

# What is social capital?



The connections, networks, or **relationships** among people, and **their value** that can be accessed to help people succeed.

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## Social capital **produces:**

- Information
- Emotional and financial support
- Other resources

## Types of social capital:

- Bonding - with people **like** me
- Bridging - with people **different** from me
- Linking - with institutions or people in **positions of power**

People with high social capital **find better jobs** and are happier and healthier.

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## Examples of **social capital-building** strategies:



Faith-based networks - relationship-building



Mentoring - pairs or groups from different backgrounds



Peer supports - peer mentors, peer navigators, peer support groups



Family strengthening - healthy relationships, fatherhood, parenting, family reunification

<https://aspe.hhs.gov/social-capital>