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).