



## Take a Stand, Don't Tan! Pledge

### I HAVE DECIDED TO TAKE A STAND!

- Because I know that just one blistering sunburn can double my chances of developing melanoma later in life.
- Because I know that the tanning industry makes about \$5 billion each year and makes false claims about tanning beds being healthy for me.
- Because I don't need a tan to look good.
- Because melanoma is the most common form of cancer in young adults (25-29 years old) and the second most common cancer in adolescents and young adults (15-29 years old).
- Because in 2009 the World Health Organization moved tanning beds into its highest cancer risk category – “carcinogenic to humans”.
- Because I know that using tanning beds before age 35 increases my risk of developing melanoma by 75 percent and occasionally using tanning beds can triple my chances.
- Because, even though it is dangerous, indoor tanning has become so popular that there are more than 60,000 tanning salons in the United States – compare that to 11,000 Starbucks stores and 12,000 McDonald's restaurants.

I, \_\_\_\_\_, on this day, \_\_\_\_\_, do hereby pledge that I will avoid tanning in the sun or in tanning beds so that I can protect myself from melanoma and other types of skin cancer.



To take this pledge online or to get more involved, please visit [www.melanoma.org](http://www.melanoma.org)!