and so on [and the receiver responded] "oh no pralimap I don't do"
Program clarity	End of program session	F2	Girl	14.0	Like my friend [name of friend] she went to the pralimap thing but physically I mean ok she might have a little belly but she isn't she isn't fat she isn't um round or anything at all she is super pretty and all that and she had to go to the pralimap thing anyway not to mention that she doesn't eat anything so um I don't understand	
	End of program session	F6 (vs)	Girl	15.0	it's mostly um mostly yeah having fun with the person and exercising together. I don't really see the nutrition part because we didn't really talk about it and and we don't really know more than the other person I think.	
Health issues	SMS exchange	F8	Girl	15.4	Hello, I have some bad news.. I am going to have to stop all physical activity due to an ice-skating accident and the discovery of scheuermann's disease which stops all type of physical activity. I'm really sorry for the inconvenience.	
Interpersonnal skills	SMS exchange	F2	Girl	14.0	sometimes, I doubt my abilities :/ in any case I'm not talented for organizing outings ^^" But actually, since we're only 3 and not specially friends, I don't really know what we could do... Should we do it with our own friends?	
	Mid program interview	F9	Boy	15.4	Well because maybe I'm bossy well kind of bossy like for example pff if I think there's a bit of noise and I say to tone it down I think I might be a bit too bossy	
	Mid program interview	F1 (vs)	Girl	15.8	well last time um because of [second facilitator] well because originally we were supposed to do it [the activity] together. And I saw that she wasn't trying and well on my own I was really struggling	
Good practice	Regular contact with coordinator	End of program session	F7	Girl	16.4	Coordinator: Ok why? [was it a good system] Facilitator: well because we could get organised if we had something planned or not. And maybe we were in the middle of something
		End of program session	F6 (vs)	Girl	15.0	[following conversation above] Facilitator: same for me
		End of program session	F9	Boy	15.4	Coordinator: And in terms of content because it's true that sometimes there wasn't much to say was it still useful being in touch? Facilitator: Umm yeah I found it useful
		End of program session	F3 (vs)	Girl	15.0	[following conversation above] Facilitator: Yeah cause it helped us remember that it we really needed to do it (...) I had never forgotten but it, it remotivated me and stuff.
		End of program session	F1 (vs) and F12	Girl Girl	15.8 16.2	Coordinator: so what should the coordinator do if there are no responses to SMS F1 (very successful facilitator-girl): See with the school F12 (facilitator-girl): Yeah definitely Coordinator: why? F1: Yeah well I think like say the person has changed number and everything F12: They also often have the internship times if it's to do with that
Physical activity	End of program session	F10	Girl	16.0	They asked me "oh you can go ice skating" I said "yes" so yeah as soon as you talk more directly about activities yeah it's actually cool they said "oh really you can do activities and everything oh well that's cool". (...)	

Support of parents	End of program session	F6 (vs)	Girl	15.0	There was also her [receiver] mom she um we did three activities and my dad brought her once and her mom twice so um it's certain that if that hadn't been there since it was super far nah it wouldn't have been possible.
Program commitment	Mid program interview	F4 (vs)	Boy	14.0	And just afterwards he told me "[swear word] they want me to do pralimap and everything" and I said "well why don't you want to do it? If you want I can offer to be your facilitator since we're neighbours it would be easy".

RECEIVERS

Section	Topic	Person	Status	Gender	Age	Quote
Social environment	Family relations	R4d	Reluctant	Boy	15.8	well since my step father works in the show business he often comes home late so I cook one day out of two I do it
		R4f	Passive	Girl	15.3	Receiver (passive receiver-girl): I am tired at the moment Interviewer: why? Receiver: because I have a lot of family problems and I don't sleep well. I think too much about it. So I think I'm in bad health
	High school	R4e	Reluctant	Boy	15.2	Receiver: no it's the first time but it's different from being at home [being in boarding school] Interviewer: so what's different from home? Receiver: well you're there all the time with friends so in the evenings we chat and laugh
		R4c	Passive	Girl	15.9	you never know how the others will react if you tell them something and most people here are, how to say it, really mean. They judge people based on physical appearance that's why we like to stay just the four of us that's why we stay in our own group.
	Relationship with peers	R4d	Reluctant	Boy	15.8	Interviewer: so what is a mate then? Receiver: they're just people with who you laugh and all its not the 36 [friends] that I can actually open up to those are people who are always there for you.
		R4e	Reluctant	Boy	15.2	Receiver: badly because people from school most guys are thin and all that they chill and all talk to everyone laugh with everyone and it annoys me because I tell myself maybe if I stop eating I would talk to everyone and be in their shoes like Interviewer: so with people here at school when you see them do you say hi? Receiver: no I don't say anything I just stay with [name of best friend] and that's all.
		R4a	Active	Boy	17.6	not really we see each other only here [high school] yeah otherwise we stay in touch via telephone otherwise we don't see each other outside.
		R4f	Passive	Girl	15.3	Interviewer: so with your old friends how come you're not friends anymore? Receiver: no idea because I think we didn't see each other anymore
		R4e	Reluctant	Boy	15.2	Interviewer: and what bothers you why don't you want to talk to your family? Receiver: because we're not of the same generation
	Health and overweight	Defintition	R4a	Active	Boy	17.6
Wanting to lose weight		R4b	Active	Girl	17.4	Receiver: well since everyone tells me I need to lose weight because of people staring (regard des gens) and all that I tell myself I don't care if people look and judge because for me it's my life it's my body and all that they're not the ones to tell me what I have to do. If I feel good I'll stay this way Interviewer: so why then do you say you want to lose a little [weight]? Receiver: it's mostly for clothes because often I can't find my size often I have to go in the big sizes and it bugs me a bit all that

		R4c	Passive	Girl	15.9	for me it depends on the days [successful healthy behaviour] if I ate well at the school cafeteria I shouldn't be hungry or sometimes I see my mom eat and it makes me want to go grab some cookies
		R4a	Active	Boy	17.6	there are times I'm not careful but also we don't have the luck of eating a balanced diet we don't eat much fruit and vegetable at mine so I don't really have the opportunity to be careful so sometimes I eat in excess but um
Program experience	PRALIMAP-INES	R4c	Passive	Girl	15.9	Interviewer: and how was it? Receiver: it was ok Interviewer: meaning? Receiver: sometimes they only talked sometimes we moved Interviewer: and you don't like talking? Receiver: no
	Lack of program clarity	R4f	Passive	Girl	15.3	Interviewer: and were you aware of the activities in pralimap that you were offered Receiver: no idea I said I didn't want to do it and that's it
		R4b	Active	Girl	17.4	Interviewer: and do you know about the peer activities in pralimap? Receiver: no Interviewer: were you not contacted by [name of facilitator]? Receiver: oh yeah but I didn't think that was it
	Potential barriers	R4e	Reluctant	Boy	15.2	Interviewer: so what stopped you? Receiver: I don't know Interviewer: was it the way he invited you? Receiver: no because I didn't know him so that's it
		R4f	Passive	Girl	15.3	Interviewer: so if I offered now what would you say? Receiver: I don't know I think I would have said no Interviewer: why? Receiver: because I don't like doing activities with too many people Interviewer: what if there were only 2 people Receiver: oh then yes maybe
Activity experience	R4a	Active	Boy	17.6	Interviewer: and you felt comfortable? [during the activity] Receiver: well not really at first because I didn't really know him, then getting to know him I felt more at ease. (...) Interviewer: And what did you do? Receiver: we talked a lot Interviewer: about what? Receiver: we talked about ourselves he asked me why I participated in pralimap and told him and everything we talked about our jobs what we liked we talked about music too Interviewer: all this whilst walking? Receiver: yes for 2h (...) Interviewer: and so now you've become friends Receiver: yes every time we see each other we say hi and everything	