Social Capital consists of the resources that arise from a web of relationships that people can access and mobilize to help them improve their lives and achieve their goals.

- **Resources**: Material and emotional support, useful information, values and norms, and other connections. Reciprocal expressing care, challenging growth, providing support, sharing power, and expanding possibilities.
- **Relationships**: Equitable support to activate resources for all youth, especially those who are historically marginalized. Including purpose, self-efficacy, belonging, relationship skills, emotional regulation, and growth mindset.
- **Connections**: Including education, occupation, physical, psychological, and social-emotional well-being.