

# Be done with indoor tanning.



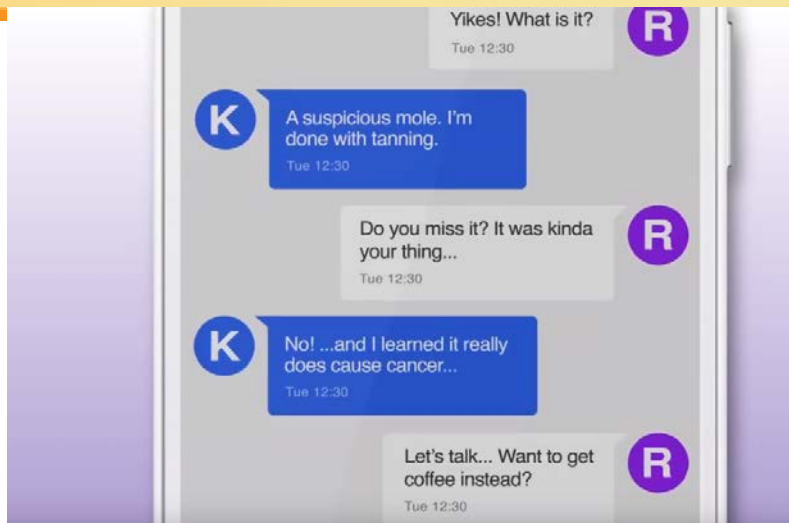
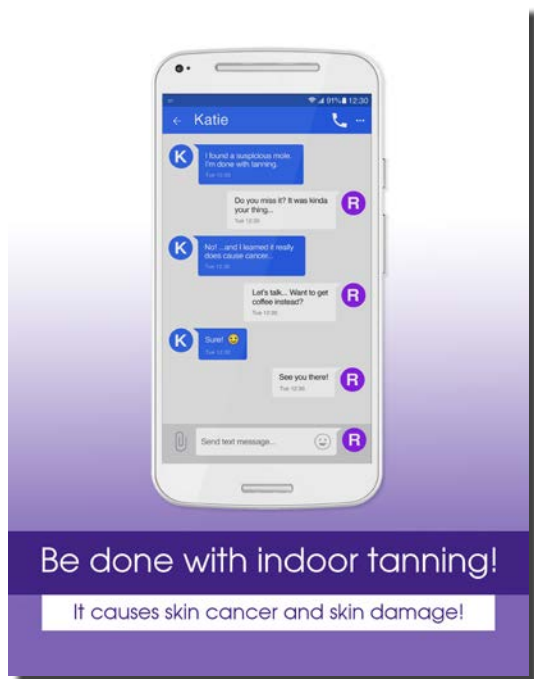
It really does cause skin cancer and skin damage.

This message focuses on how indoor tanning can lead to skin damage and skin cancer. Participants who viewed the “skin cancer” videos were more likely to report that they intend to quit indoor tanning as compared to participants who viewed the “mood” videos. The “skin cancer” videos also led to a stronger negative emotional response.



View the digital version of this tool, go to: [upennprc.org/skin-cancer-quit-indoor-tanning/](http://upennprc.org/skin-cancer-quit-indoor-tanning/)

Text Message poster



## Watch the Video: Text Message

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 skin damage and risk of cancer.



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Be done with indoor tanning. It really does cause skin cancer and skin damage. #skincancerawareness #prevention