

# Indoor tanning damages skin cells, aging the skin more quickly.

And it increases the risk of skin cancer.  
Don't use tanning beds!



This message focuses on the negative physical appearance associated with indoor tanning, like wrinkles and an orange skin tone. Young, white women in the study also responded to the idea of how indoor tanning can lead to skin damage and skin cancer.



View the digital version of this tool, go to:  
<https://upennprc.org/resources/toolkits/skin-cancer-quit-indoor-tanning/>

Start Early poster



## Watch the Video: Start Early

Click the icon on the right to view the video associated with this message, or go to our website to view all of the videos. This message addresses the themes of appearance and the risk of skin cancer.



## Hear the Radio PSA: Start Early

TRANSCRIPT: "When I was my daughter's age, I used to indoor tan. I didn't know what a tanning bed could do to your skin, like cause wrinkles or even skin cancer. If I'd known, I would have never gone tanning. My daughter just decided to stop using tanning beds and I am so happy. Maybe she won't end up needing all the wrinkle creams and lotions I use every day. Indoor tanning damages skin, aging it more quickly, and increases the risk of skin cancer. Don't use tanning beds."

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Indoor tanning damages skin cells, aging the skin more quickly. And it increases the risk of skin cancer. Don't use tanning beds! #skincancerawareness #prevention

