

Date: [Date]

TO: [Name of Individual or Entity]

ADDRESS: [Full Address]

RE: FORMAL NOTICE TO CEASE AND DESIST HARASSMENT

Dear [Name],

This letter serves as a formal demand that you immediately cease and desist any and all harassment, unwanted contact, and communication directed toward me. Your recent behavior, specifically [list specific actions, dates, or types of contact], is unwelcome and unacceptable.

This conduct is causing significant distress and interference with my daily life. Please take notice of the following requirements:

- Stop all forms of communication, including phone calls, text messages, emails, and social media contact.
- Cease all physical surveillance or following of my person.
- Maintain a physical distance and do not approach my residence or place of employment.
- Refrain from making defamatory or harassing statements about me to third parties.

Consider this a final warning. I am documenting all instances of your behavior and all future violations. If you do not comply with this demand immediately, I will be forced to pursue all available legal remedies, which may include filing a police report, seeking a formal restraining order, and initiating civil litigation for damages.

Do not respond to this letter except to confirm in writing that you will comply with these demands.

Sincerely,

[Your Signature]

[Your Printed Name]

[Your Contact Information - Optional]