

Receiving from Family, Friends, and Non-Profits

Advanced Level



You Are Better Off In a Community Than By Yourself!

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

A **community** is a group of people working together for a common good. Included in this definition are local, state, national and even virtual communities you develop online. Being a member of a community provides you with access to a multitude of human and tangible resources. For example, consider what you would do if there were no roads, stores, or restaurants. How would you travel? Where would you get your food, clothing, and shelter? Celebrations of milestones in one's life, receiving or giving help and solace during difficult times and even the companionship you receive from participating in sports teams and study groups are examples of resources you receive as a member of a community, no matter its size.

Being a part of a community connects you with others and allows you to build social relationships. Whether you realize it or not, you receive many benefits from the relationships you build with others. This is known as **social capital**. Social capital is the access a person has to social relationships that can provide resources. Family members are often expected to provide support to each other, but for social capital to work well within the family structure, everyone has to give as well as receive. Be aware of everything you receive from family and consider returning the favor by giving in some way. Giving back to those from whom you receive is a form of gratitude and will enhance your social capital. Giving doesn't have to be monetary. Consider small ways that you can give back such as mowing the lawn, caring for a younger sibling, or preparing a meal.

Now think about people who support you. Consider those who provide you with financial, emotional, intellectual, social, and physical support that help develop your sense of well-being. You may receive a monetary gift from a family member or emotional support from a friend. Intellectually, you may benefit from a teacher or instructor. Being a member of a sports team may contribute to your social and athletic needs. Your coach may give you guidance as an athlete but also may well play the role of a mentor in difficult times. All of these interactions contribute positively to your well-being.



Family

A **family** consists of related or unrelated individuals sharing various resources (especially time and money) who also show concern about each other's well-being. A family includes immediate and extended relatives (by blood or marriage). An adopted or fostered child is also considered part of one's family.

Have you ever considered how your family members financially help you? Financial help comes in many forms. As a young adult, your family probably takes care of most of your needs, but they do this in ways that don't always involve giving you money. Could you manage without their contributions to your food, clothing and housing needs? Providing you with food, clothing and shelter are all known as **in-kind incomes** because your family gives these items to you **in lieu of money**. Receiving a place to live, a car to drive, food to eat and the use of a borrowed item are examples of in-kind income family members give to one another.

What are two examples of in-kind income have you received in the last two weeks?

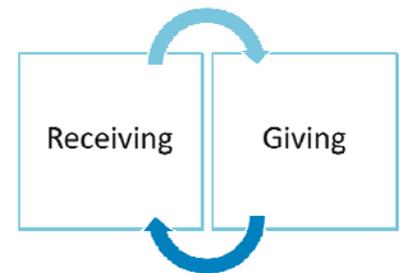
- 1.
- 2.

Family, continued

As you get older the benefits you receive from your family will most likely change but not end. At some point you will probably get a job and begin providing for your own financial needs. You may find yourself ready to move out of the family home and live on your own or with friends. But, can you imagine scenarios that might require you to rely on your family again for financial and emotional support? Families often provide emotional and financial support to their adult children in response to an unexpected event such as an accident or illness.

What are ways you receive financial and/or emotional support from your family? How have you expressed your gratitude or provided support to your family members in return for their support?

Family members often expect to provide support to each other, but for social capital to work well, everyone needs to give *and* receive. Be aware of everything you receive from family and consider returning the favor by giving in some way. Giving back to those you receive from is a form of gratitude and will enhance your social capital. Giving doesn't have to be monetary. Consider small ways that you can give back such as mowing the lawn, caring for a younger sibling, or preparing a meal.



Friends

In addition to family, your social networks of friends are also important. Receiving support from friends can be just as important as receiving support from family members. Can you name a few ways friends help you develop your social capital?

Friendships can be long-lasting and deep, much like family relationships, or they can be brief and fleeting. Nevertheless, think about the characteristics you require in someone before calling them, "friend." Are they considered "friend" because you like hanging out with them, you can depend on them and you can trust them? These are basic characteristics that friendships provide. A good friend is more likely to be willing to give to you if you also give to them. To keep friendships strong and healthy, try giving as much as you receive.

What are two ways you have received support from a friend?

- 1.

- 2.

Non-Profit Organizations

A **non-profit organization** is an organization that exists to benefit others through human service, conservation, religious, or other charitable purposes. Girl or Boy Scouts, Boys and Girls Clubs, local food banks, Big Brothers Big Sisters, YMCA, the Salvation Army, Habitat for Humanity, and local rescue missions are all examples of non-profits. Non-profits provide services and care that benefit people in some way. Non-profits receive funding from donations, fundraising, and state and federal grants. Many non-profits rely on volunteers who donate their time to help run the organization. Non-profits charge little or no money for their services. If money is charged; the value of the resource obtained is usually much larger than the cost of the item or service.

So, how can non-profits benefit you? You can benefit from non-profits in two primary ways:

Use non-profits to enhance your social capital

Because a non-profit's sole purpose is for the benefit of others, they offer the opportunity for you to enhance your social capital and networks. Volunteering at a non-profit can enrich your life by helping others and building relationships in your community. The experience can also be an excellent way to build your human capital by developing transferable skills.

Use non-profits to assist you in times of need

Non-profits can be extremely helpful in providing assistance during times of need. Some non-profits exist to support your basic food, clothing and shelter needs. Non-profits can also connect you with community resources that will help you get back on your feet and become self-sufficient once again.

The types and numbers of non-profits vary in every community. Research the non-profits in your community and name two for which you would be willing to volunteer to work.

Name two community non-profits from which you might benefit.

1.

2.

Consider how your relationship with others contributes to your well-being. This type of social capital provides benefits in all aspects of your life.

Giving back is an important part of social capital. Showing gratitude and finding ways to give back to those who gave to you helps you maintain healthy relationships. Investing in your social capital by both receiving and giving helps you create positive well-being now and in the future.

