You won't ever be 100% safe accept it and...

Embrace it.

But...

Fear is a feeling

Learn to control it.

Security is just a perception

don't relay on it.

Make sure you understand the context of where you are

also...

Security by obscurity

It isn't your friend...

Proactive Security

The best defence is a good offense

They are going to track you

use it in your advantage...

Let all your friends, publicly, know where you are

Live an open life...

That'll FREE you from the thought of being followed

... 'cause they already know. And...

It will help you plan and be prepared if they get you

'cause they are going to get you... But

People will know, people will help you and look out for you

And, also...

You need to help people, look out for them... And learn to trust them

... in at least a way.

Develop a trusted network of people like you.

It might become critical in some environments.

Be open, be free and be safe!

Thank you