

Table 1 Common themes derived from participants in the asthma peer leader workshops and lessons provided by year 10 students

Themes	Student quotes
Improved asthma-related knowledge and awareness	<p>"Now I know more about the different types of asthma medications and when to use them."</p> <p>"Before the workshop, I thought that students with asthma shouldn't be involved in sports, now I know that they can part as long as they know how to take precautions."</p> <p>"I feel confident enough to help in case of asthma exacerbation if occurs in school...I know what I should do to save my friends with asthma."</p>
Enjoying and valuing the learning activities	<p>"The video, especially the stuff about peer pressure and smoking, was a good activity and highlights the huge influence that students with asthma face in school."</p> <p>"It's like you feel very engaged especially when you get to do the activity yourself."</p> <p>"I liked all the activities because they were simple and fun...different to what we normally do in class."</p>
Appreciating the peer-led approach	<p>"I enjoyed being taught by my mates and other older students."</p> <p>"The language that the students used during the classes was very simple and I liked the fact that they took over."</p>
Peer leaders appreciated local bilingual trainers	<p>"The language was simple but having the educator explaining some of the scenes in Arabic definitely helped."</p>
Opportunity to practise English	<p>"I chose to participate in this just to get a chance to practise speaking English in front of my friends."</p> <p>"It was fun to listen to peer leaders use some English words."</p>
Students with asthma felt more supported and confident regarding asthma	<p>"I feel happy that all my friends now know about the nature of the disease.... I don't have to hide the symptoms anymore."</p> <p>"If I have an attack from now on at school, I think I'm more confident to be able to control it before it gets any worse."</p>