What is social capital?

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

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.

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