This article explores the composition of the social networks of some samples of unaccompanied foreign minors and young foreigners ex-ward. The increase in the number of unaccompanied foreign minors arriving in Spanish territory, the importance of social capital in migration and the lack of research that analyses their social networks makes the research presented here relevant. Specifically, it is verified how the composition of the networks varies and decisions are the main sources of resources of both samples in situations of vulnerability. The results showed, through a quantitative methodology and graphs, that the networks are mainly made up of professionals and volunteers from the social sphere and that the networks of minors are more extensive than that of former foster youth.