

The Values of Social Capital



Definition of Social Capital

**The connection among individuals—
social networks and the norms of
reciprocity and trustworthiness that arise
from them.**

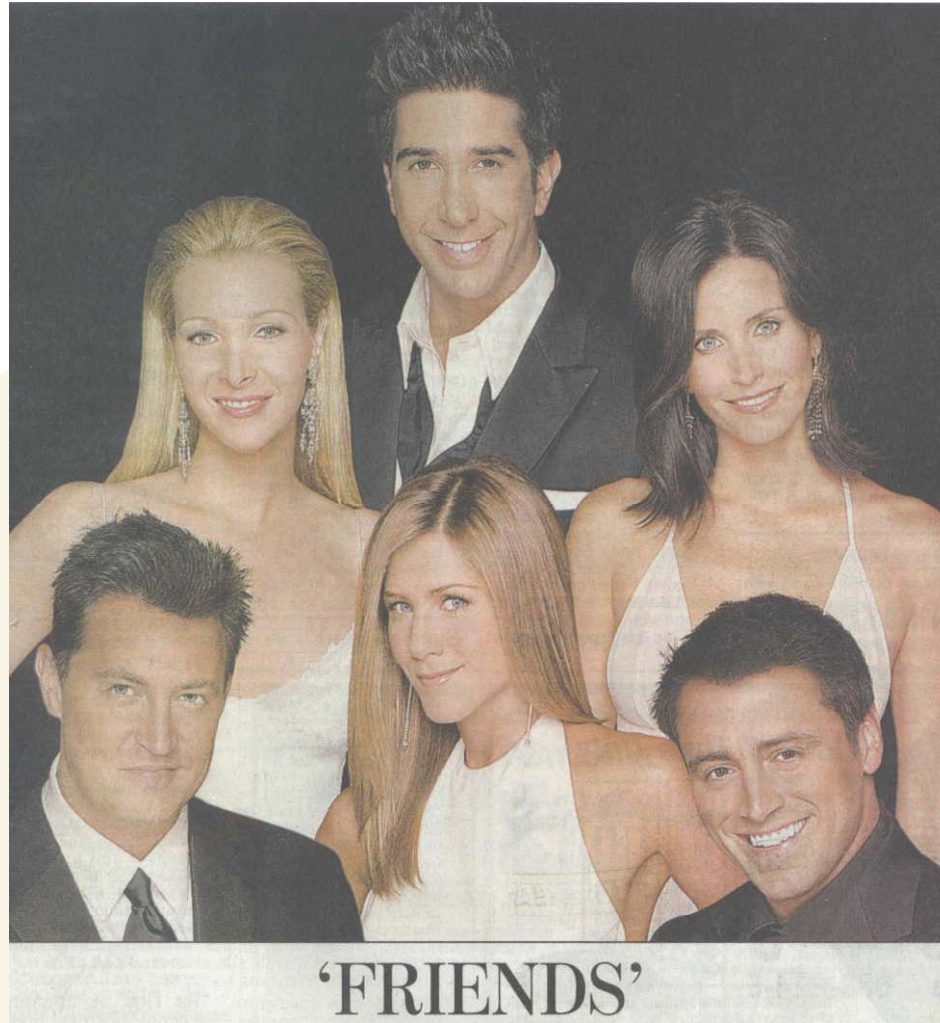
Connection (noun)

1. The act or state of connection or being connected.
2. Link or bond.
3. Association or relationship.
4. Association with something observed or discussed.

Webster's Desk Dictionary

Social Capital

- **Economic capital (financial capital) is in your wallet or bank**
- **Human capital (education and experience) is in your head**
- **Social capital is in your relationships**









“Don’t confuse connection—feeling a part of something larger than yourself, feeling close to another person or group, feeling welcomed and understood—with contacts.”

Edward M. Hallowell, MD, *Connect*

Trust (noun)

1. **Assured reliance on the character, ability, strength, or truth of someone or something;**
2. **One in which confidence is placed.**

Merriam Webster's Online Dictionary

Trust = Social Glue
(Not Negotiating Each Time)

Reciprocal (adjective)

1. Shared, felt or shown on both sides.
2. ...consisting of or functioning as a return in kind.



Reciprocity = “Pay it Forward”

Networking, (noun)

The exchange of information or service among individuals, groups or institutions.

Merriam Webster's Online Dictionary

**Network = Power, Access, Knowledge (and
to other Networks)**

Importance of Social Capital

- **Universal term**
- **Body of academic measurement and theory**
- **Not about disability**

Benefits of Social Capital

Economic Studies:

- Workers more productive
- Firms more competitive
- Nations more prosperous

Better Together, Social Capital Report by The Saguaro Seminar, 2001.

Benefits of Social Capital

Psychological Studies:

- Individuals less prone to depression
- More inclined to help others

Better Together, Social Capital Report by The Saguaro Seminar, 2001.

Benefits of Social Capital

Epidemiological Reports:

- Decreases rate of suicide, colds, heart attacks, strokes, and cancer
- Improve individual's ability to fight or recover from illness

Better Together, Social Capital Report by The Saguaro Seminar, 2001.

Benefits of Social Capital

Sociology Experiments Suggest:

- Reduces crime, juvenile delinquency, teenage pregnancy, child abuse, welfare dependency, and drug abuse
- Increases student test scores and graduation rates

Better Together, Social Capital Report by The Saguaro Seminar, 2001.

Benefits of Social Capital

Personal Experience:

- Navigate life easier
- Cheer us up when we are down
- Bring us chicken soup when we are sick
- Provide job leads
- Baby sit our kids
- Give us loans
- Remember our birthdays

Better Together, Social Capital Report by The Saguaro Seminar, 2001.

**“I get by with a little help from my
friends.....”**

The Beatles

Social Capital

- **Bonding Social Capital**
 - = Promoting reciprocity and trust among fellow citizens from the same race, ethnicity, class, age, religion, or disability
 - = Organizational superglue
- **Bridging Social Capital**
 - = Promoting reciprocity and trust across the divides of race, ethnicity, class, age, religion, or disability
 - = Social WD-40

Bonding Social Capital = Super Glue

Bonding social capital keeps us connected to people with whom we have things in common.

Bridging Social Capital = WD-40

Bridging social capital leads to new and different experiences and ideas.

In order to develop social capital networks, people need:

- Space and time to connect
- Demonstration of trust
- Common interests or a common cause
- An equitable opportunity for genuine participation

Cohen & Porsak, [In Good Company](#)

The Realms of Social Capital

- Family
- Neighborhoods/Communities
- Associations/Clubs
- Civic Leadership/Politics
- Friends/Informal Socializing
- Giving/Volunteering
- Faith-Based Engagement
- Learning/Communities of Practice
- Environmental/World Issues

A bright green, multi-pointed starburst graphic with a black outline, containing the word 'NEW' in blue capital letters.

NEW

Interests and Opportunities

- **Personal Experience**
- **Community Options**
- **Education/Training Options**
- **Job/Business**



Social Capital Values

- Social Trust/Hope
- Helping Others
- Safety
- Reciprocity/Exchange
- Engagement/Interaction
- Friendship
- Membership
- Valued/Respected
- Diversity/Interracial Trust



If we understand our communities, and their needs and opportunities, then we can move all of the people and the whole community forward by working together.



If we embrace social capital, we can support both personal and community growth.



“Loneliness is the only real disability.”

Attributed to Beth Mount

