Receiving from Family, Friends, and Non-Profits
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
• We will discuss and answer questions as a group. Points for participation
Thank you/gratitude time

• I challenge you to keep a gratitude journal for 1 to 2 weeks. In it write down 5 things you are grateful for or want to thank someone, but cannot personally thank them

• We will then write a reflection on to turn in

• Express gratitude to those who give to you that enhance your social capital. One person and write them a note for thanking them for their support
# Rubric for thank you

<table>
<thead>
<tr>
<th>Content:</th>
<th>Exemplary</th>
<th>Satisfactory</th>
<th>Unsatisfactory</th>
<th>No Performance</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>The thank you note is thoughtful and shows gratitude for the support received</td>
<td>9-7</td>
<td>6-4</td>
<td>3-1</td>
<td>0</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Writing Skills:</th>
<th></th>
<th></th>
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<tbody>
<tr>
<td>Sentences are fluent and effective</td>
<td>6-5</td>
<td>4-3</td>
<td>2-1</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Very few errors in mechanics, punctuation and word choice</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Easily read and neatly assembled</td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Points Earned</th>
<th>15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Points Available</td>
<td>15</td>
</tr>
<tr>
<td>Percentage</td>
<td></td>
</tr>
</tbody>
</table>
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