Using behavioural insights to engage communities and achieve Net Zero

Rhys Campbell, Senior Advisor - BIT







Why start by talking about behaviour?

"The UK has reduced emissions by 40% since 1990 while its economy has grown. This progress has come largely from things that have not involved consumers **changing their behaviour**. In order for the UK to meet the Net Zero target, there is an urgent need to identify and implement solutions for promoting greater engagement and action from citizens and consumers."

- 1. Research has found that the potential energy savings from measures targeting behaviour such as providing feedback or community based initiatives to change social norms can range from 5-20%.¹
- 2. Evidence suggests wider adoption of net zero homes is mostly constrained by the reluctance of builders to build such homes,² which like other behaviours can be changed.
- 3. How we frame information, craft policies, and engage citizens can have a profound impact on how we behave and what we choose to do!



Is it enough to convince us to act?









Why we need to think about behaviour







Understanding what drives our behaviour



System 1

Fast thinking/Automatic intuitive, effortless

2x2

Taking your daily commute

Mental shortcuts and rules of thumb, can be biased

"It turns out that the environmental effects on behavior are a lot stronger than most people expect"

Daniel Kahneman, Nobel Laureate



System 2

Slow thinking/Reflective deliberate, analytic

24x17

Planning a trip overseas

Limited cognitive bandwidth / energy to use all the time

System one's rules of thumb



If it easily comes to mind, it must be more likely



Follow the crowd whenever possible

Pay more attention to things that seem unusual

Take the path of least resistance

Trust people who are likeable

Policy example:understanding what drives insulation







This is what BIT specialise in - applying BI to policy



We started life inside Cabinet Office, before "spinning out" Our mission has not changed: to help people make the choices that improve their lives and society.

- Spreading and applying behavioural science throughout the civil service
- Making public services more cost-effective and easier for citizens to use







The EAST framework



Make it Easy

Make it Easy:

- Simplify information and streamline / bundle options (choice overload).
- Use checklists and clear signposting to make actions easy to identify and follow
- Use defaults to offer new citywide services
- Invest in infrastructure that makes energy efficiency easy

Building Renovation Passports outline a long-term (up to 15-20 years) step by step renovation road map, tailored to the specific building after an on-site energy audit.

We recently ran an online experiment with 1,502 Irish homeowners to evaluate the effect of bundling renovation options and found people chose just over 2 more upgrades, and spent a hypothetical extra €2,800, when options were bundled together.



International examples



Nyheter Senteret Webinar Demoer IDE

Smartgrid stands for the power system of the future that uses information and communication technology and new measurement and control systems

More about Smartgrid

IVL SWEDISH ENVIRONMENTAL RESEARCH INSTITUTE

Stockholm's Innovations in District
Heating & Cooling



Make it Attractive

Make it Attractive:

- Identify and tackle the real motivations. E.g., people emphasise comfort, so need to promote how green homes are still warm.
- Address present bias and risk perceptions by bringing forward future savings or guaranteeing them.

Energiesprong - or 'energy leap'— is a whole house renovation as well as new-built standard and funding approach. Customers are offered:

- a whole-house renovation in just one week;
- a net-zero energy performance contract based on annual energy balance (pay as you save);
- a single customer interface to monitor everything; and
- Guaranteed indoor temperature of 21 degrees and a set allowance of energy consumption



Make it Social

Make it Social:

- Provide feedback on what others are doing - pro-env behaviour, particularly in the home is invisible to others
- Leverage networks to disseminate key information and motivate people

Solar power is contagious. These maps show how it spreads.

By Brad Plumer | @bradplumer | brad@vox.com | Updated May 4, 2016, 12:00pm EDT







Making 'behaviour' more observable

Green number plates 'could boost sales of electric cars' in UK

Behavioural insights unit proposes new colour for registration plates to help 'normalise the idea of clean vehicles'



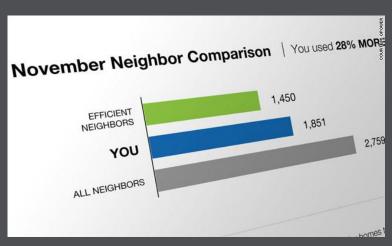
▲ Green registration plates are already in use in China. Photograph: Roman Pilipey/EPA-EFE/Rex/Shutterstock

Green license plates to normalise the idea of clean vehicles

Could green house numbers or displaying building energy ratings do something similar?



Using social comparison to increase resource efficiency

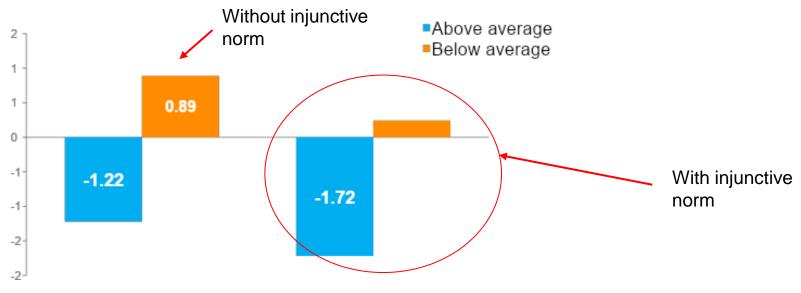


© Behavioural Insights Itd



Social norms can drive positive (and negative) behaviours

Change in energy consumption per day (kWh)



Source: Schultz et al. (2007) The constructive, deconstructive and reconstructive power of social norms



Make it Timely

Make it Timely:

- Communicate when people are most receptive, e.g., link info to home renovations, or contact after just moving house.
- Gain incremental commitments from people, and help them plan how they will act in the future.
- Bring forward consideration of future costs and benefits

Take a spin on u

Use promo code NEIGHBO BIKETOWN rides with eith

- 1 Free Day Pass
- · 4 Free Single Rides, or
- First month free of an Annual

TO GET STARTED

- Read this card
- Find bikes near you using t (biketownpdx.com/app)
- Use the app to register usin

Haven't met BIK Yes! New movers were nearly four times more likely to sign up than those who lived near a new station, regardless of the message.



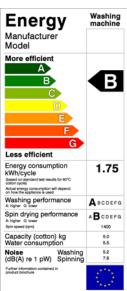
Encourage take up of more expensive, but more efficient (smart) technology or homes

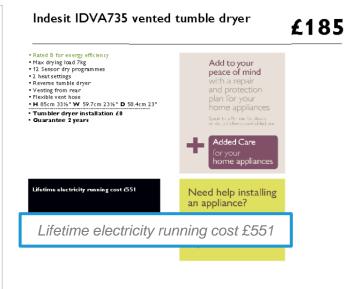


We can harness (or overcome) our tendency to discount the future











How can we help people get back into work?



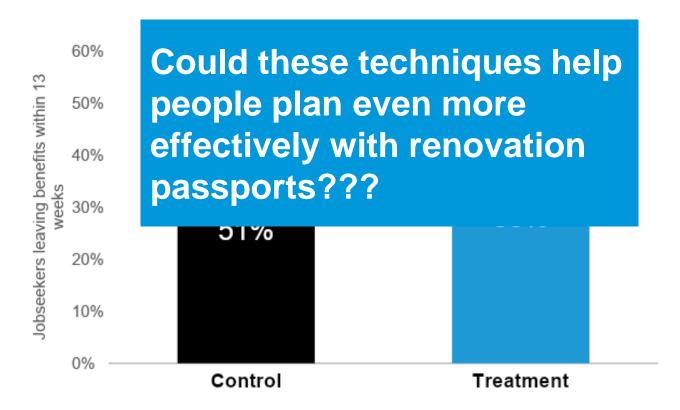




Date when commitments made:		Implementation intentions: what, when, how?						
Use the space below to fill in your commitments for this week. This page contains son about what you may write down. Discuss these with your advisor. Remember that searching for work should be a full time job in itself (roughly 40hrs/week can do to make your search for work as effective as possible. Commitment: Make sure you include WHAT you are going to do and WHEN and/or WHERE. You may find it more effective if you link your commitment that you would undertake anyway.		'I will look for work for 2 hours every weekday straight after I drop my children at school.'						
I will took for work for 2 hours every weekday straight after 1 drop my children at school I will tailor my CV to the retail sector		discust	d Sons		-			
I will do a CV drop at the Westfield centre on Friday afternoon, after lunch.			And	horin	g : setting a	high ta	arget	
Please write down your next appointment here: I will see Jane, my advisor, on the 23rd April 2012 at 11am. Other job seeking activities undertaken:	Job seeker signature	e What happened and w'			Do you think you			
can you bring with yo discuss?		vith yo	could apply for 20 jobs over the next two weeks?					

... jobseekers finding a job faster







Conclusion

System 1: Fast

Automatic intuitive, effortless

2x2

Driving

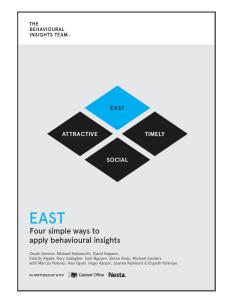
System 2: Slow

Reflective deliberate, analytic

24x17

Learning to drive

The Intention-Action Gap CONTEXT Mental Social Physical Situational



Thanks for your time!

If you would like to discuss any of these ideas or work with us to implement them, please do get in touch.



Rhys Campbell

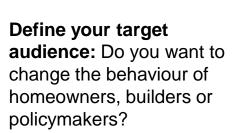
@B_I_Tweets

rhys.campbell@bi.team



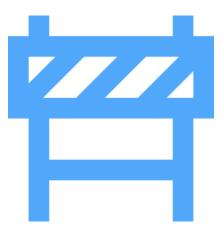
Behavioural solutions should be well targeted







Define your target behaviour:
This should be as specific as possible, e.g., increase uptake of Green home grant, encourage more solar panel installations etc.

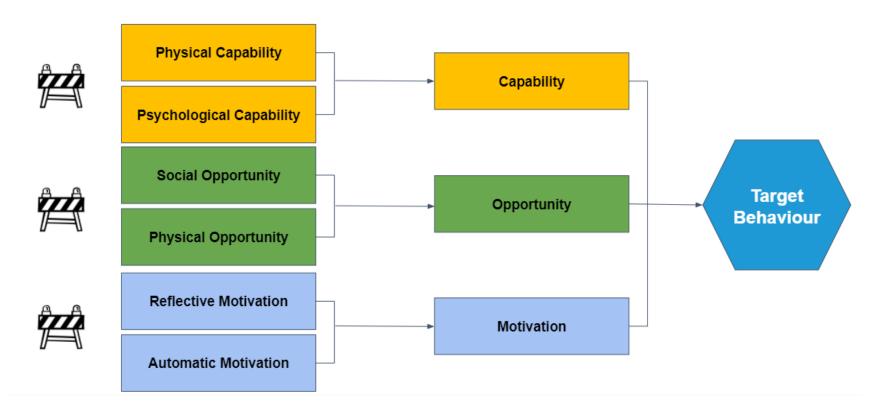


Understand the barriers to that specific behaviour: Why aren't people currently doing this? Is it capability, opportunity or motivation?

Identifying what is preventing the target behaviour



COM B Model





What are the barriers to greener homes?

Barrier	Retrofitting	New homes
Lack of knowledge / awareness	Many homeowners are not aware of different options for retrofitting their home and improving energy efficiency, or where to look for information.	Many builders are unaware of green building technology, techniques and where to find these. There may also be a skills gap if it requires specialists to install.
Costs and risk perceptions	Cost is a barrier, compounded by the fact that these are all upfront while the benefits are delayed. Some may doubt the change will bring about the promised savings, or wont be as comfortable to live with.	Higher upfront costs to build or buy can put people off, while the promised savings are uncertain and may not be adequately costed into the new home. Also a fear that the home wont be as warm and comfortable
Friction costs / hassle	Retrofits are a complex and disruptive process, which is both off putting and difficult to navigate. E.g., requires multiple contractors, research and coordination across home improvement projects.	Too many options can lead builders to stick to what they know. Regulation needs to be both clear to be easily understood, and consistent over the long term to give people and firms the confidence to act and not be pulled in different directions. Needs to be easy!
Lack of social opportunity	We do not know if others are doing, or want to do, the same thing, so we are less likely to think about it ourselves.	Not only may a lack of social connections impede the dissemination of information through networks, but a lack of visible champions locally can further lead to developers not valuing energy efficiency.



Getting Communities on board with Net Zero



Educating and Engaging Residents





Mini – publics

Citizens' Assemblies



40-200 randomly selected people e.g. Irish Citizens' Assembly

Citizens' Juries



20-40 randomly selected people e.g. Leeds Climate Change Citizens' Jury



Oversight panel



Kendal Climate Change Citizens' Jury: Oversight Panel

Kendal Town Council, Cumbria County Council, South Lakeland District Council, Cumbria Action for Sustainability, Extinction Rebellion, Kendal Activists Saving the Little Earth (KASTLE)(youth climate change), National Farmers Union, James Cropper PLC, Kendal BID (Business Improvement District), Kendal Futures, Lancaster University, Frieda Scott Charitable Trust, South Cumbria Flood Partnership, Tim Farron M.P.



Who are on a Citizens' Jury?



Leeds had 21 regular attendees

A Random Stratified Sample of the General Public

Age 15-29 (6) ,30-44 (5), 45-59 (6), 60+ (4)

Gender Males (11)/Females (10)

Ethnicity White (16), Asian, Black (5)

Indices of deprivation (on deciles): 1-2 (7), 3-4 (2), 5-6 (4), 7-8 (5), 9/10 (3)

Disability Yes (6), No (15)

Geography city core, inner urban, outer urban, market town, non urban

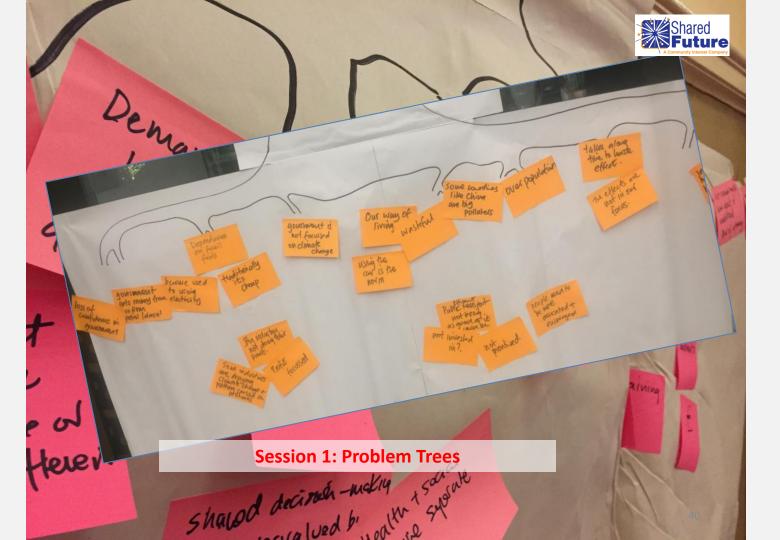
Attitude to climate change: Very concerned: (6), fairly (10), not concerned (5)

















Paul Foster: Leeds City Council, Transport Projects Manager Mark Goldstone: W and N Yorkshire Chamber of Commerce Millie Duncan: Leeds Climate Commission (on the airport).

Session 6: Housing

Neil Evans: Leeds City Council, Director of Resources and Housing

Steve Batty: Engie, Sustainability Places & Communities UK & Ireland

Andy Walker: Sure Insulation (retro fitting)

Steve Rowley: Leeds Property Association

Cindy Readman: Save our homes LS26 (Residents/homeowners).

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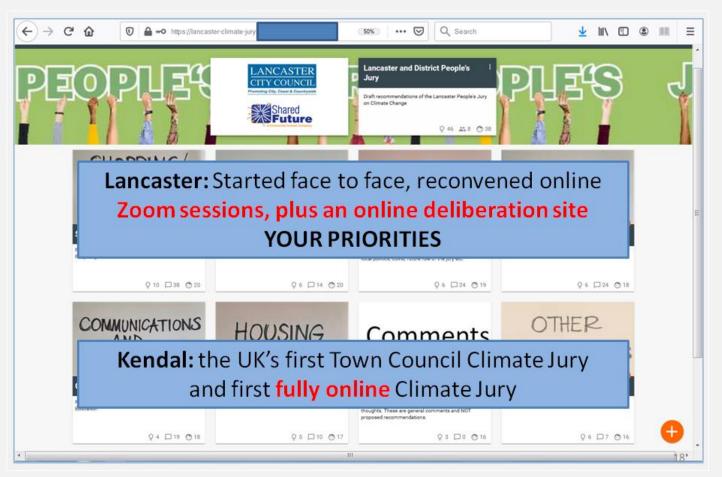






Responding to Covid? Move it

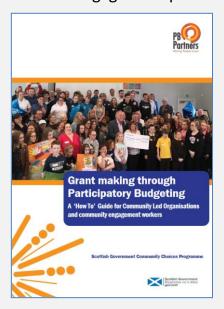




Connecting with other approaches



Housing Associations, Cooperatives, and Arm's Length Management Organisations are well placed to initiate and lead **Participatory Budgeting (PB)** as they have well structured tenant engagement processes, and much of their income comes directly from rents.







The aspirations of a city, a business or a public body are not found in their vision statement... they are found in their budget.







Question: How do Housing providers see their leadership and influencing role, across the wider local economy, being strengthened by these approaches?

Question: How do you see this fostering behaviour change with and by citizens

(especially those sceptical or unsure about their role, the need for urgent action, or their influence on climate change?)







Engaging communities in climate action within a whole system approach

Dr Mark Fishpool

Director

Middlesbrough Environment City



























Middlesbrough Environment City

- Independent charity and company limited by guarantee with its own Board of Directors.
- Work closely with Middlesbrough Council and community partners on promoting healthy and sustainable living – Middlesbrough Council is also a core funder.
- Using the ten principles of One Planet Living to promote sustainable living in Middlesbrough.



















Holistic Approach

- Tackling climate change and reducing the use of resources.
- Promoting healthy lifestyles.
- Sustainable transport.
- Heritage and physical environment.
- Education and awareness-raising.























The Ten Principles of One Planet Living



























A Just Transition

For our disadvantaged communities, the concept of a *just transition* is a significant factor — disadvantaged communities are likely to be lower carbon emitters, so identifying motivation is more complex.

Those who are least responsible for the climate emergency are the likely to be the most impacted.











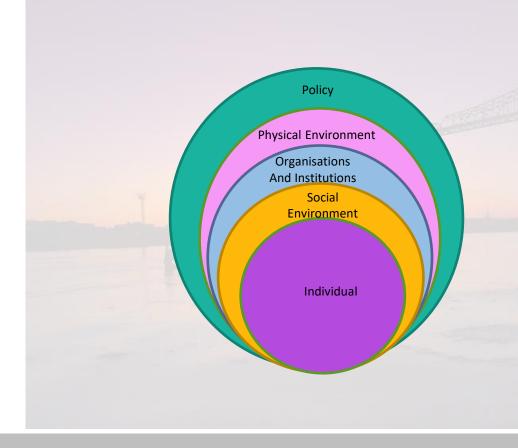












Whole System Approach























COM-B Model of engagement and affecting behaviour:

- Capability
- Opportunity
- Motivation















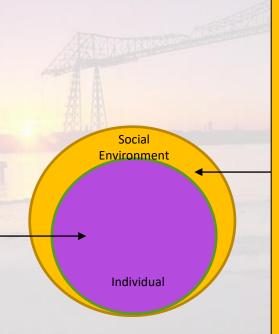








- Access to a roadworthy cycle
- Confidence to cycle
- Knowledge of safe routes
- Skills to maintain a cycle
- Conflicting priorities



- Acceptability amongst peers
- What are people saying about cycling on social media
- Attitude of other road users to cyclists



















Safe Cycling Training

- Bikeability schools cycle training safe cycling training for over 800 children each year.
- Also other support such as learn to ride sessions for new cyclists.
- Pedestrian training for Year 3 pupils across Middlesbrough, Stockton and Hartlepool.























Bike Academy

- Middlesbrough Bike Academy - cycle maintenance training, cycle recycle courses and Dr Bike.
- Cycle recycle schemes using donated and redundant cycles.



















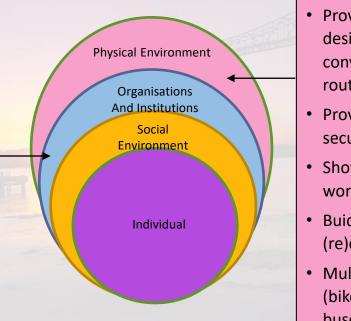








- Flexible working hours
- Support for emergency situations
- Joining a cycle to work scheme
- Location of facilities such as cycle parking
- Cycling, walking and public transport information to offices, events, activities
- Attitudes to cyclists



- Provision of well designed, safe and convenient cycle routes
- Provision of safe and secure cycle parking
- Showers and lockers in work places
- Buiding cycling into (re)development
- Multi-modal journeys (bikes and trains, buses etc)



















Middlesbrough Cycle Centre and Shopmobility

- North East's first, secure, staffed town centre cycle park with showers and lockers.
- Hire of mobility scooters and other mobility aids for town centre shoppers.













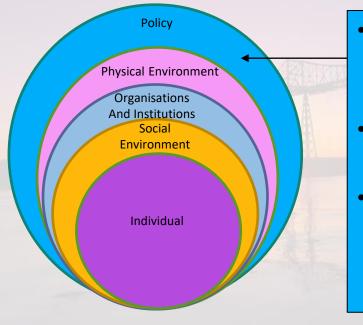












- National policy to promote cycling, including "Gear Change"
- Changes to the Highway Code
 relies on enforcement
- Organisational policies e.g. location of cycle parking, shower facilities, flexibility of working hours





















Middlesbrough Food Partnership

 Partnership of local organisations developing a local and sustainable food system.



























Training in Growing



























Cookery Courses

- Healthy Cooking on a Budget.
- Slowcookery.
- Healthy Microwave Cooking.
- Cultures Cooking Together.
- Building climate awareness into cooking courses.

























Tackling Food Poverty - Eco Shop

- Partnership with FareShare North East to use surplus produce.
- Each EcoShop is run by volunteers and is self-sustaining.
- £2 donation for 10 items plus fresh fruits and vegetables.
- 1.5 tonnes of food is redistributed per week across 16 active EcoShops = approximately 3,700 meals.























Space for Growing





























Fairtrade

- The international dimension to sustainable living.
- Ensures that growers in the developing world get a fair price for their products.
- Also supports health, education and climate projects in growers' communities.
- Middlesbrough has been a Fairtrade Town since 2007.
- And from here into food policy......

























Climate Action Middlesbrough

- Climate Action Fund is a ten year programme from the National Lottery Community Fund to engage local communities in action to tackle climate change.
- Climate Action Middlesbrough will create a community-led movement for positive change towards a sustainable environment, enabling individuals and communities to influence decision-making and take action on climate change, working towards making sustainable lifestyles the norm using a whole system approach.



















Climate Action Middlesbrough

Organisations

- Engaging communities in policy decisions.
- Finalising and implementing the Council's Green Strategy using the One Planet Living principles, ensuring that it is community as well as Council led.
- · Existing partnerships building tackling the climate emergency into their plans and strategies
- · Individual organisations developing policies around the climate emergency and building actions to tackle climate change into their existing and future work programmes.
- Develop an understanding of the impacts and actions that can be taken to address the climate emergency.
- Development of a community voice and self-efficacy through engagement in projects and decision making.
- Building a social movement at a community level - including young peopleled, to move social norms.
- Community led initiatives to tackle climate change at a local level, such as community energy schemes, promoting waste reduction and recycling in their communities, food growing, renewable energy and biodiversity.
- · Peer mentoring within communities to educate, raise awareness and move social
- Develop an understanding of the impacts and actions that they can take as individuals to address the climate emergency.
- · Developing self-efficacy to influence change throughout the system. Contributing to the creation of a social movement at a local level.
- · Taking actions at a household level that address climate change (personal behaviour change).
- . Emphasis on working with young people to create a lasting ownership around climate responsibility.

- Nature recovery networks making new space for nature, maintaining ecosystem services such as pollinating insects in the face of climate change
- · Habitats for carbon sequestration permanent meadows, existing woodland, marshes all taking carbon out of the atmosphere, as well as new tree planting.
- Enhancing biodiversity as climate change adaptation.
- Linking with capital programmes for cycleways and walking routes.
- · Ensuring that climate adaptation and mitigation are built into new developments, for example community growing areas, sustainable transport routes, meaningful greenspace, water management.
- · Redesigning existing open space for biodiversity gain and climate change



- Engaging in decision-making around tackling climate
- · Looking at their policies and practices to see how they can build in climate change adaptation and mitigation into the plans, policies and working practices.
- Reviewing their interactions with beneficiaries and clients to raise awareness of climate emergency with them and the actions they can take as individuals
- · Benefits for service users from actions aimed at reducing climate impacts.























In Summary

- Working with local partners and trusted organisations.
- Understanding needs and motivations – engaging people where they are.
- Holistic approach.
- · A just transition.





















How do we get customers on board?

Samantha Granger
Head of Environmental
Sustainability





Landlord & housing developer
Homes for rent and sale 34,000 homes
70,000 customers
North Tyneside to York





TAKE CONTROL



Business



Homes





So what does this mean for our customers?





Clear on the impacts:

- Upscale pilots
- Capture customer experience
- Real benefits realised
- Understand learning





Know our customers:

- Current position
- Data and Insight
- Drivers for change
- Flexible approach





Collaborative in our approach:

- Learning from others
- Build partnerships
- Local & Regional





Getting started





Questions?





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THANK YOU TO OUR PARTNERS











reduce risk, save time, save money, be compliant











































