"There is nothing wrong with letting your skin get a bit of Sun once in a while or in having a nice suntan."

Fiona, 34, Office worker

“I often go on holiday to Spain and Greece, when I’m there I try to relax. On sunny days this means lounging around by the hotel pool or on the beach. I often forget to use sunscreen but my tan always looks good anyway.”

You say: ________________________________

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Alexander, 15, Student

“In Australia there are high instances of skin cancers. The Australian government ran a big publicity campaign and they all use sunscreen now. When you watch cricket you can see the sunscreen on their faces!”

You say: ________________________________

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Alan, 70, Retired labourer

“When I used to work on the roads we’d often take our shirts off on a hot sunny day. My back was red-raw at the end of some days but it never did me any real harm and after a few days my back would be fine.”

You say: ________________________________

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Jessica, 29, Electrician

“My mum used a sunbed all the time. That was until she developed a malignant melanoma. That’s a horrible type of skin cancer which has left her with an ugly scar on her stomach. She can’t wear bikinis anymore.”

You say: ________________________________

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Anton, 34, Plumber

“If I’m going on holiday I’ll often go on a sunbed to get my tan started - or if I’m going out at the weekend. I know people say you shouldn’t use a sunbed but I only go on two or three times a week so I should be okay.”

You say: ________________________________

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Summary - ________________________________

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Lost for words? See: http://www.peep.ac.uk/content/1295.0.html