



## **WHAT?**

A 24-hour “kNOw Tech-A-Thon”

Teens go *completely* cell and computer-free for 24 hours!

## **WHO?**

*Any and all* interested teens in your school/team/group/organization  
(parents, coaches, teachers, leaders, administrators can also go tech free!)

## **WHY?**

To raise awareness about the need to balance the use of technology  
*and*

To raise money for a charity of your organization’s choice

## **HOSTED BY?**

Your organization

(It’s ideal if a smaller group within your organization plans, organizes, and leads the kNOw Tech-A-Thon, in partnership with the kNOw Tech 4 Teens staff)

## **WHEN?**

kNOw Tech-A-Thons usually begin on a  
Friday or Saturday Night and end 24-hours later

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kNOw Tech 4 Teens (KT4T) is an exciting, new non-profit organization that aims to help teens - of all ages - better balance the use of technology in their lives while raising money for causes they care about. For more information, visit

[www.knowtech4teens.org](http://www.knowtech4teens.org)

## HOW DOES A “kNOw TECH-A-THON” WORK?

The kNOw Tech 4 Teens (kT4T) organization works with Adult and Teen leaders of your organization to plan and lead your “kNOw Tech-A-Thon.”

All interested Teens in your organization sign up at [kNOw Tech 4 Teens.org](http://kNOw Tech 4 Teens.org) to participate in your “kNOw-Tech-A-Thon.”

On the lead up to the kNOw Tech-A-Thon, your Teens ask Adults in their lives to sponsor them at \$1 an hour for every hour they remain tech-free during the 24-hour kNOw Tech-A-Thon. Adults can pledge more if they so desire.

Adults go to [kNOw Tech 4 Teens.org](http://kNOw Tech 4 Teens.org) to sponsor their Teen with the use of a credit card. Checks can also be submitted to kT4T. All donations are 100% tax-deductible.

Right before the kick off of the kNOw Tech-A-Thon, Teens post on all their social media sites that they are going tech-free for charity, and ask people to sponsor them.

At the kNOw Tech-A-Thon “Turn Off” Kick Off, Teens hand over their powered-down cell phones and laptops to their parents or to adult group leaders, who in turn agree to keep them safe *and* respect the Teens’ privacy by not “tech snooping” during the 24-hour period.

Teens earn the privilege of participating in way-cool kT4T Activities during the 24-hour period based on the amount of money they raise for your group’s charity of choice.

Activities could include:

**-kNOw Tech @ the Table:** Teens go out to dinner at a downtown restaurant

**-kT4T Lock In:** teens sleep over at a cool venue (a museum, a theatre)

Sponsors are encouraged to monitor the Teens online during the kNOw Tech-A-Thon. If the Teen violates their pledge to be tech-free, the Sponsor can withdraw their support.

During the Lock In, **kT4T Forums** are held to explore with Teens the challenges around technology, the pluses and minuses of technology, and strategies for balancing the use of technology in their lives so that they “tech 2 live...not live 2 tech.” Other Lock In activities might include **kT4T Idol** where Teens can compete in a talent show for cash prizes

A \$500 gift card is given to the teen who raises the most money for your group’s charity.

At the end of the kNOw Tech-A-Thon, there is a culminating event where the monies raised are presented to your group’s charity.

(Ten percent the monies raised go towards covering kT4T administrative costs.)

