

**SENT VIA CERTIFIED MAIL - RETURN RECEIPT REQUESTED**

**Date:** [Date]

**To:** [Harasser's Full Name]  
[Harasser's Address, if known]  
[Harasser's Email/Social Media Handle]

**RE: FINAL CEASE AND DESIST NOTICE FOR CYBERSTALKING AND HARASSMENT**

Dear [Harasser's Name],

This letter serves as a formal and final demand that you immediately cease and desist all forms of harassment, cyberstalking, and unwanted contact directed toward me, [Your Name].

Your recent actions, which include but are not limited to [list specific behaviors, e.g., repeated unsolicited emails, social media tagging, monitoring my online activity, or spreading false information], are illegal, defamatory, and constitute a direct violation of my privacy and safety.

**TAKE NOTICE THAT:**

- You are prohibited from contacting me via telephone, email, social media, or any third-party messaging applications.
- You must stop posting, sharing, or disseminating any information, images, or comments regarding me on any public or private online platform.
- You must delete all existing unauthorized posts or content regarding me immediately.

This is your final warning. I have documented all previous interactions and digital evidence of your behavior. If you do not comply with this demand immediately, I will not hesitate to pursue all available legal remedies against you. This includes, but is not limited to, filing a formal police report for cyberstalking, seeking a permanent Restraining Order / Order of Protection, and initiating a civil lawsuit for damages.

Do not contact me to discuss this letter. Any further communication from you will be handed directly to law enforcement and my legal counsel as evidence of continued harassment.

Sincerely,

[Your Signature]

[Your Printed Name]  
[Your City, State]