

Thank you for listening to our Episode on Bond and Build with Chris and Cappy. We love to share our opinions and what we've learned but we always fact check anything we say otherwise advised.

We encourage you to do your own research on any topic that interests you and to start questioning things. Knowledge is power so empower yourself for you and your family.

Below are the show topics and some of our research we use to produce it. If you found value in our show and these facts sheets, please share our show with others so we can spread this valuable information.

SHOW TOPICS: Episode 2

♥ RELATIONSHIPS: Love in the Digital Age: Navigating Social Media and Relationship Boundaries

Social media has significantly transformed how individuals initiate, maintain, and perceive romantic relationships. While these platforms offer avenues for connection and expression, they also introduce challenges that can impact relationship satisfaction and stability. Below are key statistics and insights on how social media influences romantic relationships:

Positive Impacts:

- **Increased Connection:** Approximately 59% of teens in romantic relationships feel more connected to their partner's life due to social media, with 15% feeling "a lot" more connected. [pewresearch.org](https://www.pewresearch.org)
- **Emotional Closeness:** Around 44% of teens report that social media helps them feel emotionally closer to their significant other, with 10% expressing this sentiment strongly. [pewresearch.org](https://www.pewresearch.org)

Negative Impacts:

- **Jealousy and Uncertainty:** Among partnered adults whose significant other uses social media, 23% have felt jealous or unsure about their relationship due to their partner's interactions online. This figure rises to 34% among individuals aged 18 to 29. [pewresearch.org](https://www.pewresearch.org)+2[pewresearch.org](https://www.pewresearch.org)+2sites.psu.edu+2
- **Relationship Satisfaction:** Increased Instagram usage has been linked to decreased relationship satisfaction, leading to more conflicts and negative outcomes. [researchgate.net](https://www.researchgate.net)+1[medicalnewstoday.com](https://www.medicalnewstoday.com)+1

- **Marital Happiness:** Individuals who do not use social media are reportedly 11% happier in their marriages compared to regular users. nu.edu

Emerging Trends:

- **Online Partner Meeting:** Over half of young Australians aged 20 to 39 have met their most recent partner online, indicating a significant shift towards digital platforms for initiating relationships. theguardian.com
- **Public Relationship Announcements:** Teens are adopting the trend of "hard launching" their relationships on social media, publicly declaring their romantic status without prior hints, reflecting the integration of branding concepts into personal life disclosures. parents.com

Considerations:

While social media can enhance connectivity and provide platforms for expressing affection, it also poses challenges such as fostering jealousy, reducing relationship satisfaction, and contributing to conflicts. Navigating these dynamics requires open communication between partners and mindful usage of social media to maintain healthy boundaries in relationships.

\$ INVESTMENTS: Starting to Invest and Diversifying

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Investing in 2025 presents unique opportunities and challenges, making diversification a crucial strategy for risk management and potential growth. Here are key statistics and insights to consider:

Investor Sentiment and Expectations:

- **Market Return Projections:** Investors anticipate a **6.4% market return in 2025**, with long-term expectations averaging **7.6% annually** over the next decade. corporate.vanguard.com
- **Economic Growth Forecasts:** The projected Gross Domestic Product (GDP) growth rate stands at **4.0%** for the upcoming ten years. corporate.vanguard.com

Diversification Trends:

- **Global Investment Shifts:** There's a notable trend of investors reallocating assets internationally, with **foreign investors potentially reducing U.S. equity holdings by nearly \$1 trillion**, reflecting a diversification away from U.S. markets. marketwatch.com
- **Alternative Assets:** Investors are increasingly incorporating alternative assets such as **managed futures and gold** to hedge against inflation and enhance portfolio resilience. carsongroup.com

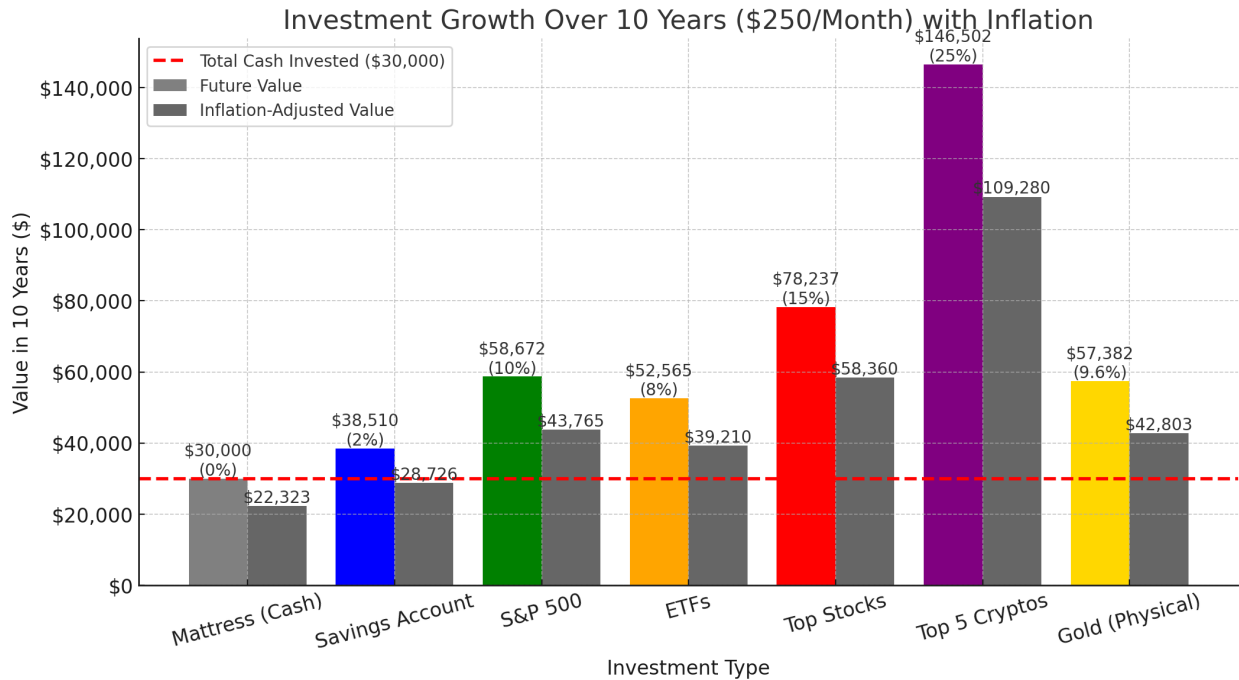
Market Performance:

- **International vs. U.S. Stocks:** In 2025, international stocks have outperformed U.S. stocks by **11%**, prompting investors to seek opportunities beyond domestic markets. businessinsider.com
- **Private Equity Surge:** Global private equity dealmaking rebounded significantly in 2024, increasing by **14% to \$2 trillion**, marking the third-most-active year on record for the asset class. mckinsey.com

Strategic Recommendations:

- **Diversified Portfolios:** Financial experts emphasize the importance of diversification across various asset classes, including **bonds, real assets, and hedge funds**, to build resilient portfolios amid economic uncertainties.
- **Alternative Investment Opportunities:** Emerging sectors such as **artificial intelligence, renewable energy, and space technology** are gaining traction, offering new avenues for diversification and growth. springbokwealth.com

In summary, as economic landscapes evolve, adopting a diversified investment approach in 2025 is essential for mitigating risks and capitalizing on global opportunities.



Stocks YouTubers:

Ticker Symbol You

Andre Jikh

Stock Moe

Minority Mindset

Wall Street Trapper

Kenan Grace

Where to start with stocks:

Charles Schwab

Robin Hood

Acorn

Stash

Etoro (for International People)

Crypto YouTubers:

Bitboy Crypto

Coin Bureau

Alt Coin Daily

Where to start with crypto:

Coinbase: <https://www.coinbase.com/join/LJKL8WV?src=ios-link>

Binance

Uphold:

https://wallet.uphold.com/signup?referral=7ff81c089e&campaign=uw_p_d_w_acq_raf

Where to start with metals:

Online Apmex

They also offer a local directory search: <https://learn.apmex.com/buying-guide/local-coin-shop-directory/>

TABOO: Politics at the Dinner Table: How to Have Constructive Conversations with Differing Views in 2025

Navigating political discussions during family gatherings can be challenging, especially when differing views are involved. Here are some statistics and strategies to foster constructive conversations: [vogue.com](https://www.vogue.com)

Statistics on Political Discussions Among Families:

- **Avoidance of Political Talk:** Approximately 72% of U.S. adults prefer to avoid discussing politics with family during holidays. [apa.org](https://www.apa.org)
- **Frequency of Political Discussions:** Only 18% of adults frequently engage in political conversations with family or close friends; 58% discuss politics occasionally. [pewresearch.org](https://www.pewresearch.org)+2[apa.org](https://www.apa.org)+2
- **Family Estrangement:** Around 20% of Americans have experienced family estrangement due to political disagreements. [rinewstoday.com](https://www.rinewstoday.com)+3time.com+3americansurveycenter.org+3

Strategies for Constructive Political Conversations:

1. **Listen Actively:** Prioritize understanding over debating; listen to comprehend, not to respond. [apa.org+8news.willamette.edu+8vox.com+8](#)
2. **Establish Ground Rules:** Agree on guidelines to ensure respectful dialogue, avoiding personal attacks. [vox.com+5linkedin.com+5vogue.com+5](#)
3. **Seek Common Ground:** Focus on shared values and interests to build rapport and reduce tension.
4. **Manage Emotions:** Be aware of emotional triggers and strive to remain calm during discussions. [unr.edu](#)
5. **Know When to Disengage:** Recognize when a conversation is becoming unproductive and gracefully shift topics or take a break. [time.com](#)

By implementing these strategies, families can engage in meaningful political discussions while maintaining respect and harmony at the dinner table.

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