

VIA CERTIFIED MAIL

Date: [Current Date]

To: [Recipient Name]

Address: [Recipient Address]

City, State, Zip: [Recipient City, State, Zip]

RE: CEASE AND DESIST ADVISORY - ELECTRONIC HARASSMENT

Dear [Recipient Name],

This letter serves as a formal legal notice demanding that you immediately cease and desist all forms of electronic harassment, stalking, and unwanted communication directed toward [Your Name].

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

- [Description of unwanted emails or messages]
- [Description of social media harassment or tagging]
- [Description of unauthorized account access or monitoring]
- [Description of any other electronic tracking or surveillance]

Your actions constitute a violation of privacy and may be punishable under state and federal harassment and cyberstalking laws. This conduct is causing significant distress and interference with my personal and professional life.

DEMANDS:

1. Immediately stop all direct or indirect contact with me via telephone, email, social media, or any other electronic platform.
2. Cease the distribution of any private information, images, or data belonging to me.
3. Remove any defamatory or harassing content regarding me from public forums or websites.

Be advised that I am maintaining a detailed log of all communications and electronic evidence. If you do not comply with this demand immediately, I will not hesitate to pursue all available legal remedies, which may include filing a police report, seeking a formal restraining order, and initiating a civil lawsuit for damages.

This is your only warning. Do not contact me again.

Sincerely,

[Your Signature]

[Your Printed Name]

[Your Address]

[Your Phone Number]