

[Your Name]
[Your Address]
[City, State, Zip Code]
[Your Email]
[Your Phone Number]

[Date]

[Name of Supervisor or HR Manager]
[Company Name]
[Company Address]
[City, State, Zip Code]

RE: CEASE AND DESIST UNLAWFUL SURVEILLANCE

Dear [Name of Supervisor or HR Manager],

I am writing to formally demand that [Company Name] immediately cease and desist all unlawful surveillance activities currently being conducted against me. It has come to my attention that the company is engaging in monitoring practices that exceed legal boundaries and violate my reasonable expectation of privacy.

Specifically, I am referring to the following activities: [Describe the surveillance, e.g., monitoring personal devices, recording private conversations, tracking off-duty movement, or use of hidden cameras].

These actions violate applicable labor laws and privacy regulations. Under [State/Federal] law, employees are protected from intrusive and non-consensual monitoring that is not related to legitimate business necessity, especially regarding private activities and communications.

Please consider this a formal notice to:

- Immediately stop all unauthorized or illegal surveillance and monitoring.
- Preserve all data, recordings, and logs gathered through these methods as evidence.
- Provide a written explanation of the legal basis for these practices.

Failure to comply with this request and rectify this situation immediately will leave me with no choice but to pursue formal legal action, including filing a complaint with the National Labor Relations Board (NLRB) or the relevant Department of Labor.

I expect a written response confirming that these surveillance activities have been discontinued by [Date].

Sincerely,

[Your Signature]

[Your Printed Name]