Teen Tanning

Did you know?

Indoor tanning will give your 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 at the beach. Use a broad spectrum sunscreen with SPF of 15-30. 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:

www.healthychildren.org
(and search “Teens and Tanning”)

For more information visit: nyscheck.org/rx