



## FOR IMMEDIATE RELEASE

### *Local Teens go Tech-Free for 24 hours during first-ever “kNOw Tech-A-Thon”*

**PHILADELPHIA (September 2, 2014)** – On September 20-21, 2014, [kNOw Tech 4 Teens](#) (kT4T) will launch the first-ever “kNOw Tech-A-Thon, ” the 21<sup>st</sup> Century version of the dance-a-thon. Hosted by [Commonwealth Youthchoirs](#), it will involve teenagers from [Keystone State Boychoir](#), [Pennsylvania Girlchoir](#), and [Philadelphia Sinfonia](#). Hundreds of young people will remain “tech free” for 24 hours to raise awareness of the positive and negative impacts of technology on their lives while raising funds for a good cause.

The first-ever “kNOw Tech-A-Thon” will culminate with a concert performed by the teens on Sunday, September 21 at the the [First Presbyterian Church in Germantown](#) at 4:00pm. The concert is also an official event of “Peace Day Philly!” Jane Clementi will give a keynote address at the concert about how teens can do their part to bring about peace in the world by refraining from tech-based acts that could lead to violence. Jane’s son Tyler committed suicide in 2010 shortly after he discovered his roommate had violated his privacy using remote video technology.

Leading up to the “kNOw Tech-A-Thon,” participating teens will ask people in their lives to sponsor them for agreeing to be “tech-free” for 24 hours. They’ll fill those hours with engaging activities that will allow them to connect with family and friends without the distraction of technology. Activities include reading, participating in the arts and athletics, eating (“kNOw Tech @ The Table,” “kNOw Tech Brek,” and “Tech Crunch Brunch”), a talent competition (“kT4T Idol”), and a teen sleep over (“kT4T Lock In”). All activities are aimed to help the participating teens remain tech free, while encouraging them to think about ways they can “tech 2 live” and not “live 2 tech.” The teens will post messages on all of their social media accounts, letting the world know they are going tech-free for 24 hours. Their sponsors are encouraged to monitor the teens social media accounts - such as [facebook](#) and [Twitter](#) - to help keep the teens “honest.” If a teen is found to violate their tech-free pledge, the teen’s sponsors are not obligated to honor their pledges.

Those interested in supporting this event can visit [www.knowtech4teens.org/commonwealthyouthchoirs](http://www.knowtech4teens.org/commonwealthyouthchoirs).

### **About kNOw Tech 4 Teens**

kNOw Tech 4 Teens (kT4T) is a new non-profit organization whose mission is to help young people raise self awareness and awareness in others about the positive and negative impacts of technology on their lives while raising funds for a good cause. Via “kNOw Tech-A-Thons,” kT4T helps teens to harness the power of technology without letting it stifle human connectedness, facilitating better focus, independent thinking, and individual and group creativity. kT4T’s “kNOw Tech-A-Thons” raise the question, “Do I tech to live or live to tech?”, and encourages teenagers to answer that question for themselves. kT4T is very much pro technology, offering engaging non-technology based activities that will help teens develop habits and practical strategies to better balance the use of technology in their everyday lives.

kNOw Tech 4 Teens was founded on the philosophy that a young person’s ability to harness, balance, and at times refrain from, the use of technology will be crucial to reaching their goals, attaining their dreams, and living a meaningful, people-centered, fulfilling life.



Visit [www.knowtech4teens.org](http://www.knowtech4teens.org) to learn more about how your teen-based organization can host its own “kNOw Tech-A-Thon,” raise technology awareness, and raise money for a charity of your choice.

### **About Commonwealth Youthchoirs**

The Mission of Commonwealth Youthchoirs (CY) is to provide superior choral music education and performance opportunities for young people from diverse economic, racial and ethnic backgrounds and to pursue artistic excellence that inspires performers and audiences alike. CY serves over 600 singers in four different programs: *Keystone State Boychoir*, *Pennsylvania Girlchoir*, *Find Your Instrument!* and *Good Mornin’ Music*. Visit [www.cychoirs.org](http://www.cychoirs.org) for more information.



### **About Philadelphia Sinfonia**

Philadelphia Sinfonia is one of the premiere youth orchestras in the tri-state area, taking a broad and contemporary approach to the study of orchestral music, with a curriculum that emphasizes teamwork and three different areas of growth and development – musicianship, scholarship and leadership. Visit [www.philadelphiasinfonia.com](http://www.philadelphiasinfonia.com) to learn more.



### **About the Tyler Clementi Foundation**

The Tyler Clementi Foundation (TCF), guided by the life and story of Tyler Clementi, promotes safe, inclusive and respectful social environments in homes, schools, campuses, churches and the digital world for vulnerable youth. Through educational partnerships, research, public dialogues and awareness programs, TCF fosters empathetic, constructive discussions of respect and dignity for youth and families, at all levels of society. Visit [www.tylerclementi.org](http://www.tylerclementi.org) for more information.



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