

Social Capital Map

PURPOSE: This exercise is meant to help youth visualize all the people they know who are available to them, and who they are available to – that is, their social capital.

Use the diagram (at right) to help youth visualize the social capital they have.

DIRECTIONS:

- (1) In each section, have the youth identify and write the names of a few people they know who fall into each of the five categories.
- (2) Ask the youth why they listed these individuals
- (3) Ask the youth who they would like to add, if anyone.
- (4) Ask the youth what this map reveals to them.
- (5) Revisit this after a period of time to see if anything has changed (people added/subtracted).

