

# The top 5 reasons to take the No-Tanning Pledge

## The Facts of Tanning

1. The World Health Organization has determined that UV rays from tanning beds cause cancer.
2. People who use tanning beds once a month before the age of 35 increase their melanoma risk by 75%.
3. Melanoma kills one person every 50 minutes. It is the second most common cancer for young adults aged 15-29 years old. Rates for melanoma are increasing faster than nearly all other cancers.
4. It is not safe to tan in the sun or in a tanning booth. Using a tanning bed for 20 minutes is the same as spending 1-3 hours a day at the beach with no sun protection at all. Tanning beds put out 3-6 times the amount of radiation given off by the sun.
5. For most people, 5-10 minutes of unprotected sun 2-3 times a week is enough to help your skin make Vitamin D, which is essential for your health. Getting more sun won't increase your Vitamin D level, but it will increase your risk of skin cancer. Vitamin D also comes from orange juice, milk, fish, and supplements.

**If you want to look tan, consider a sunless self-tanning product, but be sure to use sunscreen with SPF 30+.**



The No-Tanning **MELANOMA** Pledge Contest  
FOUNDATION  
NEW ENGLAND

## No-Tanning Pledge

**I Pledge** *not to go tanning prior to*

*spring break. By this I mean that I will not intentionally tan by lying out in the sun or using tanning beds.*

*I realize that by getting a tan I am sharply increasing my chances of developing melanoma, which can be fatal if not caught in time.*

*I have read the Facts of Tanning and understand the dangers of tanning beds and lying out in the sun.*

Name \_\_\_\_\_

School \_\_\_\_\_

Team Name \_\_\_\_\_

Date \_\_\_\_\_