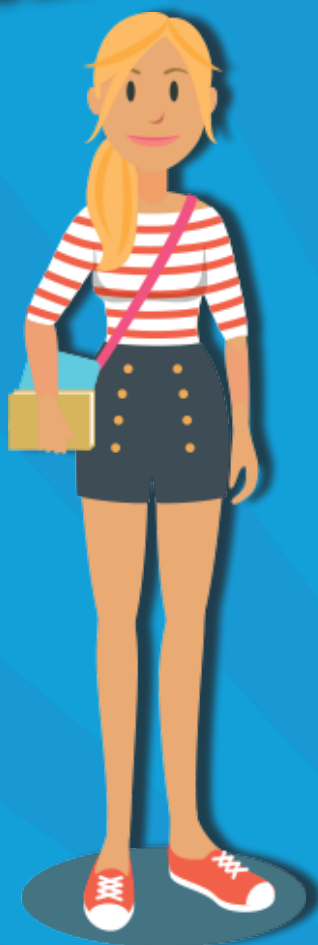


JENNY



Celebrities, social media and friendship groups can have a significant impact on the self-esteem and expectations of teenagers and even adults.

Sunbeds are dangerous as the intensity of the UV rays given off can be up to 12 times higher than if you were sat directly in the sun!

A tan doesn't mean you're healthy as the risks of skin cancer induced by using a sunbed poses a threat to your health.

STEVIE

