SUMMARY

A Practical Guide to Improving Human Security at the Community Level (including NGOs)

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Introduction

The objective of *"Development of the Concept of Human Security", which is Pillar II of the project "Improvement of Support and Monitoring System for Sustainable Development of Civic Society in Latvia",* is to draw attention to the concept of human security and to promote its use. In order not to duplicate the results of other research in Latvia, this activity focuses on the community level that, as the closest level to the individual, is best positioned to help the individual recognise and increase securitability.

The activity includes three outputs:

1) A theoretical framework for improving human security at the community level, including NGOs;

2) Practical guidelines for improving human security at the community level, including NGOs;

3) Best practise cases on introducing the human security concept using the practical guidelines.

The practical guide is the main result of the activity, and includes both a summary of the theoretic framework and examples of best practise. The practical guide consists of three parts – action that can be taken at the individual level, the community level and the local government level to improve human security.

This summary includes important information about the theoretical framework and the practical guide. However, in order to fully apply the human security concept and analyse best practice, we invite you to read each of the publications.

I
Theoretical framework

The Concept of Human Security

The concept of human security originated just two decades ago. Foundations were laid in the 1994 United Nations Development Programme (UNDP) Human Development Report that was devoted to this topic. The report provided a definition of human security – "freedom from fear, and freedom from want"[1] - that has become the universally accepted reference point for subsequent studies.

Interest in human security varies. In recent years, there has been a rapid increase in research[2] and policy initiatives on the subject. This is due to the growing influence of globalisation on human life: "Human exposure to a range of globalisation's consequences imposes additional responsibilities on two groups. Policy makers at local, national (state) and international levels need to make high-quality decisions to enhance security. At the same time, individuals become responsible for creating and selecting their own individual securitability strategies."[3]

The human security concept combines a set of components at the global, regional, national, local (community) and individual levels that have reinforcing and weakening (threatening) effects. This explains why human security studies are so the diverse. Research has been done on more than 140 countries[4] and regions[5] that are directly or indirectly affected by human security challenges.

The Concept of Human Security in Latvia

A great deal of attention is paid to the human security concept in Latvia, and this provides Latvia the opportunity to accumulate and use political capital at the community, national, and global levels. The 2002/2003 Latvian Human Development Report which is devoted entirely to the topic of human security was successful in introducing the concepts of securitability, sense of security, security threshold, individual's psychological traits, etc. to the reader.[6] The role of the community is especially highlighted in the report. In 2010, two research groups began work on human security. F. Rajevska led the team analysing

1 Human Development Report 1994. (Oxford: Oxford University Press, 1994), 22-24. http://hdr.undp.org/en/media/hdr_1994_en_chap2.pdf (1.12.2013)

2 Amouyel, A. "What is Human Security," *Human Security Journal.* Issue 1(2006) :10-23; Bajpai, K. "Human Security: Concept and Measurment," *Kroc Institute Occasional Paper.* Nr.19 (2000); Liotta, P. H. and Owen, T. "Why Human Security?" *The Whitehead Journal of Diplomacy and International Relations*, Seton Hall University, (Winter/Spring 2006): 37-54; Newman, E. "Critical human security studies," *Review of International Studies.* Vol. 36 (2010) 77-94; Owen, T., *Challenges and opportunities for defining and measuring human security*, http://www.unidir.org/pdf/articles/pdf-art2138.pdf .

3 Ozoliņa, Ž. "Cilvēkdrošība: vai iespējams visaptverošs definējums?" in *Cilvēkdrošība Latvija un pasaulē: no idejas līdz praksei.* ed.Ozoliņa Ž. (Rīga: Zinātne, 2012), 17.

4 Human Development Reports on Human Security in the UN database. http://hdr.undp.org/xmlsearch/reportSearch?&k=&t=human_security_and_conflicts:Human+security&orderby=year&lang=en&y=*&c=*&p=3 (UNDP homepage; last viewed 28.11. 2013)

5 Arab countries (2009), Latin America and the Carribean countries (2009-10) un Eastern Europe and Central Asian countries (2005).

6 Latvia. Human Development Report 2002/2003. Human Security. (Riga: UNDP, 2003) 58 – 81.

economic and social aspects of human security.[7] Researchers headed by Ž.Ozoliņa developed a comprehensive model for analysing human security that can be applied to international, national, community and individual levels across different realms of life.[8] Strengthening human security has become one of the three main priorities of the Latvian National Development Plan. Latvia is a unique country in its use of theoretical and applied research, because the human concept is usually used in countries and regions debilitated by conflict and extreme poverty, and in transition countries. In countries with higher development indicators, use of the concept is usually temporary and fragmented, depending on the characteristics of the threat. Consequently, stakeholders in Latvia have the necessary knowledge, skills and experience to create a handbook to share best practise with countries and regions, regardless of their level of development. Human security is a universal value, and since the definition of human security has been expanded from "freedom from fear and freedom from want" to include the dimension "freedom to live in dignity"[9], there is no reason to assume that human security applies only to certain geographical regions or specific thematic contexts.

Latvia's many human security studies and applied human security in practise may, in 2015, contribute to Latvia's Presidency of the EU Council. 2015 will be the European Year of Development, the United Nations Year for reviewing the Millennium Development Goals, and it will be the year that the Eastern Partnership Summit will take place in Riga, Latvia's capital city. These three processes can become "cemented" together through the prism of human security.

The Concept of Community

The concept of "community" is understood and used in many different ways. A community may be identified together with its non-governmental organizations, which are important actors providing security. However, the community includes a broader set of elements. First, the community harbours essential material resources for human security - the municipal budget and other monetary resources (for example, international aid or raised private funds), infrastructure, a network of institutions (schools, cultural centres, municipal government offices, etc.), the environment and the quality of the community itself. Second, the community's political resources are associated with municipal activities, their democratic nature, the readiness of local authorities to implementing people-oriented policies –police plans, support policies for people who are in need, and many other policy components, meant for implementation at the community level. Third, the community consists of formalised non-governmental organisations - NGOs. The higher the saturation level of pro-community NGOs, the easier it is to ensure individual strategies for reinforcing human security. Fourth, the community consists of the entirety of its informal support networks and personal relationships. It is the exactly the community

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7   Rajevska, F. *Cilvēkdrošība Latvijā: riski un izaicinājumi.* (Riga: LU Akadēmiskais apgāds, 2012).

8   Ozoliņa, Ž. (ed.) *Cilvēkdrošība Latvija un pasaulē: no idejas līdz praksei.* (Rīga: Zinātne, 2012).

9   Owen, Taylor. *Challenges and opportunities for defining and measuring human security* http:// www.unidir.org/pdf/articles/pdf-art2138. pdf (skatīts: 1.12.2013.); Tadjbakhsh S., Chenoy A.M. *Human Security. Concepts and implications* (London, NY: Routledge, 2007).

level that can guarantee personalised, informal support networks to a much greater extent than can the national level actors because it is able to directly and accurately respond to individuals' perceived fears, risks and even threats. Fifth, the community consists of individuals from the neighbouring surroundings, each of whom has its own securitability resources that can serve the community and other people.

The Human Security Concept in the Community

Edward Newman has compiled definitions of human security (HS) that can be used to distinguish the most important human security aspects for community level human security studies from the wide array of offerings. They reflected the prevailing approaches in four areas:

The first is the UN definition (human security is "freedom from fear and freedom from want"), which is considered to be the broad interpretation and is limited in its analytical potential. It can, however, serve as a point of reference for the community level to identify whether threats and risks related to a HS problem are high, medium or low. If the HS risks fall into the "fear and want" categories, they require immediate action, and, possibly, the community may need international support.

The second, or narrow definition, relates to threats in situations of armed conflict, as well as repressive governments and fragile states. This definition is mainly attributable to the political and personal realms of human security. Most community level threats appear in these two realms and are conducive to local and international solutions.

The third group includes those human security definitions that apply to policy and increasing its effectiveness. Newman says that the concept of human security serves as a framework for various approaches to preventing non-traditional threats - HIV/AIDS, drugs, terrorism, human trafficking, anti-personnel mines and others. He points out that such grouping helps to raise the awareness level of the issues and their inclusion into the political agenda. Shahrbanou Tadjbakhsh describes the need to activate the HS concept and integrate it into policies, pointing to the fact that national and international organizations lack a necessary set of indicators to serve as a point of reference for political actors responsible for provision of human security as a global public good. She points out that traditional institutions may prove to be powerless in preventing certain threats, but they, nevertheless, have the means for rapid response through short-term crisis solutions as well as long-term policy solutions.[10] Central to this approach is reorganising national and local government decision-making to ensure human security, setting specific minimum welfare boundaries, which reaffirm the need to define the boundaries of human security within the framework of interaction of the state, individuals and international organizations.

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10 Tadjbakhsh, S. "Human Security: Concepts and Implications. With an Application to Post-Intervention Challenges in Afghanistan," *Centre for Peace and Conflict Resolution*, (2005): 8-9.

Newman's fourth group of human security definitions essentially attempts to integrate human security into existing international security studies.[11] It moves away from definitions that are meaningful for developing countries, but not useful elsewhere and is directed towards a comprehensive analytical model.

The search for a universal HS model undertaken by Latvian researchers helps to distinguish those aspects of HS that are relevant to at the community level from the spectrum of other components. Appropriate analytical models can be created based on Newman's four groups of HS definitions.

The essence of human security should be sought and can be found in the space where there is a high intensity of interaction in relations between the human, the state (country) and the international environment. Material resources at the disposal of the state themselves do not contribute automatically strengthen security and an individuals' sense of security, which can range from fear to empowerment. Material resources do not automatically pre-determine that a person has a clear strategy for action in the event of danger.

To model the most intense space in which human security gains can be the greatest, look to the space, where two elements are found at an equally high level: objective conditions of security (freedom from want), and conditions where the individual has the ability to dig into his/her "box of available resources" to create individual security strategies and avoid threats (freedom from fear). The core of the human security concept is the enhancement of the individual's securitability, which "expands human choices"[12] rather than reliance on ready-made security solutions offered by the state, community or an international organization. In this case, emphasis is placed on the individual's active role in threat and risk mitigation, not tactics of passive reliance on others. The following figure characterises the traditional model of human security and can be used for developing an understanding of many other human security aspects. (See. Fig. 1.)
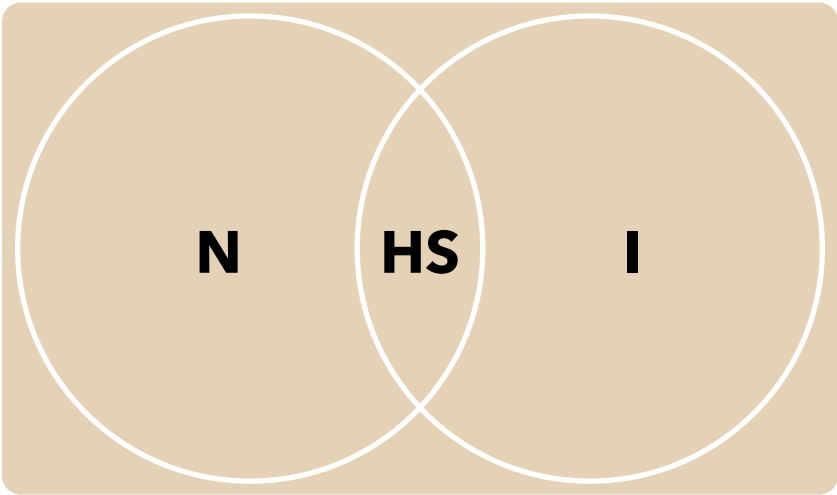

Figure 1
The traditional model of human security

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11 Newman, E. "Critical human security studies," *Review of International Studies* (2010): 36, 79-81.

12 Tadjbakhsh S., Chenoy A.M. *Human Security. Concepts and Implications.* (London, NY: Routledge, 2007), 116-120.

The concept of 'state' is understood as the political and social form of organization of a population living in a certain area that consists of its materials (resources, territory, population), institutions that administer and organise (the executive bodies, the court, parliament, civil service, laws, norms) and the national idea/aim - the totality that serves components (values, ideologies, national identity).[13] In short, the state is the main keeper and manager of public human security resources and it ensures that tangible and intangible components are available/not available to the individual.

Of the three components of the state, the most important resources for human security are the economy (reflected in the gross domestic product, the structure of the economy, competitiveness, average household income, employment and other indicators); the political system (the stability of the government, a transparent legislative process, an open and inclusive political decision-making process, effective mechanisms for participation of civil society in state affairs, civil liberties, and others); social policy (access to benefits, social policy that complies with the public interest, family policy, youth policy, and others); the public sector (accessibility of culture, freedom of religion, identity, community support, social networks, etc.); and justice and home affairs (mechanisms to ensure the individual's security, access to justice, prison conditions, levels of corruption, etc.). These indicators can be supplemented, combined and recreated, depending on national circumstances and the relevant human security situation. Their selection will depend on the research or policy goal.

If the state is the keeper of resources, then it puts securitability instruments at the disposal of the individuals. The state has two groups of resources that also may be referred to as levels. The first is the international and domestic policy level, which includes the development and improvement of legislation, compliance with international norms and human rights, long-term strategy development, as well as the creation of an enabling environment for civic activities and encouragement for individuals to be pro-active. If policies are based on the promotion of human security, then, as Caroline Thomas writes, the state takes responsibility to promote greater social equality, which simultaneously encourages individuals to participate more in the political process.[14] Thus, the individual becomes co-responsible for the development of the state and social progress. As a result, policy makers benefit because they acquire a greater range of allies. In turn, this reduces the gap between power and society, as individuals take responsibility for policy decisions.

An individual's willingness and ability to increase his/her securitability is affected by several elements. The first is knowledge that has been acquired and continues to increase. No wonder one of the classic definitions of knowledge asserts that "knowledge is the capacity to act"[15], referring to its dynamic rather than static in nature. The more a person knows the better are the chances that she/he will participate in strengthening securitability. Second, it is important that the individual is motivated to participate in threat and risk

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13 See: Buzan, B. *People, States and Fear. An Agenda for International Security Studies in the Post-Cold War Era*, (London: Harvester Wheatsheaf, 1991); Dyson, K.H.F. *The State Tradition in Western Europe* (Oxford: Martin Robertson, 1980); Migdal, J.S. *Strong Societies and Weak States: State-society relations and state capabilities in the Third World* (Princeton: Princeton University Press, 1988).

14 Thomas, C. "Global Governance, development and human security: exploring the links," *Third World Quarterly*, Vol. 22, Nr. 2: 161

15 Stehr, N. *Knowledge Politics: Governing the Consequences of Science and Technology* (Boulder, CO: Paradigm Publishers, 2005).

prevention and the development of his own securitability strategy. Knowledge, which is not accompanied by motivation to act and make decisions, can remain in a passive state, only as a set of ideas without value added. Third, the individual is responsible for selected strategies, their consequences in his or her life and in society as a whole. Fourth, participation in public life and society is another condition for strengthening human security. If people do not use intermediaries, institutions, formal and informal social networks, access to state resources may be diminished since the most efficient way to acquire human security offered by public resources is to use channels that ensure participation. Fifth, the individual's attitude towards risk affects securitability. Each individual's life is reminiscent of a cycle that moves from one crisis to another. If a person has developed and implemented risk management skills, then the risk may become a factor reinforcing development and securitability.

Since the point of reference of the human security concept is the range of relationships between the state and the individual, it is important to determine the intermediaries that help people stay linked with the state and external players. The most important intermediaries are government and non-state actors in the locality that are considered decisive in shaping securitability at the community level. It is almost impossible to maintain direct relations between the individual and the state, so intermediaries become both a resource and the channel through which transactions for strengthening human security take place. One of the reasons why the human security level is higher in democratic states than in other types is the existence of a large number of mediating networks with a diversity of expertise. This includes municipalities, local support groups, non-governmental organizations, social networks, church, epistemic communities, social workers, local leaders and other units that are close to the individual, all of which understand individual's needs and can provide support. It can be assumed that the relationship between the state and the person can be managed without intermediaries, but this is possible when individual securitability high and the individuals have sufficient knowledge on how to mitigate risks and ensure their own security. In situations where objective factors are favourable, individuals may also need small-scale, specific support measures. One of the ways to reinforce the human "securitability zone" and ensure its sustainability is to identify intermediary networks and facilitate their use.

The proposed model of human security focuses on a "securitability zone" that is used by the individual to strengthen his/her securitability. It comprises an entirety of means and activities, both objective and subjective which are accumulated and made accessible by the state, community and individuals. In this model, all of the main elements of human security are equal, i.e. the resources of the state, the community, and individuals as well as opportunities offered by intermediaries. The international environment in this case is a milieu in which securitability is strengthened.
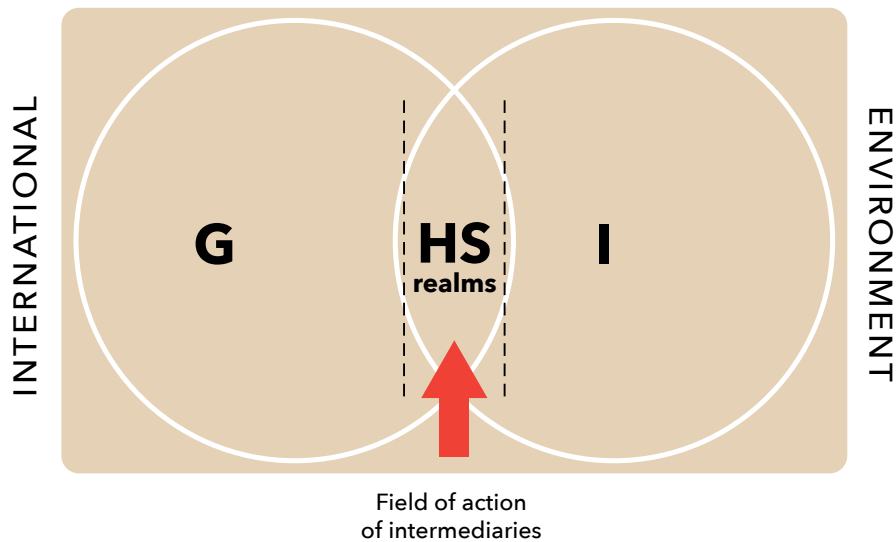
Figure 2
Universal / dynamic model of human security

The use of this universal model to analyse situations has several significant advantages over other models. First, it provides an inclusive, rather than exclusive approach to human security because no aspects of human security are ignored. The comprehensive approach does not disclaim or underestimate the value of research on narrower fields of human security, such as social security.

Second, the universal model provides an opportunity to look at human security as a dynamic rather than a static process. Since the focus is on the interaction between the state, intermediaries, individuals and the international environment, analysis can lead to an unlimited number of different securitability solutions, as well as combinations of benefits and risks. This dynamic approach to human security ensures that when the human securitability zone decreases in the direction of the state or the individual, policy can be revised and applied according to latest needs of the individual, society, community and the country as a whole.

Third, the proposed model, unlike others, places more attention on the role of the individual and his/her participation in the strengthening of his own securitability and that of others (a bottom-up approach to HS). Undeniably, a certain set of material conditions need to be met to guarantee human security. However, individuals and communities do not participate, resources may remain unused. In this model, the person is just as responsible for human security as is the state.

Fourth, the intermediary element of the model deepens the understanding about potential of people in fulfilling their own security needs. It would be an exaggeration to say that the other researchers who have analysed human security through some theoretical framework have ignored intermediaries, but most analyses are narrowed down to NGOs and the intermediaries are considered sub-ordinate to the national level. In this case, intermediaries become an integral part (or ally) in the cooperation between the state and the individual. As individual needs for diverse services and instruments to avoid potential

risks and threats increases, intermediary partners are required that have specialized knowledge and skills about local conditions of the individuals.

The full text version of this study includes additional information about realms of human security and stakeholders. It also includes a table summarising indicators that can be customised for specific community conditions which is useful for creating a "human security resource map".

II
The Practical Guide to Improving Human Security

Content of the Practical Guide

The Practical Guide uses the term "NGO" to refer to any formal or informal non-governmental organisation that is active in the territory of one or more local governments with the purpose of improving quality of life. The term „local community" describes a group of inhabitants united towards the goal of improving the quality of life in a certain neighbourhood or place. There can be more than one community in an area covered by a local government that cares about a neighbourhood. At the same time, local communities can overlap with NGOs since communities can include members of different NGOs working in the area.

The Practical Guide contains practical tools for use by individuals and non-governmental organisations wanting to actively increase their personal human security and that of their family, friends, acquaintances and neighbours. The Practical Guide can be used by individuals and groups alike. If you choose to use it in a group or an NGO, then we suggest introducing the group to the concept of human security and inviting a moderator from another NGO to help your group identify threats and develop solutions. A mutual exchange of results between different NGOs also useful because it will help you compare, analyse and approach human security from different perspectives. The human security approach in this handbook is more than a community participation exercise, since it focuses on providing common solutions for the community. The Practical Guide also includes a section for local government officials to provide insight into potential human security gains that local governments themselves can promote. Thus, the reader is invited to choose whether to read the chapter dedicated to his/her personal perspective or to read the whole handbook to better understand the role that NGOs and local governments may play.

The practical examples in this handbook originate from community working groups in Latvia that are already on the path to strengthening human security. Only several NGO cases are described because building community human security is a new approach.

How to Work at the Individual Level

The basic building block of human security is the individual's personal sense of security –How secure do I feel today? How do I feel about the future? What should I do if I am feeling insecure?

Human insecurities are diverse and unique, but they all answer to the question – why am I worried? Can I affect the circumstances around me? Some of the issues are about me (I have not been to adult education classes for several years now), but some are out of my control (the heating system breaks down on the coldest day of winter).

Each person develops his own individual action plan to overcome encountered threats using the best available resources. Personal experience, relatives' and friends' suggestions, creativity, thinking outside the box, a positive attitude, hope, agency and rational planning, as well as readiness to take risks form the basis for overcoming fears and for developing one's own unique survival strategy.[16]

Where can I find assistance and support?

> ▶ **Be honest with yourself.** Acknowledge your fears and promise to overcome them. Make an agreement with yourself about action to take. It is easy if you understand your concerns, write them down and then choose the ones you are willing to tackle. Overcoming fear requires real action. If you decide to take an adult education course, for example, then do it. Don't give up after the first class.

> ▶ **The local NGOs.** There are NGOs in almost each region that deal with social issues and involve people in different activities. Some of these are officially registered as associations, but many are informal. Informal groups come together to solve local problems, for example setting up playgrounds.

If you as a representative and member of your community want to:
   a)   improve the quality of the environment;
   b)   participate in deciding directions of development in your area;
   c)   participate in decision making regarding local development issues;
   d)   share your knowledge and skills;
   e)   gain new knowledge and skills;
   f)   do community projects that improve people's lives;
   g)   start up new community activities, for example social entrepreneurship projects;
   h)   initiate economic activities;
   i)   help people develop a sense of belonging to the community and municipality;

...then it is probable that you are also ready to find like-minded people to join.

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16   Reinholde I., Ozoliņa Ž., Ijabs I. "Cilvēkdrošība Latvijā: krievu kopienas skatījums". Ozoliņa Ž. (red.) *Cilvēkdrošība Latvijā un pasaulē: No idejas līdz praksei.* Zinātne, 2012, 343.-345.

You can't expect others to immediately accept your ideas, but you have to start somewhere. Good places to start are:

▷ The local government. Most people consider the local government the level of power that is closest to the people. People can both seek advice and assistance from their local governments. Social services personnel advise and assist people in crises.

▷ You can also find information at municipal information points – the library, school or local museum.

Remember:

▶ Each person experiences fears and concerns that grow **more intense at certain periods in life.**

▶ Once you identify your fears, you will see that **you are not alone.**

▶ **Find your allies.** Talk to your neighbours and acquaintances, ask them about their anxieties. You may have concerns in common.

▶ **Show initiative** if you see that you and others need to solve the same issues. It just might be that the neighbours are all waiting for someone to begin.

How to Work at the NGO Level

When beginning any endeavour to improve human security, the NGO or informal group should first start with the question, "What have we already done to improve the local environment, security and life of people in the district, town or neighbourhood?" Improved public rest and recreation areas, renewed playgrounds, benches in the local parks, other park improvement projects, volunteer safety patrols for young primary school children crossing the highway - are all investments in human security. Thus, NGOs that are planning to do systematic work on human security should make a list of their good deeds. Many tasks on the list most likely have been accomplished with the help of active citizens, possibly without financing from the local government. This shows that people can agree to common action to improve the situation.

If you have an NGO or informal group in your area, then you are lucky because such groups are best positioned to address most human security issues. That is because:

1) NGOs and/or informal groups engage citizens to move toward solutions;

2) NGOs and/or informal groups react faster and are more flexible than public services (for example, in supporting people in times of crisis);

3) NGOs and/or informal groups have experience and knowledge that individuals alone may not have (for example, information and knowledge in solving a problem).

NGO cooperation

NGOs in Latvia unite in different types of networks and platforms nationally and internationally. For example, there is a global platform to avoid armed conflicts - The Civil Society Network for Human Security[17]. There is also network on human security for governments– the Human Security Network (HSN).

How do NGOs initiate discussions about improving human security?

- ▶ Establish a working group;
- ▶ Choose and invite a moderator;
- ▶ List successful accomplishments
- ▶ Agree on a scenario for the working group.

Although human security work in Latvia needs to be concentrated on improving health security and social security, not in reducing the threats related to armed conflict, Latvian NGOs can participate in networks to share Latvia's best practise in resolving human security issues. Human security issues are usually resolved through a "regional approach", based on specific needs of a region.[18] Although regional is usually understood in terms of larger territories (such as the Middle East or North Africa), *regional* in the Latvian context can mean – at the *planning region* level or within the territory of a district.

Remember:

- ▶ Each person's fears are important.
- ▶ NGOs can recognise the concerns of the community members and help them create solutions.
- ▶ NGOs must ask people about the concerns and not assume that their members know what other people think.
- ▶ Improving a community's human security is a long-term and systematic endeavour.
- ▶ When NGOs address human security issues, they may meet with indifference on the part of some group participants.
- ▶ Each participant in a working group must take on some task on behalf of the community.

What should local governments do?

Local governments, as the closest form of government to the people, are best positioned to create strategies and social safety nets to protect local community needs. Moreover, local governments can both empower and protect their communities. That means that the local governments play a dual role in strengthening human security. On the one hand, they are the "protector" or the "provider of fish" and hurry to the assistance of the inhabitants

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17 *The Civil Society Network for Human Security.* http://www.humansecuritynetwork.net/
18 *Human Security: Approaches and Challenges.,* pg.8. http://unesdoc.unesco.org/images/0015/001593/159307e.pdf

whenever there is a lesser or greater problem. This role, in the long term, will lead to a dependency on local government help and requires considerable financial resources. On the other hand, the local government can be the "facilitator" or "provider of the hook", urging and helping NGOS and communities raise their capacity to participate in decision making and implementing decisions.

An empowered community that is able to influence local level decisions is organised, its members cooperate with each other and it relies on its strengths (i.e. knowledge and skills). [19] For example, a local government is in need of an active recreation area for tourists. A protective local government will prepare a tender, advertise a competition, and the winner will develop the recreation area. Most likely, in due time the local government will receive complaints that the benches are broken and the garbage cans damaged. The facilitating local government might act differently. The facilitating local government will invite community members to a town meeting, ask for suggestions where to locate the recreation area and will encourage the citizens and the NGOS to take initiative in organising the development of area, covering the costs of the needed material (for example, buying garbage cans or benches).

When empowering and strengthening the local communities and NGOs, local governments should pay attention to the following:

► Activities to inform citizens and local communities (for example, local newspapers, local government websites);

► Support local community organisations (for example, by providing space for NGO activities in local government buildings);

► Support local community organisations and informal group activities (for example, by participating in public area improvement projects);

► Providing the public with information about NGO opportunities at lectures, seminars and in discussion groups.

How can a local government measure the degree of human security of its community members? There is no single human security index to measure the level of human security in the territory of a local government. However, it is possible to detect when people are insecure.

Some possible indicators include:

a) an increase in the number of citizens that register for social assistance;

b) an increase in petty crimes such as hooliganism and vandalism in the municipality;

c) the population is apathetic –few people attend events organized by the local government, or people are unwilling to participate in events organised by active individuals that are aimed at improving the quality of life for community members (for example making trails or setting up benches in public areas);

d) residents express fears in public opinion polls and population surveys;

e) the population considers the cause of all the problems to be a lack of funding;

f) residents are not willing to act unless encouraged to do so by the local government.

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19 "What is community empowerment?" *National Empowerment Partnership* (April 2008).

TABLE 2

HUMAN SECURITY IMPLEMENTATION STAGES -
FROM THE NGO AND INDIVIDUAL PERSPECTIVE

Human security implementation stages[20]	Possible activities at the community level – the NGO perspective	Possible activities at the community level – the individual perspective	Possible activities at the community level –the local government perspective
Analysing the Situation	Activities clarify the reasons for the sense of insecurity of individuals and social groups. It is important to determine the number of people affected by the insecurity.	Individuals themselves determine the basis of the individual, personal sense of insecurity. It is also important to determine the degree to which the issue on the personal level applies to and differs from the insecurities of others.	Activities clarify the causes of the insecurities of the individual and social group. It is important to determine the extent to which other community members are subject to the fears.
Mapping threats, needs, vulnerabilities, risks and capacities.	At this stage, the NGO maps threats, needs, vulnerabilities, risks and capacities. The mapping exercise must give an overview of the realms in which individuals and NGO sense threats. Subsequently, it is possible to understand what community resources exist and what resources the community needs to overcome the lack of human security.	It is important that individuals make Strengths, weaknesses, opportunities and threats (SWOT) analysis to determine all of the realms in which the individual feels threatened and to clarify consequences of the sense of insecurity.	The NGOs do the mapping exercise that should provide a complete overview of the realms in which individuals and NGO sense threats. Subsequently, it is possible to understand what community resources exist and are needed to overcome the lack of human security. The local government must understand whether it has previously

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20 Here and below: Stages of implementing human security policies from: *Designing a human security programme/project*. Version 1.0. Human Security Unit, OCHA (e-format online https://docs.unocha.org/sites/dms/HSU/Publications%20and %20Products/Human%20 Security%20Tools/Designing%20a%20Human%20Security%20project-programme.pdf 03 June 2013.

			addressed the causes of the community's concerns.
Developing the protection and empowerment strategies	In the strategy development phase, instruments are chosen to overcome insecurity.	In the strategy development phase, instruments are chosen to overcome insecurity.	In the strategy development phase, instruments are chosen to overcome insecurity.
Implementing the strategies	The strategy elaborated in the previous stage is implemented for a short or medium term.	The strategy elaborated in the previous stage is implemented for a short or medium term.	The strategy elaborated in the previous stage is implemented for a short or medium term.
Evaluating the impact on human security	At this stage, the NGO acquires information about problems in implementing the strategy as well as about the achievements.	At this stage, the NGO acquires information about problems in implementing the strategy as well as about the achievements.	At this stage, the NGO acquires information about problems in implementing the strategy as well as about the achievements.

Further action

This study introducing the implementation of community-based human security is the first activity of the Latvian Platform for Development Cooperation (LAPAS) in the field of human security. Given the contemporary nature of the concept, it has potential both in Latvia and globally.

The theoretical approach offers a comprehensive perspective on the community level, highlighting both the human security model and realms of human security, as well as recommended actions for the individual, the community and the municipality. The theory-based practical guide offers methodology, best practice cases and sample action plans for strengthening community human security. The applicability of the study is not restricted to Latvia – the guide can be used by other communities in development cooperation projects.

To promote the human security approach in Latvia, the guide should be disseminated to individuals, communities and local governments, and they should be encouraged to raise their capacity on applying the concept.