

Supplementary data

Data gathered on the focal question: “*Sexual health for people with mild intellectual disabilities consists of ...?*” All statements are arranged by clusters.

Cluster 1 - Dating, discovering your own feelings and what you are willing to express	
1	Going on dates
5	Making clear agreements
6	Feeling each other
7	Giving a rose to a woman
11	Setting boundaries: what you do want to do and do not want to do
15	Knowing each other
47	Taking a stroll together
49	Finding a partner with good qualities, such as, for example, honesty, spontaneity, reliability, and being yourself and finding it easy to say what you want to say
52	Setting your own boundaries in what you do not want, such as putting things in your body
56	Daring to set out on the adventure of a relationship and living a life together
57	Birth control
58	Using contraceptives
59	Sex helps you to learn to trust the other person
63	Going out on dates to get to know each other
65	Getting to know each other
67	Being able to trust each other/feeling secure
72	Knowing what the other person loves
74	Not every relationship has to include sex
75	Being open toward others
79	Building trust
83	Knowing other people's boundaries

Cluster 2 - What to do and share together	
4	That you know from each other what you are up against
10	Going to the movies
18	They need to accept me as I am
21	First, you need to talk about yourself, what you have been through and that kind of stuff
22	When you hit it off, you can tell from their character, clean clothes, and clean teeth.
24	Going to a nightclub

35	Buying the other person a drink
37	Visiting each other at home
43	Daring to be honest with each other
46	Everyone should know for themselves what they find pleasurable
60	Going for a drive together
70	Having tea or coffee with a piece of cake
71	Meeting people over 'Facetime'
81	I have my disability and I think it is important that I can be myself in a relationship

Cluster 3 - Sexual experimentation is acceptable, and differences are allowed	
2	It is important that both people find it pleasurable
9	It is okay to think what you want, but not to do what you want
12	Bisexuality is part and parcel of sexual health
13	Daring to discover new things together
14	Being sexually active on your own
16	Engaging in sexual activities by yourself can help to remove stress
17	See if you hit it off
19	Masturbating
23	Looking elsewhere if the other person does not talk to you on a dating-app
25	Do not start talking about sexuality right away, because people might be put off instantly
29	If one person has an intellectual disability and the other does not, then we are immediately written off
31	A good relationship should be included in sexual health
36	Touching each other: being physical with your hands
41	Trying out anal sex
44	Being honest about what you do not like sexually
48	Engaging in sexual behavior allows you to learn about the other person
53	If you look at each other while trying out things sexually, then you can tell if someone does not like it but does not dare to say that they do not
54	A girl you like
61	Gay and lesbian people are a part of our society
62	Trying out stuff together, like using handcuffs and a whip
64	Engaging in sexual activity by yourself helps you to deal with things you cannot do
66	Sex is also possible outside of a relationship, and it is also possible without a relationship
76	Looking good, not too old, and wrinkly, having a cute face
77	Engaging in sexual activity by yourself helps you to fall asleep
80	Above all, be yourself

Cluster 4 - Having a disability and being yourself	
8	Looks are not so important; it is more about the person's inner self
20	You can also meet someone and have sex in the woods
26	There should not be any taboos on what you can discuss together
32	You can only tell a person later, once you have known them for a longer period, have been on a date and trust them, that you have an intellectual disability
39	Dating through a dating-app
42	There are always colleagues who can help you, by making sure that you do not do anything that you should not do
45	Do not cheat on each other
50	Sexuality is difficult to talk about
68	Transgender people are part of sexual health
69	It is human nature and helps to propagate mankind
73	The influence from colleagues might be negative
82	Not everyone can conceal their intellectual or physical disability

Cluster 5 - What does love consist of and how should it be expressed	
3	Kissing
27	Winking
28	Going out for dinner
30	Whistling
33	Engaging in safe sex together: using condoms and knowing from one another whether you are carrying any diseases
34	Looking at someone lovingly
38	Cuddling
40	Flirting
51	Starting to fall in love with someone
55	You get jitters, butterflies in your stomach
78	Getting engaged