## Supplementary Figure 1. Flowchart of data collection

- (A) Junior high schools (Grade 7 to 9)
  (D) Senior high schools (Grade 10 to 12)
  across Japan

  Randomly selected

  (B) Junior high schools
  (E) Senior high schools
  were selected

  The research office posted the questionnaires

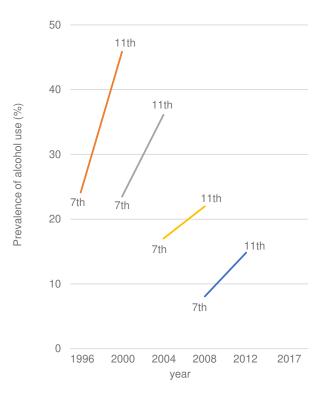
  Students answered questionnaires
  administered at their schools and placed
  them in private envelopes

  The questionnaire envelopes were collected by class teachers and returned to the research office
- (A) (F) in Supplementary Figure 1 correspond to (A) (F) in Supplementary Table 1

(C) Junior high school(F) Senior high school responded

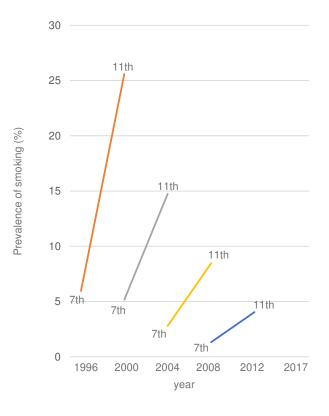
# Supplementary Figure 2.

Prevalence of alcohol use between the 7<sup>th</sup> grade and 11<sup>th</sup> grade in every four-year survey



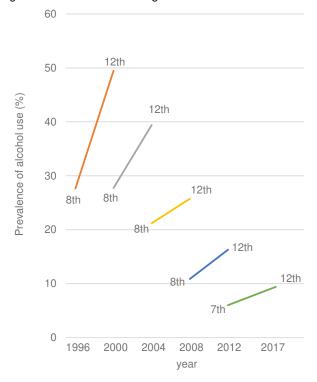
### Supplementary Figure 4.

Prevalence of smoking between the 7<sup>th</sup> grade and 11<sup>th</sup> grade in every four-year survey



## **Supplementary Figure 3.**

Prevalence of alcohol use between the 8<sup>th</sup> grade and 12<sup>th</sup> grade in every four-year survey; and between the 7<sup>th</sup> grade in 2012 and the 12<sup>th</sup> grade in 2017



# Supplementary Figure 5.

Prevalence of smoking between the 8<sup>th</sup> grade and 12<sup>th</sup> grade in every four-year survey; and between the 7<sup>th</sup> grade in 2012 and the 12<sup>th</sup> grade in 2017

