What's available for teens and youth in San Francisco?

Being a teen in San Francisco can be an exciting experience full of opportunity. Here are some resources to help you navigate San Francisco’s many offerings.

**Family Resources**

**Teen Resources in SF**
San Francisco has a ton of resources for teens, no matter what neighborhood you live in or background you have. There are programs that can help you explore your interests and build your skills – from arts to sports to media to leadership. There are also programs that help prepare teens life after high school like learning about jobs and careers, how to manage money, creating a resume, and preparing you for college.

**Activity Hero**
This website has a variety of activities all around San Francisco for all ages. You can find dates, schedules, costs and driving directions for all listed activities.

**San Francisco Momsblog**
This site also has parents’ info, local events, blogs by moms, and information for parents moving to SF, neighborhood groups and more.

**Relocating to San Francisco**
This is a resource for those relocating to San Francisco. Lots of information about moving, schools, banking, shopping, childcare and more.

**UCSF Family Services**
Family Services can help be a resource for you and your family. Please click on the “MyFamily Resource Directory” on the right side of the page.

**Transportation Resources**

There are robust resources for getting around San Francisco using public transportation.

MUNI is San Francisco’s public train and bus system that runs throughout the city (map). You may use a Clipper Card or exact change for payment on this system. There is a Free MUNI Pass Program for kids 5 – 18 years old.

BART is the Bay Area Rapid Transit system connecting San Francisco to other Bay Area locations. You may use a Clipper Card for payment on this system. Click here for maps and more information.

UCSF has an extensive Shuttle program for UCSF affiliates to use to get around all our campuses. A UCSF ID or shuttle pass may be required for boarding. Please be sure to check UCSF Transportation Services website for maps and routes.