Initially, there was an introductory question (or a couple of questions depending on the circumstances) to help participants feel relaxed, for example, “Have you had a good weekend/day?”, “What course have you been studying? Are you enjoying it?”

After introductions were made and introductory questions were discussed, the interviewer would start moving on to the questions regarding the study…

Below is the question guide that was shared with participants (who requested it) prior to the interview.

**You will not be asked all the questions a, b, c…these are only prompts…**

1. I would like to start by learning a bit about your experiences with relationship and sex education…What can you tell me about that education? (If you did not have a relationship and sex education in your school/college, who/what places provide/provided you with relationship and sex education?)
2. What aspects of this education are/were most useful for you?
3. What are/were the benefits of it?
4. Can you think of any aspects of this relationship and sex education that were less useful for you?
5. Can you tell me more about it?
6. How this could be improved?
7. How useful is/was the relationship and sex education you receive/received in terms of giving you the right tools and information for building and maintaining romantic relationships?
8. If useful; What are/were the benefits of it?
9. If not useful; Can you think of some aspects of these relationships and sex education which are/were less useful for you?
10. Can you tell me more about it?
11. What suggestions/recommendations can you give (e.g., providing technology-based sexuality education such as videos, applications etc., tailoring sex education) for making these specific aspects more useful?
12. Can you think of any other places/organisations/individuals (e.g., GP, therapist, mental health nurse, special centres) that would be useful in providing you with relationship and sex education?
13. What can you tell me about these places?
14. What would be the benefits for you of learning about relationships and sex from these specific places?
15. Now, I will ask you a few more personal questions, so please answer only if you feel comfortable talking about it…I would like to talk to you about your and your parents’ (or people who look after you) communication on relationships and sex topics…What can you tell me about this communication?
16. What relationships and sex topics do you talk to your parents about?
17. What aspects of this communication are most useful for you?
18. What are the benefits of it?
19. What aspects of this communication are less useful for you?
20. Can you tell me more about it?
21. Now, I would like to talk a little about your romantic relationships and dating experiences, so, again, please answer only if you feel comfortable talking about it……when you think back, what can you say about these experiences?
22. Were you satisfied in your romantic relationships?
23. What was good about them?
24. If you were not satisfied, how this could be helped?
25. Can you think of any challenges you have encountered with building and maintaining your romantic relationships?
26. What can you tell me about these challenges?
27. How they could be helped?
28. Can you think of any specific support that might be beneficial for you to help you manage such challenges?
29. What support could that be (GP, therapist, school-based, etc)?
30. What would be the benefits of this support for you?
31. This semi-structured interview aimed to learn your perspectives on relationships and sex education and experiences of your romantic relationships and dating...Is there anything else that you did not get to say on the topic and would like to tell me?