

# The Sun-Safety Prom PROMISE



Sponsored by The Sidney J. Malawer Memorial Foundation & Suburban Hospital Cancer Care

Sign the Prom Promise for a chance to take a **limousine ride** to Prom for **FREE**.\*

Everyone wants to look their best for Prom. But it only takes one blistering sunburn or a few trips to the tanning salon to dramatically increase your chances of developing skin cancer and also prematurely age your skin. If a tan is what you are after, use a self-tanner and protect your skin at all times when you're out in the sun.



*free*  
Limo to Prom!\*

Read the important information about skin cancer and sun-safety practices on this sheet. Then sign the pledge below (one form per person). To enter the drawing to take a free limousine to prom, drop the signed pledge into your school's Prom Promise box.

Drawing for the limo ride will be held on June 5.

\* The limousine service is the responsibility of the winner, including securing the limousine and complying with the contract agreed upon between the limousine service and the winner. The sponsors will pay up to \$1,000 toward the cost of the limousine with a receipt from the limousine company.

## The Sun-Safety Prom Promise.

The sun is very dangerous to my skin and even though it makes me feel good and healthy, I know it is causing skin damage. I promise to seek other ways of enhancing my skin by using sunless self-tanners. If I do go into the sun, I will protect my skin so I won't burn or get an excessive suntan from UV light (sun or tanning bed).

When in the sun remember to:

- ★ Generously apply sunscreen of SPF 30 or more—AND REAPPLY every 2 hours
- ★ Wear protective clothing including a hat that shades the nose and neck
- ★ Seek shade during the midday sun (10 a.m.—4 p.m.)
- ★ Wear sunglasses to protect your eyes (they can get sun damage as well)
- ★ Avoid tanning beds—consider using sunless self-tanning products or “spray tan”



**PROM PROMISE PLEDGE:** By signing below, I promise to be more conscious of my sunning habits and will do all I can to protect my skin.

Name: \_\_\_\_\_

School: \_\_\_\_\_ Date of Prom: \_\_\_\_\_

Phone: \_\_\_\_\_

Mail Entry forms to: The Sidney J. Malawer Memorial Foundation, 12305 Riding Fields Road, Rockville, MD 20850