

NEBRASKA CANCER COALITION THE BED IS DEAD SOCIAL MEDIA POSTS

#THEBEDISDEAD



The Nebraska Cancer Coalition has prepared some social media posts for your consideration. Please feel free to use on your personal social media pages, or on any page that you administer. Please mention the hashtag **#thebedisdead** as much as possible when referring to the campaign. **All posts can be used on either Facebook, Twitter, or both – unless otherwise noted.**

1. The UV light from tanning beds is far more intense than natural sun exposure, averaging double the UVB and four times the UVA. <http://bit.ly/1jSCi0Z> **#thebedisdead**
2. Studies have found higher rates of eating disorders, alcohol, tobacco and drug use in females that tan. <http://bit.ly/1jSCi0Z> **#thebedisdead**
3. No tan is a safe tan. Any tan is a sign of DNA damage. <http://bit.ly/1jSCi0Z> **#thebedisdead**
4. Melanoma is the second most common cancer among young women. <http://bit.ly/1jSCi0Z> **#thebedisdead**
5. 30 percent of Nebraska teens report using tanning beds in the last year. <http://bit.ly/1jSCi0Z> **#thebedisdead**
6. 2.3 million teens tan indoors in the US each year. <http://bit.ly/1jSCi0Z> **#thebedisdead**
7. Protecting your skin is in. Tanning is out. And **#thebedisdead**. Take the pledge to not tan indoors: <http://bit.ly/1fRWPzO> **#thebedisdead**
8. Learn the risks of indoor tanning and spread the word. <http://bit.ly/1jvwR7C> **#thebedisdead**

FACEBOOK

1. Be sure to like Nebraska Cancer Coalition (tag page) for the latest on their anti-indoor tanning campaign, **#thebedisdead** and visit www.thebedisdead.org!
2. Partner with the Nebraska Cancer Coalition (tag page) and take the pledge to not tan indoors. <http://bit.ly/1jSCi0Z> **#thebedisdead**

TWITTER

1. Be sure to follow [@NebCancer](https://twitter.com/NebCancer) for the latest on their anti-indoor tanning campaign, **#thebedisdead** and visit www.thebedisdead.org!
2. Help the [@NebCancer](https://twitter.com/NebCancer) spread the word and take the pledge to not tan indoors. <http://bit.ly/1fRWPzO> **#thebedisdead**