

Cease and Desist Letter

Date: [Insert Date]

To: [Harasser's Name]
Address: [Harasser's Address]
Email: [Harasser's Email]

From: [Your Name]
Address: [Your Address]
Email: [Your Email]

Dear [Harasser's Name],

This letter is to formally notify you that your recent actions constitute online harassment. Specifically, you have engaged in the following behavior: [Describe the specific actions, including dates and instances]. Such conduct is unacceptable and must cease immediately.

Continued harassment may result in legal action against you. I hereby request that you cease and desist from all further contact with me, including but not limited to, messages or comments made on social media platforms or through email.

Please be advised that I am keeping records of all instances of harassment and may take further steps if necessary.

Sincerely,

[Your Name]
[Your Signature (if sending a hard copy)]