

Protect your future.

Protect yourself against skin damage and 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 responded to the idea of preventing damage to their skin.



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

Crystal Ball poster



Watch the Video: Crystal Ball

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 theme of appearance.



Hear the Radio PSA: Crystal Ball

TRANSCRIPT: "What if you could see into your future? What would it look like? If you indoor tan, your future could have wrinkles and age spots. (gasp!) That's because indoor tanning damages your skin, causing premature aging, and even skin cancer. Protect your future. Protect yourself against skin damage and skin cancer. Don't use tanning beds."

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What if you could see into your future? Protect yourself against skin damage and skin cancer. Don't use tanning beds. #skincancerawareness #prevention

