

# tanning is out. your skin is in

## the facts of tanning:

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 (the deadliest form of skin cancer) risk by 75%.
3. Melanoma kills one person every 50 minutes. It is the second most common cancer for young adults ages 15 to 29 years. 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 bed. Using a tanning bed for 20 minutes is the same as spending 1 to 3 hours a day at the beach with no sun protection at all. Tanning beds put out 3 to 6 times the amount of radiation given off by the sun.
5. For most people, 5 to 10 minutes of unprotected sun 2 to 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 and fish, as well as from supplements.

## the no-tanning pledge

...I pledge not to go tanning prior to the prom or other events/dances. 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 **deadly** 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.

signature.....date.....

.....  
name

.....  
grade

