

DATE: [Insert Date]

TO: [Recipient Name/Username]

VIA: [Insert Method of Delivery, e.g., Email, Social Media Platform, Certified Mail]

RE: FORMAL NOTICE TO CEASE AND DESIST CYBERSTALKING AND DIGITAL INTIMIDATION

Dear [Recipient Name],

This letter serves as a formal notice for you to immediately cease and desist all forms of digital harassment, cyberstalking, and intimidation directed toward me, [Your Name].

Your recent actions, which include but are not limited to:

- [Description of specific act, e.g., sending unsolicited and threatening emails]
- [Description of specific act, e.g., persistent unwanted messaging on social media]
- [Description of specific act, e.g., monitoring my digital activities or location]
- [Description of specific act, e.g., posting private information or "doxing"]

These actions are unwanted, non-consensual, and have caused significant emotional distress and concern for my safety. Your behavior may be in violation of federal and state laws regarding cyberstalking and electronic harassment.

I am formally requesting that you:

1. Immediately stop all direct or indirect contact with me through any electronic means.
2. Refrain from mentioning my name or sharing my personal information on any public or private digital platform.
3. Cease any monitoring or surveillance of my online accounts or physical location.

Please be advised that I have documented all instances of your behavior to date. Should this conduct continue, I will not hesitate to pursue further legal action, which may include filing a police report, seeking a restraining order, or initiating a civil lawsuit for damages.

Do not contact me to discuss this matter. This is my final communication to you regarding this issue.

Sincerely,

[Your Signature]

[Your Printed Name]