

Date: [Date]

TO: [Full Name of Individual]

Address: [If known, otherwise list Platform Handle/Username]

RE: FORMAL DEMAND TO CEASE AND DESIST CYBERBULLYING AND HARASSMENT

Dear [Recipient Name/Username],

This letter serves as a formal demand that you immediately cease and desist all forms of cyberbullying, harassment, and defamatory conduct directed toward [Your Name / Name of Victim].

It has been documented that you have engaged in the following actions:

- [Description of specific act, e.g., posting false statements on Facebook] on [Date].
- [Description of specific act, e.g., sending threatening private messages] on [Date].
- [Description of specific act, e.g., unauthorized sharing of private photos/information].

Your actions constitute a violation of [mention State/Local laws if known, e.g., Harassment or Stalking statutes] and the Terms of Service of [Name of Social Media Platform/Website]. This conduct is causing significant emotional distress and damage to [Your Name / Name of Victim]'s reputation.

DEMANDS:

I hereby demand that you:

1. Immediately stop all direct and indirect contact with [Your Name / Name of Victim].
2. Remove and delete all offensive, false, or harassing posts, comments, or media from all digital platforms within [Number, e.g., 24] hours.
3. Refrain from mentioning [Your Name / Name of Victim] or using their likeness in any future electronic communications.

Failure to comply with this demand will leave me with no choice but to pursue further legal remedies. This may include, but is not limited to, filing a formal police report, seeking a restraining or protective order, and initiating a civil lawsuit for damages.

Evidence of your conduct has been preserved and will be used in legal proceedings if necessary. This letter is sent without prejudice to my rights and remedies, all of which are expressly reserved.

Govern yourself accordingly.

Sincerely,

[Your Signature]

[Your Printed Name]

[Your Contact Information]