



RETROSUBURBIA

THE DOWNSHIFTER'S GUIDE TO A RESILIENT FUTURE

CHAPTER 32: SECURITY IN HARD TIMES

QUESTIONS:

- How safe do you feel in your day-to-day life?
- How safe is it living in Australia? How safe is this neighbourhood?
- Remember a time when you felt unsafe. What made you feel this way – was it a genuine or perceived threat?
- What is your understanding of 'psychological discount rate'?
- Can you give an example of when a negative experience made you feel stronger? Can you give an example of when you have had a good laugh at your own misfortune?
- How much account do you take of privacy and security when using mobile phones or the internet?
- What is your relationship with the police?
- What is your relationship with the local council officers?
- What is your relationship with your neighbours? How does this affect your feeling of security?

ACTIVITIES:

- Learn some self defence moves
- If you haven't already, get to know your neighbours

