

## Be good to yourself Be good to your skin



### Stop using tanning beds!

This message focuses on a feeling of empowerment and happiness. Young, white women in the study responded to the idea of finding new ways to improve their mood, and save the money that they would spend on the tanning booth.



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

Find Your Own Place poster



### Watch the Video: Find Your Own Place

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 focuses on the theme of empowerment and mood.



### Hear the Radio PSA: Find Your Own Place

TRANSCRIPT: "I used to love going to the tanning salon. I love(d) the way it made me look and feel, but I started learning about how indoor tanning can cause cancer and damage your skin – so I stopped tanning. It was a big change, but there are lots of other things that can make me feel and look just as good – like going to the spa, getting a manicure, or taking a yoga class. I really like how my skin looks without tanning, and I'm really just as happy. Be good to yourself and your skin. Stop indoor tanning!"

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Be good to yourself. Be good to your skin. Stop using tanning beds!  
#skincancerawareness #prevention

