

# Don't let tanning ruin the perfect occasion.



Indoor tanning causes skin damage and skin cancer.

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/>

Perfect Occasion poster



## Watch the Video: Perfect Occasion

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: Perfect Occasion

TRANSCRIPT: "The perfect occasion, you found the perfect shoes, the perfect dress, the perfect flowers, and it's the perfect day. But you went indoor tanning, and it left you looking like a sunburned raccoon. Don't let tanning ruin the perfect occasion. Using a tanning bed even a few minutes can be risky. Indoor tanning can cause skin cancer and permanent skin damage. It's your choice, don't use tanning beds."

Use this message

Download this page

Download the poster



Don't let tanning ruin the perfect occasion. Indoor tanning causes skin damage and skin cancer. #skincancerawareness #prevention

