



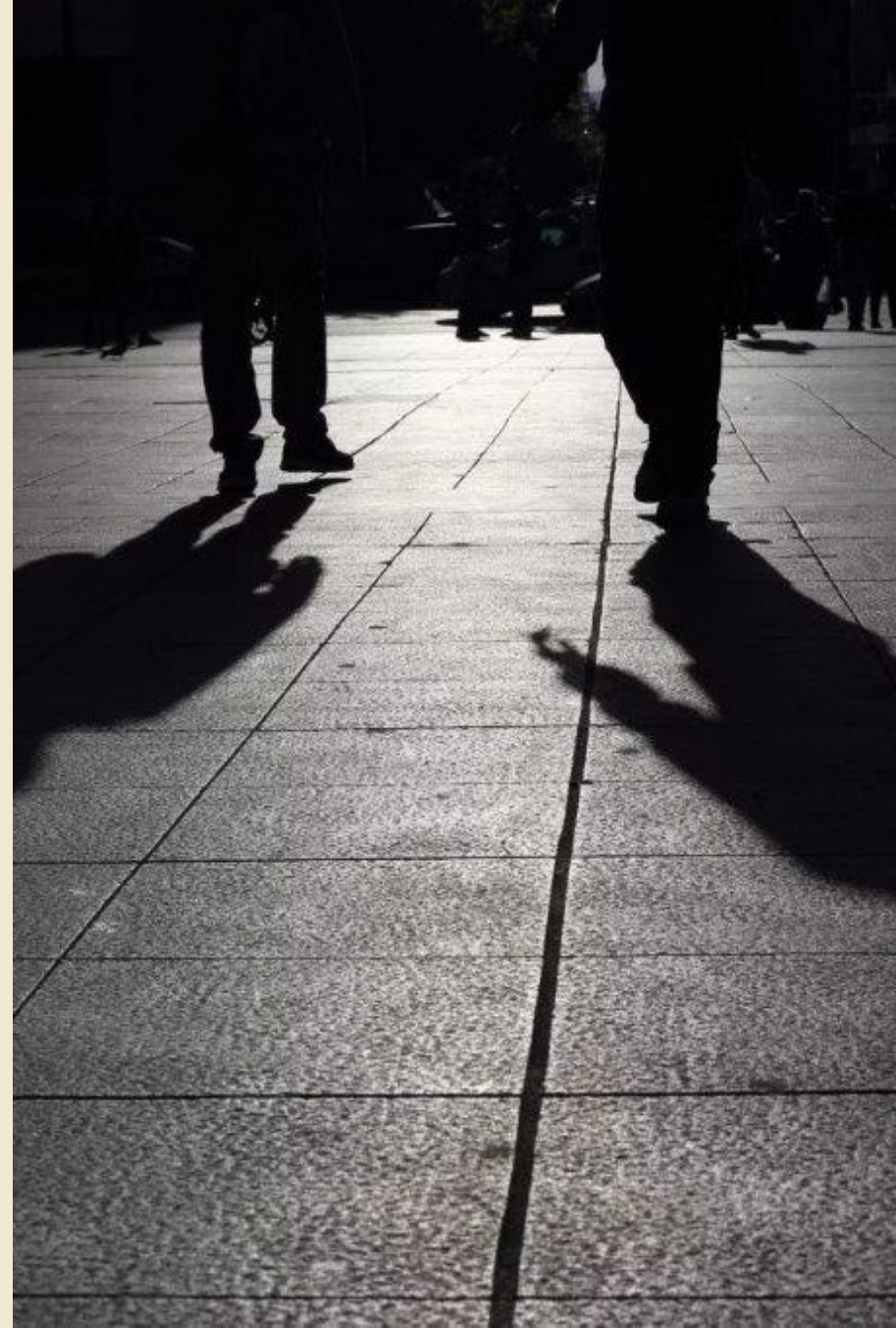
THE 3-SECOND TEST TO KNOW IF YOU'RE BEING FOLLOWED

**One Tiny Test. One Huge Difference—Between
Safe and Sorry.**

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THAT FEELING IN YOUR GUT ISN'T PARANOIA... IT'S YOUR INTUITION.

You're walking to your car.
Or shopping.
Or just heading home after work.

Then it hits you—

Something's off.
A chill climbs your spine.
You sense someone behind you.

And the questions start:
"Am I being followed?"
"Am I just imagining this?"
"Should I act... or will I look foolish?"

You're not alone.

Most women have felt this exact fear.

In fact, 75% of women say they've been followed by a stranger at least once.

But here's what matters most:
The faster you recognize the threat, the safer you stay.

This guide gives you one simple tool - **The 3-Second Test** - to help you trust your instincts, spot the warning signs, and take back control.

Because in that moment...
You need more than fear. You need a plan.



THE 3-SECOND TEST TO KNOW IF YOU'RE BEING FOLLOWED

Sometimes **it's not about panic**. It's about patterns.

Use this quick 3-step test to go from "***Am I just imagining this?***" to "***I know exactly what to do next.***"





STEP 1: Cross the Street — Twice

1

Look for Irrational Mimicry

Change your direction by crossing the street once, then again.

Or cross and double back in the opposite direction.

It doesn't need to be dramatic. Just enough to break your original path.

Now pay attention.

Does the person follow you across?

Do they mirror your movement—even when it makes no logical sense?

That's not coincidence.

That's a **red flag**.

2

SAFE Tip

As we always teach, I'd rather risk looking overly cautious - or even a little foolish - than risk something actually happening.

Some people worry they'll seem paranoid or dramatic, but here's the truth:

It's better to be wrong and feel a bit silly than to ignore your gut and face the alternative.

Anyone who isn't a threat won't even notice.

But if someone *is* following you, you'll be glad you trusted your gut.

Safety first. Pride second. Always.



STEP 2: Change Your Pace — Quickly

Force a rhythm break.

Slow down.

Speed up.

Even jog for a few seconds.

But be careful when you slow down—
you might be giving them a chance to close the gap.

Picking up the pace is usually better.

It creates space.

And if they match or pass your speed?

That's a red flag.

**Do they adjust their pace to
match yours?**

That's not coincidence. It's confirmation.





STEP 3: Enter a Store or Turn 180°

Force a decision. Catch a pattern.

If you're still unsure, it's time to test more directly.

Walk into a store, café, or any public building.

Linger. Pretend to browse. Watch what happens.

Or, **if it feels safe and you're in a public, well-lit space,**

stop walking and turn 180° to face the direction you came from.

Now observe.

- Do they follow you in... but clearly don't belong there?
- Do they pause outside, awkward and unsure?
- Do they suddenly check their phone—or stare at their feet?
- Do they freeze... or quickly walk away?

These aren't random behaviors.

They're **reactions**—to *you*.

And that's not a coincidence.

SAFE Tip

Only use this move in public, populated areas.

Avoid isolated places like alleys, stairwells, or dimly lit paths.

You want safety in numbers, visibility, and easy exits.

This step isn't about confrontation, it's about confirmation.

And if you get one more red flag here, it's time to act.



Still Not Sure? Act Like You Are

You don't need to be 100% certain.

In fact, waiting for certainty can cost you time you don't have.

If your gut says something's wrong—treat it like it is.

Your intuition exists for a reason.

It doesn't need permission to protect you.

Even if it turns out to be nothing, **you've lost nothing** by being cautious.

But if you hesitate and it *is* something—**you've lost time, options, and maybe safety.**

So what's your next move?

Get to safety—fast and confidently.

Don't freeze. Don't apologize. Don't worry about what others might think.

That's exactly what we'll cover next.



**Awareness is the first step,
but action is what keeps you safe.**



WHAT TO DO WHEN YOU KNOW YOU'RE BEING FOLLOWED

When your instincts confirm it—**don't second-guess**. Act quickly, and make sure your moves are **visible and deliberate**.



GET TO SAFETY FAST

Head straight for a busy, well-lit public space: a store, café, restaurant, office lobby, anywhere with people and cameras.

Crowds create protection.

Visibility makes it harder for someone to continue unnoticed.



FIND AUTHORITIES

If one is nearby, **go directly** to a police or fire station, or a government building.

These locations offer both help and deterrence.



ASK FOR HELP

Approach a staff member or bystander and say clearly:

"I think someone's following me—can I use your phone or stay here while I call someone?"

This does two important things:

It alerts others to your situation, and it puts pressure on the person following you, **showing you're not alone and not afraid to speak up.**

Forget about looking foolish. Focus on staying safe. That's what matters.



IF YOU'RE IN A RESIDENTIAL AREA

Look for signs that a home is likely occupied:

- Toys or bikes in the yard
- Cars in the driveway
- Lights on or front door open behind a screen
- Barking dog or sounds of people inside

If you must, knock and ask for help, but **trust your instincts**. Only approach homes that *feel safe*.

 **SAFE Tip:** Don't assume someone will help. Some may not open the door or call the police, prepare for that possibility.



IF YOU HAVE NO SAFE PLACE NEARBY: YELL

Yes—yell. Loudly. Clearly

“This person is following me! Call the police!”

Don’t be vague.

Point directly. Name the behavior. Make it impossible to ignore.

Most people don’t want to be exposed—
and calling them out in public often makes them
retreat.

REMEMBER:

Feeling embarrassed lasts a moment.

Feeling safe lasts a lifetime.





She Had One Shot to Get Help—So She Threw a Vase Through the Window

A woman we worked with once told us about a moment that changed everything.

She was being followed and had no safe place nearby. She ran up to a house and begged the person inside to help her. The homeowner shut the door in her face.

*"She knew if she stayed outside, **she was going to be attacked...**"*

So she grabbed a vase from the porch... and threw it through the window.

When the man inside came to the door, yelling, she shouted:

"GREAT! That's what I wanted, you to **call the police!**"

The man who had been following her? He heard it—and ran.

That vase may have saved her life.



SAFE Tip: When help doesn't come, create a scene. Criminals want silence. You want safety.



You Took the First Step Toward Safety... Now Let's Go Further.

This guide is just the beginning.

If you're ready for deeper tools, practical training, or even want to teach others, you're in the right place.



Watch Chris Roberts Teach This Lesson Live

Video Tutorial

 [What To Do If You Are Being Followed LIVE](#)

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