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# Take a Stand Against the Tan

What parents need to tell teens  
about indoor tanning.

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**Parents** play an important role in their teens' health and this is true for indoor tanning.

**Indoor tanning** means using an ultraviolet (UV) radiation device, also known as tanning beds, tanning booths or sunlamps.

**Studies** show that teenagers are less likely to tan indoors if their parents:

- do not allow it
- do not tan themselves
- show they are worried about indoor tanning.

## TALK TANNING with Your TEEN

### Indoor Tanning Causes Cancer

- In the U.S., indoor tanning causes more than 419,000 cases of skin cancer per year, almost twice the number of lung cancer cases due to smoking.
- Tanning bed use before age 35 increases the risk of melanoma, the deadliest type of skin cancer.
- Melanoma is the second most common cancer in females age 15-29 years old.



### Indoor Tanning May Not Be Legal

- It's against New York State law for anyone under 18 years of age to indoor tan.
- Anyone 18 years of age or older must provide valid photo identification before indoor tanning.

*Bottom line, tan skin is damaged skin.*

**Take a Stand AGAINST the TAN.  
DON'T Let Your TEEN TAN.**



### There Is No Such Thing As a Safe Tan

- A so-called "base tan" from indoor or outdoor tanning does not offer protection from a sunburn.
- Indoor tanning can cause other skin problems (pre-mature wrinkles, dry skin), severe burns, and eye problems (pink eye, eye burns, sandy or gritty eyes). Without proper eye protection, indoor tanning increases the risk of potentially blinding eye diseases.
- Indoor tanning is not a safe way to get vitamin D.

