



# 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 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.

[more](#) →



## Resources

For more information about the hazards of tanning salons visit:

[www.healthychildren.org](http://www.healthychildren.org)  
(and search “Teens and Tanning”)

For more information visit: [nyscheck.org/rx](http://nyscheck.org/rx)

