Teen Tanning

Did you know?
Indoor tanning will give you wrinkles and sunspots, raise your risk of getting skin cancer (including melanoma, a skin cancer that can be deadly).

Action Plan

☐ Love the skin you're in! You're beautiful just the way you are and tanning is very dangerous.

☐ Do not use tanning salons or other indoor tanning devices.

☐ Do not deliberately tan or burn while in the sun. Use a broad-spectrum sunscreen with SPF of 15 to 30. Wear protective clothing and hats.

☐ If you use a spray tan, still use sunscreen. You can still burn because spray tans do not contain any sunscreen.

Resources

For more information about the hazards of tanning salons, visit healthychildren.org and search “Teens and Tanning.”

For more information visit: nyscheck.org/rxs