



Read the tanning facts and take the pledge!

- 1. The World Health Organization has determined that UV rays from tanning beds cause cancer.**
- 2. People who use tanning beds once a month before the age of 35 increase their melanoma risk by 59%.**
- 3. Melanoma kills one person every 50 minutes. It is the second most common cancer for young adults aged 15-29 years old. Rates for melanoma are increasing faster than nearly all other cancers.**
- 4. It is not safe to tan in the sun or in a tanning booth. Using a tanning bed for 20 minutes is the same as spending 4 hours at the beach with no sun protection at all. Tanning beds put out 3-6 times the amount of radiation given off by the sun.**
- 5. For most people (lighter skinned), 5-10 minutes of unprotected sun 2-3 times a week is enough to help your skin make Vitamin D, which is essential for your health. GETTING MORE SUN WON'T increase your Vitamin D level, but it will increase your risk of skin cancer. Vitamin D also comes from orange juice, milk, fish, and supplements.**

If you want to look tan, try a self-tanning product or a safe organic spray tan. Be sure to use sun-block with SPF30—50+, as most self tanners and spray tans do not provide any sun protection.

THE TANNING PLEDGE!

“I pledge not to go tanning prior to the prom or another school sponsored event/dance, which will be held during the current school year. By this, I mean that I will not intentionally tan by lying out in the sun or using tanning beds.

I realize that by getting a tan, I am sharply increasing my chances of developing melanoma, which can be FATAL if not caught in time. I have read the FACTS OF TANNING and understand the dangers of tanning beds and lying out in the sun.”

Name _____

Date _____

Age (optional) _____

School (optional) _____