

## Project Smart Teen

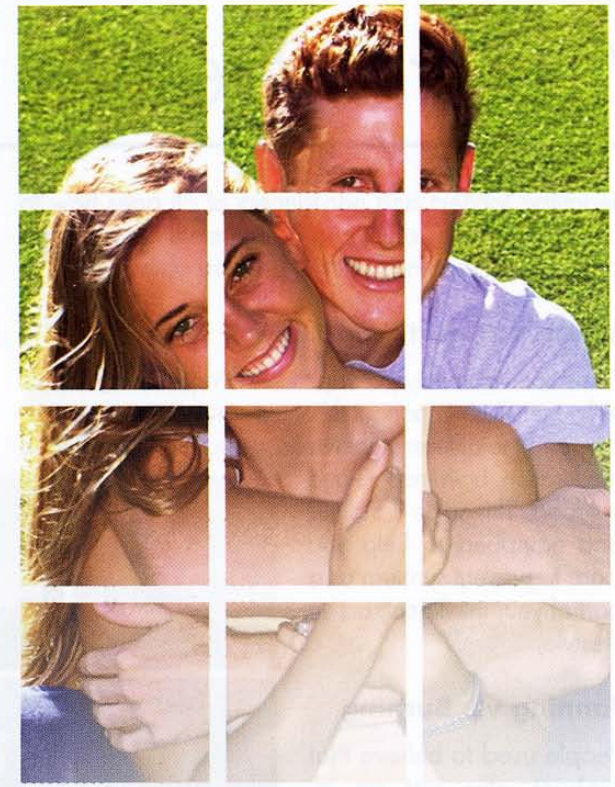
### Your Commitment to You: Tan Smart and Avoid Sunburn

Please check and sign this commitment to yourself as a reminder to practice smart lifelong skin care practices. By checking and signing, you commit to yourself that:

- I will not burn my skin.** I will remember the Golden Rule of Smart Tanning: "Don't ever sunburn." That means thinking about sunburn prevention every day, not just when I am tanning.
- I will be patient.** As a tanner, I will follow the guidelines of Smart Tanning and build my tan gradually when tanning indoors, and give myself plenty of time to tan before special occasions like prom and spring break.
- I will be responsible.** I will use full-spectrum sunscreens properly when outdoors, and I will protect my eyes accordingly when tanning indoors or outdoors.
- I will learn about my skin.** I will work with my professional tanning facility to learn my skin type and what it means.

\_\_\_\_\_  
Your Name Here

\_\_\_\_\_  
Date



Project Smart Teen

# Smart Tanning for TEENS

What Teens and Parents Need to Know  
To Prevent Sunburn and Tan Responsibly

INTERNATIONAL  
**SMART  
TAN**  
NETWORK

# Sunburn Prevention: Our Commitment to You

Teaching tanners and non-tanners of all ages how to avoid sunburn as a lifelong commitment is one of this professional tanning facility's primary objectives.

## What is Project Smart Teen?

This salon voluntarily participates in "Project Smart Teen." Why teens? It's important that teens and their parents understand the difference between sunburn and tanning in moderation, both indoors and outdoors. This salon is trained and equipped to help you learn to prevent sunburn as a part of your intelligent, active lifestyle.

## Tanning vs. Burning

People used to believe that sunburn was just an inevitable part of starting a tan. Some actually think you have to burn before you can tan. Today, we know how wrong that belief is, and we know that your skin can be temporarily or permanently damaged by burning.

**Tanning** is a natural process – your body is designed to produce melanin, which darkens the skin. A tan is a gradual increase in natural skin pigmentation and is your body's natural way of building up protection against the injury of sunburn. Makes sense, right?

**Sunburn** is a totally different process. Sunburn is an injury; the red color actually is increased blood flow, which is sent to the skin to help your body repair the damage done by overexposure to ultraviolet light.

By practicing Smart Tanning, you can develop your natural tan gradually while minimizing the chances of getting a sunburn.

## Just the Facts

We believe the practice of Smart Tanning leads to better sunburn prevention than simply avoiding the sun altogether. And research supports this belief:

- Young skin is more susceptible to sunburn than adult skin, so it is especially important that teens who choose to tan practice Smart Tanning and sunburn prevention.

- Studies have shown that teens who tan in tanning facilities are less likely to sunburn outdoors compared to non-tanners.

- Teens use tanning facilities in the spring to build base tans that – combined with sunscreen usage – help prevent sunburn on spring break, vacations and in summer months more effectively than sunscreen usage alone. A recent study revealed that 83 percent of teens who tan indoors prior to taking

sunny vacations report that their indoor tan, combined with the proper use of sunscreen, helped them to prevent sunburn.

- Science suggests that burning at an early age may increase your risk of skin damage later in life, but there is no hard data to suggest that tanning alone is more dangerous for any specific age group.

- Today's professional indoor tanning facilities are leaders in teaching Smart Tanning, including the proper use of sunscreens outdoors to prevent sunburn.



## Smart Tanning For Teens

By practicing Smart Tanning, you develop your natural tan gradually, while reducing the chances of burning your skin. Here are seven steps to live by:

**1. Avoid Sunburn.** The Golden Rule of Smart Tanning is the indispensable rule: Don't ever sunburn. Work with your tanning facility to build your tan gradually.

**2. Know Your Skin Type.** A professional tanning facility will teach you your skin type on a scale from Type I to VI and what that number means.

**3. Use Sunscreen Correctly.** Use sunscreen outdoors correctly – even if you tan indoors. Apply a full-spectrum sunscreen that blocks both UVA and UVB rays before heading outside for best results. You can develop a tan outdoors while wearing sunscreen.

**4. Protect Your Eyes.** When outside, protect your eyes with sunglasses that block both UVA and UVB rays. Always wear proper indoor tanning protective eyewear when tanning in a salon.

**5. Be Serious About Your Medications.** Some medicines (including many antibiotics, acne medications and birth control pills) can make your skin more susceptible to sunburn and splotches. Talk to your tanning salon staff if you are taking any medications.

**6. Practice Makes Perfect.** Like school and sports, avoiding sunburn is an everyday job. Make sunburn protection a habit.

**7. Give Yourself Time to Tan.** Important events like prom, spring break, vacation and graduation take time to get ready for ... so does tanning. Talk to your salon staff to get on a schedule that works for your skin type and your tanning goals.

