

LOVE THE SKIN YOU'RE IN



PRACTICE SUN SAFE BEHAVIORS



Cover Up



Use Sunscreen



Seek Shade

WHAT PARENTS DO AND SAY INFLUENCES THEIR TEENS' HEALTH BEHAVIORS



HOW TO HELP YOUR TEEN BE SUN SAFE

- Show your teen how you take care of yourself by practicing sun safe behaviors.
- Teach your teen that tanned skin is damaged by the sun and that being tan doesn't make them more attractive.
- Keep the whole family in the shade by using umbrellas and other covers during the middle of the day.

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PRACTICE WHAT YOU PREACH

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