

# Household Energy Reduction Program.



Waterworks Valley Community  
Climate Connect Project

Understanding behavioural change

# The things we can do

## And why we don't.

Climate change is personal as well as political.

It is caused by millions of decisions that are made each day by people all over the world.

The global climate crisis therefore calls on us all to apply the principle of 'universal leadership'.

Each person – whether they be a politician, a business leader or ordinary citizen – has a moral responsibility to do their bit.

Now press the right arrow to see a checklist of things that all householders can choose to do.



# A checklist of household 'behaviours'

## APPLIANCES

<b>Stand-by power - 1</b>	Checking stand-by of all appliances in the home
<b>Stand-by power - 2</b>	Turning off appliances at the wall
<b>New appliances</b>	Checking efficiency rating & stand-by before purchasing anything new
<b>Fridge / freezer - 1</b>	Checking correct temperature setting and door seals
<b>Fridge / freezer - 2</b>	Locating these away from heat sources, allowing good ventilation

## HOT WATER SYSTEM

<b>Shower head</b>	Fitting low-flow shower head – max 9 litres per minute
<b>Thermostat setting</b>	Setting hot water cylinder thermostat to 60 degrees
<b>Insulation &amp; leaks</b>	Making sure outlet pipes and cylinder are well insulated
<b>Shower times</b>	Keeping shower times to reasonable length – suggested 4 minutes

## REDUCING HEAT LOSSES

<b>Zoning</b>	Closing off areas of house that don't need heating
<b>Clothing</b>	Wearing appropriate clothing to avoid excessive heating
<b>Ceiling insulation</b>	Making sure insulation is at least to level R4
<b>Window insulation</b>	Fitting good drapes or blinds and draught-stopping pelmets
<b>Wall insulation</b>	Installing insulation inside walls where possible
<b>Underfloor insulation</b>	(If no carpets) making sure underfloor has at least minimal insulation
<b>Draught exclusion</b>	Excluding draughts from all entry points

## HEATING & COOLING CHOICES

<b>Space heating system</b>	Choosing heating sources that have low impact
<b>Maintenance</b>	Making sure heating / cooling system is working at best efficiency
<b>Thermostat</b>	Setting thermostat to maximum of 22 degrees
<b>Solar hot water</b>	Installing solar hot water
<b>Solar electric panels</b>	Installing solar panels
<b>Passive solar</b>	Modifying home to maximise solar gain / minimise losses

## LIGHTING

<b>Light bulb type</b>	Changing all lighting to low energy options
<b>Turning off</b>	Develop home habit of turning off lights

## TRAVEL

<b>Air travel</b>	Reducing number of kilometres travelled each year
<b>Walking / cycling</b>	Choosing to walk or ride for all trips under 5 km
<b>Public transport - 1</b>	Obtain bus timetable for your regular routes
<b>Public transport - 2</b>	Plan trips to match public transport availability
<b>Vehicle ownership</b>	Choosing car / bicycle or other transport modes that have lowest impact
<b>Car trips</b>	Managing car trips so as to undertake several tasks in the one trip
<b>Car pooling</b>	Find out who can share car transport when commuting
<b>Driving habits</b>	Learn and apply driving habits that reduce fuel consumption

## FOOD

<b>Diet</b>	Modifying diet to reduce high-footprint foods
<b>Food miles</b>	Buying food that's grown or produced locally
<b>Home grown food</b>	Producing vegetables, fruit and eggs in home or community garden

## CONSUMPTION

<b>Consumer desires</b>	Buying fewer consumer items, unnecessary clothes and 'stuff'
<b>Waste</b>	Reusing materials, recycling as much as possible, repairing broken goods.

## ENERGY MANAGEMENT

<b>Household footprint</b>	Checking climate footprint of household
<b>Energy audit</b>	Obtaining an expert <i>Home Energy Assessment</i>
<b>Energy monitoring</b>	Tracking of household energy usage – aiming to reduce it over time
<b>Household agreement</b>	Gaining household agreement re energy habits and goals
<b>Household plan - 1</b>	Developing a <i>Household Plan</i> – with timeframe to achieve it
<b>Household plan - 2</b>	Allocating time to undertake identified actions
<b>Offset emissions</b>	Paying an offset for air flights, car mileage and home energy
<b>Green power</b>	Purchasing electricity from more sustainable sources, if available

## INFLUENCING OTHERS

<b>Family</b>	Taking leadership within family and extended family
<b>Community</b>	Helping to empower other citizens
<b>Workplace or school</b>	Influencing workplace to reduce energy waste
<b>Decision makers</b>	Lobbying decision makers

*(There are many more actions like these)*

more.....

# What stops us?

## **Why it's not easy being green.**

Immersed in a culture that exhorts us to consume, it is not easy for anyone to live sustainably.

Billions of dollars are spent every day tempting us to live beyond our means – and now we know that there is a big price to pay.

Against this confusing backdrop, it's not surprising that even the most dedicated person faces a huge set of challenges that prevent them from reducing their climate footprint.

Now press the right arrow to see some of the most common 'barriers' that people face every day. Our quest is to find out what we can do about them.



# Have you got remedies for these?

<b>Time poverty</b>	<i>"I don't have enough time in my life to..."</i>
<b>Disposable income</b>	<i>"I earn more than I need for basic needs and shopping is a pastime..."</i>
<b>Lack of money</b>	<i>"I can't afford to buy a solar hot water system..."</i>
<b>Inadequate price signal</b>	<i>"I can easily afford my power bills, I'm not motivated by the cost of energy..."</i>
<b>Lack of tangible feedback</b>	<i>"I've given it a go, but not sure if I'm achieving anything..."</i>
<b>Technology fixation</b>	<i>"The solution to climate change is solar and wind power..."</i>
<b>Competing values</b>	<i>"My family's health and safety come before sustainability..."</i>
<b>Social pressure</b>	<i>"My friends, family and neighbours have expectations on the way I live..."</i>
<b>Lack of services</b>	<i>"I would catch buses but they aren't reliable enough..."</i>
<b>Locked in habits</b>	<i>"I just don't like those new light bulbs, they don't give a nice light..."</i>
<b>Western individualism</b>	<i>"I love having my own things and having my own space..."</i>
<b>Lack of control / leadership</b>	<i>"My two teenagers / flatmates shower until all the water goes cold..."</i>
<b>Lack of awareness</b>	<i>"I've got no idea how eating beef affects greenhouse gases..."</i>
<b>Lack of know-how</b>	<i>"There doesn't seem to be any reliable source of unbiased information..."</i>
<b>Lack of expertise</b>	<i>"I wouldn't know how to turn down a thermostat..."</i>
<b>Procrastination</b>	<i>"I've been meaning to make pelmets for 3 years but just haven't got down to it..."</i>
<b>Loss of status</b>	<i>"I can't be seen to be riding a bike to work..."</i>
<b>Lack of resources</b>	<i>"I can't check my ceiling insulation because I don't have a ladder..."</i>
<b>Disability</b>	<i>"I can't turn off that power point, it's down under a desk..."</i>
<b>Comfort zone</b>	<i>"I like long hot showers and have no intention of changing that..."</i>
<b>Empowerment</b>	<i>"There's no point me acting if the government doesn't..."</i>
<b>Common myths</b>	<i>"I've been told that its best to keep fluorescent lights on all the time..."</i>



# How to succeed

Many of the hundreds of decisions that we make each day are governed by these things. Knowing thyself is the key to success.

Now flip back to the previous page and note down which of those barriers apply to you ...you may even find more!

## **Some tools you can use.**

To find out about the things that affect you and your household, do our quick survey ([click here](#)), we have received tremendous feedback.

To find out more about what stops us, and how to overcome them, just go to our new discussion forum ([click here](#)) – you are most welcome to add your own ideas.





# Join a group!

## The power of community.

The good news is that society is changing fast, so we don't need to go it alone.

For inspiration, energy and good ideas, the most powerful agents for change are the communities that we live in.

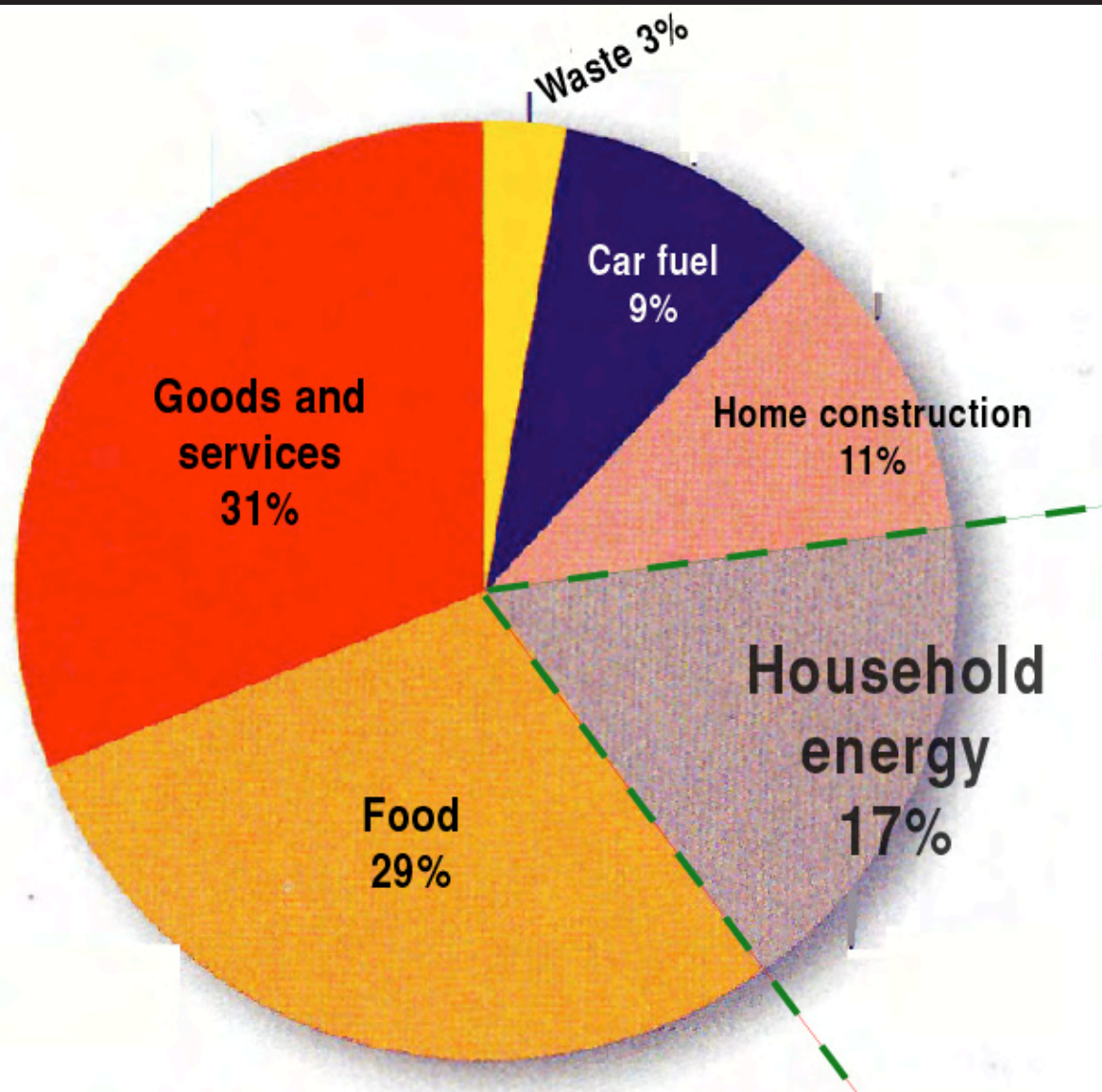
Is there is a 'transition community' near you?  
Click (here) to find out  
– or maybe start one up yourself?



*This educational resource was produced by Waterworks Community as part of its Climate Connect project.*

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Press escape to quit



**Home Pie with the lot**