

# Cease and Desist Notice

Date: [Insert Date]

To: [Harasser's Name]

Address: [Harasser's Address]

From: [Your Name]

Address: [Your Address]

Dear [Harasser's Name],

I am writing to formally request that you cease and desist from any further harassment towards me. Your actions, including [briefly describe specific incidents], have caused me significant distress and have created an uncomfortable environment.

Under [relevant laws or statutes], I have the right to pursue legal action should this harassment continue. Therefore, I urge you to stop all forms of contact with me, including [list types of communication to be avoided, e.g., phone calls, emails, in-person encounters].

I hope to resolve this matter amicably; however, please be advised that I will take further action if necessary. This letter serves as a formal notice of your behavior and requests for it to cease immediately.

Thank you for your immediate attention to this matter.

Sincerely,

[Your Signature (if sending a hard copy)]

[Your Printed Name]

[Your Contact Information]