Receiving from Family, Friends, and Non-Profits

Advanced Level
What does this statement mean to you?

You are better off being a part of a community than by yourself
Community

A group of people working together for a common good

Local
- Your city/town
- Your school
- An organization

Extended
- Your state
- The United States

Virtual
- Social networking
- Discussion forums

What communities are you a part of?
What benefits do you receive from being a part of these communities?

Access to resources

- Roads
- Stores
- Social relationships

Social Capital - access a person has to social relationships that can provide resources
Social relationships can provide many benefits

Consider benefits received from all well-being domains

- Monetary gift from a family member
- An athletic trainer may help you reach fitness goals
- Knowledge from a teacher or instructor
- Team work from an organization such as a sports team
- Support from a friend during tough times
Consider in-direct financial benefits received from social capital...

**In-kind income** - the provision of a product or service in lieu of money

- A place to live for free
- A ride if your car breaks down
- Borrowing a lawn mower to mow your lawn
Most people’s social capital consists of...

- Family
- Non-Profits
- Friends
What is family?

Related or unrelated individuals sharing various resources (especially time and money) who also show concern about each other’s well-being
Family support

• What are three forms of support you currently receive from your family?
  – Consider in-kind income
  – Consider the well-being domains
  – Consider how your family provides for both your needs AND wants

What would you do if you didn’t receive this support from your family?
Friends

What are three ways your friends support you?
What is a non-profit organization?

An organization that exists to benefit others through human service, conservation, religious or other charitable purposes.

What non-profits are available in your local community?

Examples include:

- Girl or Boy Scouts
- Local food banks
- Salvation Army
- YMCA
- Local rescue missions
You can benefit from non-profits in two primary ways...

Enhance your social capital

- Enhance your life by receiving from a non-profit
- Or, give back to a non-profit (volunteer, donate)
- Can also enhance human capital

Assist you in times of need

- Can help you obtain basic needs for survival such as food, clothing, and shelter
- Connect you with resources to help you become self-sufficient again
Have you done anything to express your gratitude for the support you receive from family, friends, and non-profits or provide support in return?
Social Capital and Financial Support

You may receive benefits from social capital that you may have had to pay for otherwise!
Summary

Social capital is a benefit of being a part of a community

Social capital provides benefits in all areas of your life

Family, friends, and non-profits are an important part of social capital

Investing in your social capital by receiving and giving will contribute to your well-being